

## Appendix 1 Search strategies

If all or a substantive part of the search strategies below are reused in another publication, please cite this report!

CINAHL via EBSCO 3 October 2024

Title: Health promotion, behavior change and the aged

Search terms	Items found
<b>Population: Aged</b>	
1. (MH "Aged+" OR MH "Aging" OR MH "Dental Care for Older Persons" OR MH "Geriatric Assessment+" OR MH "Geriatrics+" OR MH "Gerontologic Nursing+" OR MH "Geriatric Psychiatry" OR MH "Health Services for Older Persons" OR MH "Housing for Older Persons" OR MH "Nursing Homes+" ) OR (TI ( "aged care" OR ageing OR aging OR centenarian# OR "community dwelling" OR elderly OR geriatric* OR gerontolog* OR nonagenarian# OR "nursing home#" OR octogenarian# OR (older W0 (adult# OR m?n OR wom?n OR migrant# OR patient# OR person# OR people OR resident#)) OR senior# OR septuagenarian# OR sexagenarian# )) OR (AB ( "aged care" OR ageing OR aging OR centenarian# OR "community dwelling" OR elderly OR geriatric* OR gerontolog* OR nonagenarian# OR "nursing home#" OR octogenarian# OR (older W0 (adult# OR m?n OR wom?n OR migrant# OR patient# OR person# OR people OR resident#)) OR senior# OR septuagenarian# OR sexagenarian# )) OR (TI ( (Age# N2 (over OR older) N1 (50 OR 51 OR 52 OR 53 OR 54 OR 55 OR 56 OR 57 OR 58 OR 59 OR 60 OR 61 OR 62 OR 63 OR 64 OR 65 OR 66 OR 67 OR 68 OR 69 OR 70 OR 71 OR 72 OR 73 OR 74 OR 75 OR 76 OR 77 OR 78 OR 79 OR 80 OR 81 OR 82 OR 83 OR 84 OR 85 OR 86 OR 87 OR 88 OR 89 OR 90 OR 91 OR 92 OR 93 OR 94 OR 95 OR 96 OR 97 OR 98 OR 99)) OR (">=50 years old" OR ">51 years old" OR ">=52 years old" OR ">53 years old" OR ">=54 years old" OR ">55 years old" OR ">=56 years old" OR ">57 years old" OR ">=58 years old" OR ">59 years old") OR (">=60 years old" OR ">61 years old" OR ">=62 years old" OR ">63 years old" OR ">=64 years old" OR ">65 years old" OR ">=66 years old" OR ">67 years old" OR ">=68 years old" OR ">69 years old") OR (">=70 years old" OR ">71 years old" OR ">=72 years old" OR ">73 years old" OR ">=74 years old" OR ">75 years old" OR ">=76 years old" OR ">77 years old" OR ">=78 years old" OR ">79 years old") OR (">=80 years old" OR ">81 years old" OR ">=82 years old" OR ">83 years old" OR ">=84 years old" OR ">85 years old" OR ">=86 years old" OR ">87 years old" OR ">=88 years old" OR ">89 years old") OR (">=90 years old" OR ">91 years old" OR ">=92 years old" OR ">93 years old" OR ">=94 years old" OR ">95 years old" OR ">=96 years old" OR ">97 years old" OR ">=98 years old" OR ">99 years old") )) OR (AB ( (Age# N2 (over OR older) N1 (50 OR 51 OR 52 OR 53 OR 54 OR 55 OR 56 OR 57 OR 58 OR 59 OR 60 OR 61 OR 62 OR 63 OR 64 OR 65 OR 66 OR 67 OR 68 OR 69 OR 70 OR 71 OR 72 OR 73 OR 74 OR 75 OR 76 OR 77 OR 78 OR 79 OR 80 OR 81 OR 82 OR 83 OR 84 OR 85 OR 86 OR 87 OR 88 OR 89 OR 90 OR 91 OR 92 OR 93 OR 94 OR 95 OR 96 OR 97 OR 98 OR 99)) OR (">=50 years old" OR ">51 years old" OR ">=52 years old" OR ">53 years old" OR ">=54 years old" OR ">55 years old" OR ">=56 years old" OR ">57 years old" OR ">=58 years old" OR ">59 years old") OR (">=60 years old" OR ">61 years old" OR ">=62 years old" OR ">63 years old" OR ">=64 years old" OR ">65 years old" OR ">=66 years old" OR ">67 years old" OR ">=68 years old" OR ">69 years old") OR (">=70 years old" OR ">71 years old" OR ">=72 years old" OR ">73 years old" OR ">=74 years old" OR ">75 years old" OR ">=76 years old" OR ">77 years old" OR ">=78 years old" OR ">79 years old") OR (">=80 years old" OR ">81 years old" OR ">=82 years old" OR ">83 years old" OR ">=84 years old" OR ">85 years old" OR ">=86 years old" OR ">87 years old" OR ">=88 years old" OR ">89 years old") OR (">=90 years old" OR ">91 years old" OR ">=92 years old" OR ">93 years old" OR ">=94 years old" OR ">95 years old" OR ">=96 years old" OR ">97 years old" OR ">=98 years old" OR ">99 years old") ))	1 125 893

