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Factors Influencing Active Ageing Among Older People: A Systematic Review Protocol

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ADMINISTRATIVE INFORMATION

Support - None.

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

Conflicts of interest - None declared.

INPLASY registration number: INPLASY2023120083

Amendments - This protocol was registered with the International Platform of Registered Systematic Review and Meta-Analysis Protocols (INPLASY) on 21 December 2023 and was last updated on 21 December 2023.

INTRODUCTION

Review question / Objective What is the level of active ageing among older people? What are the factors that influencing active ageing among older people?

Rationale Active ageing was a strong positive predictor of both physical functioning and quality of life for older people and increased levels of well-being in old age. Therefore, exploring the factors that influence active ageing is of interest to further promote the transition to active ageing among older people. Previous reviews in this research area have examined the conceptual development and framework of active ageing. Other systematic reviews had examined the determinants of healthy ageing, which focusing on personal, social, economic, and environmental predictors of positive health. However, a systematic review of the level of active ageing and the factors influencing it is not yet available. A comprehensive compendium of factors affecting active ageing would be useful and could provide insight and direction of interventions to help older people attain the status of active aging.

Condition being studied The ageing population in the 21st century has become a global concern. In a global context, an individual commonly referred to as a "senior citizen" or "elderly" is typically defined as someone who has reached 60 or over. Active ageing is a multidimensional view of health, based on a broader concept than healthy aging, successful aging, and productive aging, which not only emphasises the physical, psychological and social well-being of older persons but also includes multiple processes of their participation in society.

METHODS

Search strategy #1: (“older people” or “older persons” or “older adults” or elderly or elders or geriatric* or “ag* population” or “older population”

or “older individuals” or “geriatric population” or “aged adults”);
#2: (“active ageing” or “positive ageing” or “healthy ageing” or “successful ageing” or “ageing well”, “active aging” or “positive aging” or “healthy aging” or “successful aging” or “aging well”);
#3:(factors or perception* or attitudes or perspectives or determinants or perceive* or preference* or view* or knowledge or behavi* or experience* or accepta* or barriers or facilitators or motivat* or enablers or influence*or variables or element or components or aspects or conditions or causes or considerations or “factors affecting” or “factors influencing” or “factors impacting”);
Final search: #1 AND #2 AND #3.

Participant or population Individuals aged 60 and above.

Intervention Factors influencing active aging.

Comparator None.

Study designs to be included Quantitative studies, qualitative studies and mixed method studies.

Eligibility criteria We will include studies that reported the level of active aging and/or factors influencing active aging among individuals aged 60 and above.

Information sources 1. Databases: PubMed, CINHAL, Scopus, and CNKI. 2. A snowball sampling technique will be used to ascertain additional relevant studies by examining the references included in the selected studies.

Main outcome(s) 1. The level of active ageing; 2. Factors influencing active aging.

Additional outcome(s) Whenever possible, subgroup analysis of the level of active aging between age group, gender and country will be performed.

Data management Study selection - Two independent reviewers will screen the title and abstracts of all identified studies. Studies that fulfilled the inclusion criteria will be selected and full text will be obtained for evaluation by the same reviewers. Any differences during the study selection process will be discussed with a third reviewer if the consensus is not achieved between the two reviewers. Studies that are not included at each level of assessment will be documented, along with the reasons for their rejection.

Data extraction - Two reviewers will extract the data independently and impartially. The extracted data will then be documented in a standardised data collection sheet using Microsoft Excel. If there is a discrepancy between the 2 reviewers, discussion will be employed with other team members to reach a consensus.

Quality assessment / Risk of bias analysis Two reviewers will evaluate the quality of the included studies using the Mixed Methods Appraisal Tool (MMAT). MMAT is a validated critical appraisal instrument for assessing the methodological quality of qualitative, quantitative (randomised, non-randomised, and descriptive studies), and mixed-methods studies. The MMAT consists of two screening criteria that apply to all types of studies, along with five criteria specific to each study type: qualitative, randomized controlled, non-randomized controlled, quantitative descriptive, and mixed methods. . Each criterion is rated on a three-point scale: yes, cannot tell, and no.

Strategy of data synthesis For the active ageing levels, descriptive analysis will be presented in frequency or percentage, and meta-analyses will be performed whenever possible. The heterogeneity of the studies will be assessed using the I^2 inconsistency statistic.
For the factors influencing active ageing, narrative synthesis methodology will be used for synthesizing the results and present in narrative.
This study will use the ecological model to guide the analysis and synthesis of the influencing factors of active ageing. The ecological approach to health promotion depicts interrelated systems at the individual (e.g. gender, age), behaviour (e.g. psychological), interpersonal (e.g. family, friendship), institution (e.g. formal rules), community (e.g. environment), and policy (national laws) levels. The model helps us to identify opportunities to promote older people's active ageing by recognising factors that may facilitate active ageing among older people.

Subgroup analysis Whenever possible, subgroup analysis of the level of active aging between age group, gender and country will be performed.

Sensitivity analysis Sensitively analyses will be performed whenever is possible.

Language restriction English and Chinese.

Country(ies) involved Malaysia; China.

Other relevant information Not applicable

Keywords active ageing; active aging level; older people; factors; determinants; meta-analysis; systematic review.

Dissemination plans We will publish the findings in a citation-indexed journal.

Contributions of each author

Author 1 - Jiawei Jiang - Develop the study protocol, perform the search and data extraction, analyse of results.
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Author 2 - Ai Theng Cheong - Develop the study protocol, supervising the data collection, review the data analysis and interpretation; review the results.
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Author 3 - Shariff Ghazali Sazlina - Develop the study protocol, supervising the data collection, review the data analysis and interpretation; review the results.perform the search and data extraction, analyse the result, write the manuscript and approve for submission.
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Author 4 - Khuan Lee - Develop the study protocol, supervise the data collection, review the data analysis and interpretation, and review the results.write the paper; perform the data interpretation; revise the manuscript; read and approve the manuscript.
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