



MACQUARIE
University

Walk, Talk and Listen over Zoom

What is this study about?

This study aims to evaluate the effectiveness of the 'Walk, Talk and Listen over Zoom' program to reduce feelings of loneliness among older adults with hearing loss.

There are two optional stages of the study:

Part 1 –

One on one interview to understand your thoughts on the 'Walk, Talk and Listen over Zoom' program

Part 2 –

- (a) Participation in a 10-week trial of the 'Walk, Talk and Listen over Zoom' program.
- (b) Pre- and Post-program questionnaires about your hearing experience, physical activity and wellbeing.
- (c) Post-program group discussion to provide feedback about the program.

How long will it take (approximately)?

Part 1 – 15 to 20 minutes.

Part 2 –

- (a) 1 hour per week for 10 weeks with the option of morning or afternoon sessions.
- (b) 30 to 40 minutes per questionnaire pack.
- (c) 30-minute group discussion.

Eligibility criteria

Part 1:

- people aged 50 years and over and,
- have a hearing loss, and
- speak fluent English

Part 2:

- people aged 50 years and over and,
- have a hearing loss, and
- speak fluent English, and
- have access to a device with a front-facing camera, and
- have clearance to participate in exercise from their GP or pass the PARQ+ questionnaire

Who is running this study?

This study is being conducted by Dr Diana Tang.

For more information or to participate in the study, please contact us at:

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