<b>Intervention: Behavior change</b>		
2.	MH "Health Promotion" OR MH "Health Behavior" OR MH "Life Style Changes" OR MH "Risk Taking Behavior" OR MH "Healthy Aging" OR MH "Behavioral Changes"	176 575
3.	TI ( BCT OR BCTs OR behav* OR (chang* N2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) N2 behav*) OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR "health promot*" OR ((lifestyle OR life-style) N2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) OR promot* ) OR AB ( BCT OR BCTs OR (behav* N2 (achieve* OR chang* OR comparison OR contract OR cost* OR demonstration* OR determinant* OR "generalisation of target" OR goal* OR improv* OR instruction* OR model* OR modif* OR monitor* OR practice OR preventive OR rehearsal OR restructur* OR strateg* OR substitut* OR technique* OR theor*)) OR (chang* N2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) N2 behav*) OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR "health promot*" OR ((lifestyle OR life-style) N2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) )	293 850
4.	S2 OR S3	399 262
<b>Study types: systematic reviews and meta-analyses</b>		
5.	(MH "Systematic Review" OR ZT "systematic review" OR MH "Meta Analysis" OR ZT "meta analysis" OR JN "Cochrane Database of Systematic Reviews") OR (TI ((systematic N3 review) OR "meta analys*" OR metaanalys* OR "systematic overview*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "umbrella review*" OR "review of reviews" OR "overview of reviews" OR meta-review OR "rapid review"))	262 932
<b>Final result</b>		
6.	<b>S1 AND S4 AND S5</b>	<b>2133</b>

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**AB** = Abstract; **AU** = Author; **DE** = Term from the thesaurus; **EM**=Entry date; **KW** (Available in Academic Search Premiere / SocINDEX / PsycInfo) = Author keyword; **MH** = Exact Subject Heading from CINAHL Subject Headings; **MM** = Major Concept; **SU** = Searches for a part of or an entire subject heading; **TI** = Title; **TX** = All Text. Performs a keyword search of all the database's searchable fields; **ZC** = Methodology Index; **\*** = Truncation; **" "** = Citation Marks; searches for an exact phrase; **#** = replaces one or no letters; **?** = replaces one letter; **N** = Near Operator (N) finds the words if they are a maximum of x words apart from one another, regardless of the order in which they appear.; **W** = Within Operator (W) finds the words if they are within x words of one another, in the order in which you entered them

