



Home ▶ All Journals ▶ Experimental Aging Research ▶ List of Issues ▶ Volume 48, Issue 3  
▶ Health Benefits of Social Participation ....

## Experimental Aging Research >

An International Journal Devoted to the Scientific Study of the Aging Process

Volume 48, 2022 - Issue 3

439 | 0

1

Views | CrossRef citations to date | Altmetric

Research Article

# Health Benefits of Social Participation Interventions among Community-Dwelling Older Persons: A Review Article

Amirah Fatin Ibrahim  , Maw Pin Tan , Gaik Kin Teoh , Siti Mariam Muda  & Mei Chan Chong 

Pages 234-260 | Received 29 Jul 2020, Accepted 27 May 2021, Published online: 06 Jul 2021

Download citation  <https://doi.org/10.1080/0361073X.2021.1939563>



 Full Article

 Figures & data

 References

 Citations

 Metrics

 Reprints & Permissions

Get access

## ABSTRACT

Background: Social disengagement among older persons may result from accumulated physical impact and social stressors experienced throughout life. Conversely, interventions that enhance social participation addresses social isolation with positive influences on health. This article, therefore, aimed to review the range of published studies that evaluated the health benefits of interventions on

ProQuest, SAGE, ScienceDirect, SpringerLink, Web of Science, and Open repository/archive. Results: Twenty-five studies from Asia, Europe and America were selected. Included articles described randomized controlled trials (9), quasi-experimental studies (9), mixed-methods studies (2), participatory action research (3), and community-based intervention research (2). Social interventions described are group or cultural activities, personal/group monitoring and discussion, and communications devices. Intervention designed utilized theories, models, concepts, principles, and evidence from published literature. Conclusion: Most social intervention studies evaluating health outcomes have been conducted in North America and Western Europe. Group-based activities were most commonly employed, but personal/group discussions, home visits and technology-based interactions have also been used. While social isolation is now a widely accepted risk factor for ill-health, research evidence for improvement of health through reduction of social isolation remains limited.

---

---

## Acknowledgments

We are grateful to the Ministry of Higher Education Malaysia and the International Islamic University of Malaysia for the financial contribution. We express our gratitude to the University of Malaya where the first author is currently pursuing a PhD.

---

There is no conflict of interest.

## Sources of Funding

No funding received by the authors.

## Related research

People also read

Recommended articles

Cited by

Effects of personal dementia exposure on subjective memory concerns and dementia worry >

Grace J. Lee et al.  
Aging, Neuropsychology, and Cognition  
**Published online:** 20 Oct 2020

Navigating the new normal: accessing community and institutionalised care for dementia during COVID-19 >

Clarissa Giebel et al.  
Aging & Mental Health  
**Published online:** 28 Apr 2021

The role of social and behavioral risk factors in explaining racial disparities in age-related cognitive impairment: a structured narrative review >

Rachel L. Peterson et al.  
Aging, Neuropsychology, and Cognition  
**Published online:** 6 Apr 2019

View more



## Information for

[Authors](#)[R&D professionals](#)[Editors](#)[Librarians](#)[Societies](#)

## Opportunities

[Reprints and e-prints](#)[Advertising solutions](#)[Accelerated publication](#)[Corporate access solutions](#)

## Open access

[Overview](#)[Open journals](#)[Open Select](#)[Dove Medical Press](#)[F1000Research](#)

## Help and information

[Help and contact](#)[Newsroom](#)[All journals](#)[Books](#)

## Keep up to date

Register to receive personalised research and resources  
by email



Sign me up



Copyright © 2022 Informa UK Limited   Privacy policy   Cookies   Terms &  
conditions   Accessibility

Registered in England & Wales No. 3099067  
5 Howick Place | London | SW1P 1WG



Taylor & Francis Group  
an informa business