Leading the Way Together: A Cluster Randomised Controlled Trial of the 5R Shared Leadership Program in Older Adult Walking Groups





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Fransen, K., Cruwys, T., Haslam, C., Iserbyt, P., Seghers, J., Vanderlinden, J., van Uffelen, J., Verbaanderd, E., & Boen, F. (2022). International Journal of Behavioral Nutrition and Physical Activity, 19, 63. <u>https://doi.org/10.1186/s12966-022-01297-x</u>



Walking with peers >>> Walking alone (Kritz et al., 2021; Stevens & Cruwys, 2020)

and the states

The present study

Can we make these walking groups even more effective by harnessing the strength of the group and its leaders?

How?





5R Shared Leadership Program

(Fransen et al., 2020; Mertens et al., 2020, 2021)







1. Creating a structure of shared leadership



Task leader

Motivational leader

Social leader

2. Cultivating a shared social identity 1. Readying Why does 'we' matter? 2. **R**eflecting Who are we? 3. **R**epresenting Who do we want to be? 4. Realising Becoming who we want to be. 5. **R**eporting Are we who we want to be?

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1. **R**eadying

Why does 'we' matter?

2. Reflecting

Who are we?

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Are we who we want to be?

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Cluster randomised controlled trial; 19 clusters (walking groups); 503 participants ($M_{Age} = 69.2$)



Impact of 5R^S – Multilevel regressions



Impact of 5R^S – Multilevel regressions



Group identification as a mechanism of change



Take home message



Walking groups can benefit from implementing structures of shared leadership and cultivating a sense of shared social identity based on existing programs

For more information:

 Fransen et al. Int J Behav Nutr Phys Act
 (2022) 19:63

 https://doi.org/10.1186/s12966-022-01297-x

RESEARCH

International Journal of Behavioral Nutrition and Physical Activity

Open Access



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Questions and welcome to:

Impact of 5R^S – Participants' evaluation

<u>****</u> +5 R ^s <u>****</u>				
Participants' evaluation of the walking group program (1 \rightarrow 5)	Intervention condition <i>M (SD)</i>	Comparison condition <i>M (SD)</i>	t	Cohen's d
"My expectations of the program are fulfilled."	3.73 (.71)	3.54 (.73)	2.41*	.27
"I feel fitter after the program."	3.47 (.76)	3.20 (.88)	2.98**	.33
"I feel like continuing my walks after the program."	3.91 (.84)	3.72 (1.00)	1.97*	.21
"I would recommend this program to my peers."	4.29 (.68)	4.13 (.79)	1.98*	.22
${}^{*}p < .05$; ${}^{**}p < .01$; ${}^{***}p < .001$.				



Identity leadership of the peer leaders