Medline via OvidSP 3 October 2024

Title: Health promotion, behavior change and the aged

Search terms	Items found
<b>Population: Aged</b>	
1. exp Aged/ or Aging/ or Dental Care for Aged/ or Geriatric Assessment/ or Geriatric Dentistry/ or Geriatric Nursing/ or Geriatric Psychiatry/ or Geriatrics/ or Health Services for the Aged/ or Homes for the Aged/ or Housing for the Elderly/ or Nursing Homes/ or (aged care or ageing or aging or centenarian? or community dwelling or elderly or geriatric* or gerontolog* or nonagenarian? or nursing home? or octogenarian? or (older adj (adult? or m#n or wom#n or migrant? or patient? or person? or people or resident?)) or senior? or septuagenarian? or sexagenarian?).ti, bt, kf, ab. or ((Age? adj3 (over or older) adj2 (5# or 6# or 7# or 8# or 9#)) or (">=5# years old" or ">5# years old") or (">=6# years old" or ">6# years old") or (">=7# years old" or ">7# years old") or (">=8# years old" or ">8# years old") or (">=9# years old" or ">9# years old")).ti, bt, kf, ab.	4 137 964
<b>Intervention: Behavior change</b>	
2. Health Behavior/	58 203
3. Health Promotion/	83 734
4. Health Risk Behaviors/	1037
5. exp Healthy Lifestyle/	13 404
6. Risk Reduction Behavior/	14 546
7. (BCT or BCTs).ti, bt, kf, ab.	3651
8. (behav* or promot*).ti, bt.	660 227
9. (behav* adj3 (achieve* or chang* or comparison or contract or cost* or demonstration* or determinant* or "generalisation of target" or goal* or improv* or instruction* or model* or modif* or monitor* or practice or preventive or rehearsal or restructur* or strateg* or substitut* or technique* or theor*).ti, bt, kf, ab.	202 810
10. (chang* adj3 (awareness or belief* or counseling or counselling or expectation* or habit* or language or mechanism* or model* or process* or ready or readiness or stage* or strateg* or technique* or theor* or wheel)).ti, bt, kf, ab.	121 160
11. (healthy ageing or healthy aging).ti, bt, kf, ab.	11 476
12. ((health* or lifestyle or life-style or unhealth* or un-health*) adj3 behav*).ti, bt, kf, ab.	96 780
13. (healthy lifestyle or healthy life-style).ti, bt, kf, ab.	11 328
14. health promot*.ti, bt, kf, ab.	58 488
15. ((lifestyle or life-style) adj3 (advice or alter* or chang* or intervention* or model* or modif*).ti, bt, kf, ab.	44 350
16. or/2-15	1 121 396
<b>Study types: systematic reviews and meta-analyses</b>	
17. Systematic Review/ or Meta-Analysis/ or Cochrane Database Syst Rev.ja. or ((systematic adj4 review) or meta analys* or metaanalys* or systematic overview* or scoping review or scoping literature review or mapping review or umbrella review* or review of reviews or overview of reviews or meta-review or rapid review).ti, bt.	478 784
<b>Final result</b>	
<b>18. 1 and 16 and 17</b>	<b>2928</b>

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**.ab.** = Abstract; **.ab,ti.** = Abstract or title; **.af.** = All fields; **.bt.** = Book title; **ed** = entry date; **exp** = Term from the Medline controlled vocabulary, including terms found below this term in the MeSH hierarchy; **.fs.** = Floating sub-heading, does not include terms found below this term in the MeSH hierarchy; **.kf.** = Author keyword; **.sh.** = Term from the Medline controlled vocabulary; **.ti.** = Title; **.xs.** = Floating sub-heading, includes terms found below this term in the MeSH hierarchy; **/** = Term from the Medline controlled vocabulary, but does not include terms found below this term in the MeSH hierarchy; **\*** = Focus (if found in front of a MeSH-term); **\* or \$** = Truncation (if found at the end of a free text term); **.mp.** = Text, heading word, subject area node, title; **" "** = Citation Marks; searches for an exact phrase; **adjn** = Positional operator that lets you retrieve records that contain your terms (in any order) within a specified number (n) of words of each other; **?** = replaces one or no letters; **#** = replaces one letter

[illegible]

