

## **How do older people with mild frailty experience health promotion based on behaviour change theory? A qualitative study**

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**Background:** While mild frailty is common, it has the potential to be reversible with health promotion interventions. The COM-B model (Michie et al, 2011) takes into account the impact of Capability, Opportunity and Motivation on Behaviour and has been applied in health promotion.

**Aims:** We aimed to explore the experiences of recipients and providers of a health promotion intervention for older people with mild frailty, underpinned by behaviour change theory and COM-B, with a view to understanding how it was perceived by participants.

**Methods:** This qualitative study was nested within a randomised controlled trial testing the feasibility of a home-based health promotion service for older people with mild frailty in two diverse areas of South England. Clients developed personalised goals around maintaining assets and devised strategies to achieve these in conjunction with project workers, whose role was to use COM-B to help identify barriers and facilitators to these and provide information, emotional/practical support, teach skills, as well as provide feedback. We conducted semi-structured interviews with 3 service providers and 16 clients and thematically analysed data.

**Findings:** Interview data suggest that COM-B can be used to support behaviour change in mild frailty. Clients were able to identify a range of assets to improve/maintain. Project workers successfully worked with older people to assess their capability, opportunity and motivation to meet outcome goals, helped them develop related behavioural goals and work towards these. Most participants responded positively to this approach. However, further consideration needs to be made for people developing cognitive impairment, and the best approaches to support behaviour change in this group.