
Putting Life in Years (PLINY): a randomised controlled trial and mixed-methods process evaluation of a telephone friendship intervention to improve mental well-being in independently living older people

Hind D, Mountain G, Gossage-Worrall R, Walters S, Duncan R, Newbould L, Rex S, Jones C, Bowling A, Cattan M, Cairns A, Cooper C, Goyder E, Edwards R

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Authors' objectives

Social isolation in older adults is associated with morbidity. Evaluating interventions to promote social engagement is a research priority.

Authors' conclusions

Although the trial was unsuccessful for a range of logistical reasons, the experience gained is of value for the design and conduct of future trials. Participant recruitment and retention were feasible. Small voluntary sector organisations may be unable to recruit, train and retain adequate numbers of volunteers to implement new services at scale over a short time scale. Such risks might be mitigated by multicentre trials using multiple providers and specialists to recruit and manage volunteers.

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Country of organisation

England

English summary

An English language summary is available.

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