

INPLASY PROTOCOL

To cite: Casanova et al.
Examining the effects of
productive engagement in the
lives of older adults: A scoping
review protocol of existing
evidence. Inplasy protocol
2022120092. doi:
10.37766/inplasy2022.12.0092

Received: 22 December 2022

Published: 23 December 2022

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Support: FCT(UI/BD/
151450/2021).

**Review Stage at time of this
submission:** The review has
not yet started.

Conflicts of interest:
None declared.

Examining the effects of productive engagement in the lives of older adults: A scoping review protocol of existing evidence

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Review question / Objective: This study aims to present a protocol of existing qualitative and quantitative research focusing on the effect of productive engagement in later life. **Review questions:** (1) What are the effects of engaging in productive activities in the lives of older adults? (2) What are some of the activities older adults are choosing to engage in after retirement?. The objectives of this scoping review are: a) Describe what is known as “productive engagement activities” in later life. b) Describe the activities older adults are engaging in after retirement. c) Identify existing research focusing on the effects of engagement in these type of activities in the lives of older adults. d) Identify the current gaps in research.

INPLASY registration number: This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 23 December 2022 and was last updated on 23 December 2022 (registration number INPLASY2022120092).

INTRODUCTION

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(1) What are the effects of engaging in productive activities in the lives of older adults? (2) What are some of the activities older adults are choosing to engage in after retirement?. The objectives of this scoping review are: a) Describe what is known as “productive engagement activities” in later

life. b) Describe the activities older adults are engaging in after retirement. c) Identify existing research focusing on the effects of engagement in these type of activities in the lives of older adults. d) Identify the current gaps in research.

Background: Older adults are a key component of the way society runs; oftentimes overlooked, they are key contributors to the economy by engaging in productive activities that provide in return a service; whether it may be paid or unpaid. Life expectancy remains on the rise; with the development in technology and breakthroughs in the medical field; people are expected to live on average 20 years beyond their retirement age. Looking at it from this perspective; activities that provide an outlet for development and engagement past the retirement age will remain in great demand.

Previous researchers have identified what is called “productive activities”; are known as those that provide goods or services whether done on a volunteer or paid basis. These activities are considered beneficial to society because when provided they can produce benefits not just to the individual but to their community as well (Morrow-Howell, 2000).

Activities that are recognized in later life as “productive” have been divided into 3 different themes: paid work, volunteering, and caregiving. These activities can be carried out in different roles including, teaching through peer education; being involved in civic engagement roles, or caring for others whether a family member or another (Conner, Gum, Johnson, Cadet, & Brown, 2018). Other roles can be tutoring, and environmental volunteerism among others (Morrow-Howell, Lee, McCrary, & McBride, 2014) However, currently there’s a gap in awareness of evidence-based studies that address the effects these activities can have on the lives of older adults after retirement. We present a protocol for a review that will summarize the existing literature. This knowledge can further the efforts to shine a light on the contributions older adults make to society that is often ignored and undervalued.

Rationale: Productive engagement as defined by Butler & Schechter (1995) refers to the ability of a person to maintain oneself independent while being able to serve either their community or their family by exercising activities either paid or unpaid. As Thanakwang and Isaramalai (2013, p. 125) stated “productive engagements thus covers many capacities, including economic, social and spiritual activities performed by older people that are of great value to themselves, to their families as to the society”. In this scoping review, we will gather and summarize the impact engaging in productive activities can have on the lives of older adults, focusing on the psychological, mental, and physical aspects and identifying the gaps in the literature.

METHODS

Strategy of data synthesis: The researcher will utilize the JBI Manual For Evidence Synthesis (2020) and follow the Preferred Reporting Items for Systematic Reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR) Checklist to structure this review. An expert from the university library will collaborate in the search strategy of this scoping review. Studies available in English, Spanish and Portuguese will be considered for this search; and only studies on peer-reviewed journals will be considered. A systematic review will be conducted on the following electronic databases: PubMed, Scopus, and Academic Search Complete (EBSCO) Published between 2000 and forward. Searches of Titles, Abstracts, and keywords using the terms (“older adult*” OR “aging” OR “ageing” OR “Aged” OR Elder* OR “old people”) AND (“productive engagement” OR “social participation” “civic engagement” OR “paid work” OR “productive aging”) AND (teach* OR volunteer* OR caregiv*) The search syntax will be adapted depending on which search engine was used.

Eligibility criteria: To be included in the review, studies/research have to include text relating to the theme of productive engagement, productive aging, and

productive activities related to older adults ages 60 plus.

Source of evidence screening and selection: Phase one of the data screening will be to search for titles and abstracts on all search engines. All records that seem appropriate for this search will then be transferred to Endnote and all duplicates will be removed. GC (first reviewer) will screen titles and abstracts against inclusion criteria. MC(second reviewer) will crosscheck for accuracy. Any discrepancies will be discussed between the two reviewers. The third reviewer (JW) will only step if no agreement is made between the first two reviewers. Studies that meet all inclusion criteria will then be read in its entirety by the first two reviewers ; the third reviewer will only step in if there are any disagreements.

Data management: The management will be conducted by first; conducting a screening by title and abstract of all retrieved records. All records will be then transferred to EndNote; they will be checked for duplication both manually and using the EndNote program. An Excel document will be created to organize all full text articles selected for the review. The articless will then be organized by reference, aims, study design and sample, main results and conclusion.

Reporting results / Analysis of the evidence: The results obtained from the data analysis will be displayed using the PRISMA-ScR Flow diagram and will be reported in its entirety in the final manuscript. This flow chart will summarise the selection process to ensure transparency.

Presentation of the results: A summary of all results will explain in greater detail the purpose and objective of this scoping review.

Language restriction: Eligible studies considered in English, Spanish and Portuguese.

Country(ies) involved: Portugal.

Keywords: Productive engagement; ageing; older adults; social participation; volunteering.

Dissemination plans: The scoping review findings will be published in a peer-reviewed journal and presented at scientific conferences.

Contributions of each author:

Author 1 - Giuliana Casanova-GC will develop and review protocol , will begin the selection , data extraction and the risk of bias assessment.GC will also analyse data. GC will also prepare the manuscript of this review.

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Author 2 - Joyce Weill-JW will critically review this protocol, review the manuscript of this review and is the third reviewer in case of any disagreements.

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Author 3 - Margarida Cerqueira-MC will critically review this protocol, will contribute to the selection and data extraction and review the manuscript of this review.

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