

SHAPE

Self-management and HeAlth Promotion in early-stage dementia with Elearning for carers - A randomised controlled trial

We will develop and validate an intervention (SHAPE) in 330 people with mild dementia; combining self-management, health promotion, and e-learning. The study is a multi-site, randomised, controlled, single-blinded trial with parallel groups. The intervention group is compared with treatment as usual (TAU).

The primary outcome is to evaluate the effectiveness of the intervention in improving self-efficacy in people with dementia compared to treatment as usual (TAU). Secondary outcomes are to evaluate the effectiveness of the SHAPE intervention in (a) improving mood, well-being, quality of life and health outcomes in people with dementia compared to TAU; (b) decreasing carer stress, general distress, knowledge about dementia and perceived access to support services compared to TAU; (c) producing health behaviour changes based on self- and family report compared to TAU; d) reducing utilisation of health and social care and e) estimating the cost-effectiveness of the self-management compared to TAU (WP5).

Our 36-month project is divided into eight work packages: Project management (WP1); Combining the interventions (WP2); Implementation Strategies (WP3); an RCT study (WP4) to measure health effects; a study of Economic effects (WP5); a Qualitative study (WP6) to understand and suggest improvement to the intervention; a Replication study (WP7) to prepare broader adoption; and Dissemination and Exploitation (WP8) to reach all stakeholders with targeted messages facilitating a broad reach and ensuring use of the intervention beyond the project.

Total Funding: 2.887 M€

Duration : 3 years

Coordinator : Ingelin Testad
✉: tesi@sus.no



Ingelin Testad

Project Partners:

	Ingelin Testad	SESAM, Stavanger University Hospital
	Geir Selbæk	Norwegian National Advisory Unit on Ageing and Health, Norway
	Linda Claire	University of Exeter, UK
	Martin Knapp	London School of Economics and Political Science, UK
	Kaarin Anstey	University of New South Wales, Australia