

Paper Category:	Intervention Studies
Paper Title: (Arial Font; 14 Pt Size)	Multi-component intervention for reducing Fear of Falling and Falls in community-dwelling older adults: Preliminary results from a Randomized Controlled Trial
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background Fear of falling (FoF) leads to reduced physical activity, functional decline and further falls. Previous studies suggested cognitive-behavioral therapy (CBT), motivational interviewing (MI) and exercise may reduce FoF and falls.</p> <p>Objectives This randomized controlled trial (RCT) aimed to compare the effectiveness of multi-component intervention versus Patient Education Materials (PEMs) for reducing FoF and falls in community-dwelling older adults.</p> <p>Methods Patients aged 65 and above with FoF were recruited from seven primary care clinics since January 2022. Patients randomized to the intervention group received CBT, MI and exercise counselling in one face-to-face and three telephone sessions. Both intervention and comparator groups received PEMs on FoF, falls prevention and exercise. Falls history in past six months was collected at baseline and new falls at three months. Baseline and three-month FoF was measured using validated short Falls Efficacy Scale-International (FES-I). FoF was categorized into low to moderate (7-13) and high (14-28).</p> <p>Results Ninety-seven participants, mean age 75, 68% female and 87.6% Chinese completed three-month follow-up. 18.6% were pre-frail and 10.3% were frail. McNemar's test showed significant differences between baseline versus three-month FoF ($p<0.001$) and falls at baseline versus new falls at three months ($p<0.001$) for both groups. Of 45 participants who reported high baseline FoF, 31 reported low to moderate three-month FoF. Of 44 participants with falls at baseline, 38 reported no new falls at three months. Chi-square test found no significant differences in falls or FoF between groups at three months.</p> <p>Discussions and Conclusions Preliminary results suggest multi-component intervention or PEMs reduced FoF and falls at three months. Analysis of larger sample over longer duration is needed to determine if benefits are sustainable and differences between multi-component intervention and PEMs. Current efforts of providing targeted education to patients with falls risk or FoF should be continued.</p>	

Date of Submission: 23 July 2023

Total number of words: 295