

عنوان مقاله:

Comparison of the Effects of Mobile Learning and Traditional Self-care Education on Loneliness and Social Isolation in Community-dwelling Older Adults : Study Protocol of a Three-Arm Randomized Controlled Trial

محل انتشار:

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خلاصه مقاله:

Introduction : Loneliness and social isolation are common problems in older adults, which has negative effects on health. Increasing self-care ability seems to help. Therefore, the present study will be conducted with the aim of comparing the effects of mobile learning and traditional self-care education on loneliness and social isolation in community-dwelling older adults. **Methods :** This three-arm randomized controlled trial will be conducted in Tehran-Iran ۲۰۲۴. The qualified older adults from health centers in Tehran city will be consecutively selected and randomly allocated into three groups: mobile learning (n = ۴۰), traditional education (n = ۴۰), and control (n = ۴۰). The loneliness inventory for older adults, Lubben social network scale, and demographic characteristics will be used to collect information, and completed before, immediately, and ۱۲ weeks after the intervention. The data will be analyzed using descriptive and inferential statistics by SPSS software version ۱۶ at a significance level of $p < .۰۰۵$. **Conclusion :** This clinical trial will determine the most successful and cost-effective approach in reducing loneliness and social isolation in older adults. The results are expected to improve the self-care skills of the older adults, thereby reducing the negative consequences of loneliness and social isolation, including various health issues and mortality rates, in the long run. **Corresponding Author :** Mehrnoosh Partovirad View Orcid in Profile You can search for this author in PubMed Google Scholar Profile

کلمات کلیدی:

Aged, Loneliness, Social Isolation, Self-Care, E Learning

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