

# STOP Falls: Effects of Social Interaction on Physical Activity, Quality of Life and Falls in Older Adults

ACTRN12621001581853

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Status	RECRUITING
Sponsor	A. Prof. Gert-Jan Pepping
Enrollment	360 participants

## Plain Language Summary

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Falls are a serious health concern for older adults, and researchers are trying to understand what factors make some people more likely to fall than others. This observational study focuses on the role that social interaction plays in falls risk — particularly as many people experience more isolation in today's world. Researchers want to understand how staying socially connected (or disconnected) relates to physical activity levels, quality of life, fear of falling, and actual falls over time.

This is an observational study, meaning researchers are watching and recording what happens rather than testing a treatment. Participants won't need to change anything they're doing — they'll simply answer questionnaires and allow researchers to track their falls over a period of time. There are no medications or procedures involved.

You may be eligible if you are 65 or older, can walk independently for short periods, have normal or corrected vision, and don't have any significant health conditions affecting your balance. People with signs of cognitive or neurological decline are not eligible. This study could help us design better fall prevention programs that address social wellbeing alongside physical health.

## Key Eligibility Criteria

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### Inclusion (4)

- (i) aged over 65 years;
- (ii) be free of any significant health conditions that adversely affect their balance or mobility;
- (iii) have the ability to walk independently for short time periods, and
- (iv) have normal or corrected to normal vision.

### Exclusion (1)

- Participants will be excluded if they have any self-reported signs of cognitive and/or neurological decline.

## Locations (1 total)

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ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12621001581853>

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