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# How psychological intervention may impact in dealing physical frailty? A study protocol of an European Project

(664367 — FOCUS — HP-PJ-2014).

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## OBJECTIVES

PoliFIT-INFOcus is a follow-on study, part of the FOCUS project in which we developed guidelines concerning interventions to prevent or treat frailty. The study is a psycho-physio-educational group-based intervention to promote physical activity in older people to test the impact of FOCUS guidelines in practice.

## METHODS

3-arm randomized controlled trial involving participants of the PoliFIT study.

## RESULTS

Participants will be randomly assigned to:

- 1) Receiving a booklet including advice on physical activity, nutrition and health psychology topics (control group)
- 2) Booklet+Pedometer+Group-based sessions with a knowledge-based psychological intervention (intervention 1)
- 3) Booklet + Pedometer + Group-based training sessions with a motivation-based psychological intervention (intervention 2)

Session will be performed by a physiotherapist, a nutritionist and a health psychologist.

Outcomes will be changes at 5 months in: average daily step-count, PASE, SPPB and Fried's criteria score, quality of life/psychological wellbeing, cognitive and functional performance, nutritional status and the occurrence of clinical events (i.e. access to the Emergency Room, hospitalization, falls).

## CONCLUSION

The absence of a health psychology component (e.g. behaviour change strategies) is a barrier to the success of some interventions on frailty, including those aimed to impact the physical dimension of frailty. Inclusion of social components (e.g. group-based and or fun-promoting activities) is also a key of success. It is important to promote educational and psychoeducational interventions because they might be low resource demanding and more sustainable program on the long-term.