old" OR ">69 years old") OR (">=70 years old" OR ">71 years old" OR ">=72 years old" OR ">73 years old" OR ">=74 years old" OR ">75 years old" OR ">=76 years old" OR ">77 years old" OR ">=78 years old" OR ">79 years old") OR (">=80 years old" OR ">81 years old" OR ">=82 years old" OR ">83 years old" OR ">=84 years old" OR ">85 years old" OR ">=86 years old" OR ">87 years old" OR ">=88 years old" OR ">89 years old") OR (">=90 years old" OR ">91 years old" OR ">=92 years old" OR ">93 years old" OR ">=94 years old" OR ">95 years old" OR ">=96 years old" OR ">97 years old" OR ">=98 years old" OR ">99 years old" ) )		
<b>Intervention: Behavior change</b>		
2.	DE "Behavior Change" OR DE "Change Strategies" OR DE "Health Behavior" OR DE "Health Behavior Measures" OR DE "Health Risk Behavior" OR DE "Healthy Aging" OR DE "Healthy Eating" OR DE "Lifestyle Changes" OR DE "Readiness to Change" OR DE "Stages of Change" OR DE "Health Promotion"	97 172
3.	TI ( BCT OR BCTs OR behav* OR (chang* N2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) N2 behav*) OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR "health promot*" OR ((lifestyle OR life-style) N2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) OR promot* ) OR AB ( BCT OR BCTs OR (behav* N2 (achieve* OR chang* OR comparison OR contract OR cost* OR demonstration* OR determinant* OR "generalisation of target" OR goal* OR improv* OR instruction* OR model* OR modif* OR monitor* OR practice OR preventive OR rehearsal OR restructur* OR strateg* OR substitut* OR technique* OR theor*)) OR (chang* N2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) N2 behav*) OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR "health promot*" OR ((lifestyle OR life-style) N2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) ) OR KW ( BCT OR BCTs OR (behav* N2 (achieve* OR chang* OR comparison OR contract OR cost* OR demonstration* OR determinant* OR "generalisation of target" OR goal* OR improv* OR instruction* OR model* OR modif* OR monitor* OR practice OR preventive OR rehearsal OR restructur* OR strateg* OR substitut* OR technique* OR theor*)) OR (chang* N2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) N2 behav*) OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR "health promot*" OR ((lifestyle OR life-style) N2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) )	560 092
4.	S2 OR S3	593 126
<b>Study types: systematic reviews and meta-analyses</b>		
5.	(DE "Meta Analysis" OR DE "Systematic Review" OR KW "health technology assessment" OR KW "Meta-analysis" OR KW "Systematic review" OR MA "Meta-Analysis" OR MA "Systematic Review" OR MA "Technology Assessment, Biomedical" OR MR "Meta Analysis" OR MR "Systematic Review") OR (TI ((systematic N3 review) OR "meta analys*" OR metaanalys* OR "systematic overview*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "umbrella review*" OR "review of reviews" OR "overview of reviews" OR meta-review OR "rapid review"))	91 844
<b>Final result</b>		
6.	S1 AND S4 AND S5	946

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**AB** = Abstract; **AU** = Author; **DE** = Term from the thesaurus; **EM**=Entry date; **KW** (Available in Academic Search Premiere / SocINDEX / PsycInfo) = Author keyword; **MH** = Exact Subject Heading from CINAHL Subject Headings; **MM** = Major Concept; **SU** = Searches for a part of or an entire subject heading; **TI** = Title; **TX** = All Text. Performs a keyword search of all the database's searchable fields; **ZC** = Methodology Index; \* = Truncation; " " = Citation Marks; searches for an exact phrase; # = replaces one or no letters; ? = replaces one letter; **N** = Near Operator (N) finds the words if they are a maximum of x

words apart from one another, regardless of the order in which they appear.; **W** = Within Operator (W) finds the words if they are within x words of one another, in the order in which you entered them

Scopus via Elsevier 3 October 2024

Title: Health promotion, behavior change and the aged

Search terms		Items found
<b>Population: Aged</b>		
1.	TITLE-ABS ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) ) OR AUTHKEY ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) )	1 473 436
<b>Intervention: Behavior change</b>		
2.	TITLE-ABS ( BCT OR BCTs OR (behav* W/2 (achieve* OR chang* OR comparison OR contract OR cost* OR demonstration* OR determinant* OR "generalisation of target" OR goal* OR improv* OR instruction* OR model* OR modif* OR monitor* OR practice OR preventive OR rehearsal OR restructur* OR strateg* OR substitut* OR technique* OR theor*)) OR (chang* W/2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) W/2 behav*) OR "health promot*" OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR ((lifestyle OR life-style) W/2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) ) OR AUTHKEY ( BCT OR BCTs OR (behav* W/2 (achieve* OR chang* OR comparison OR contract OR cost* OR demonstration* OR determinant* OR "generalisation of target" OR goal* OR improv* OR instruction* OR model* OR modif* OR monitor* OR practice OR preventive OR rehearsal OR restructur* OR strateg* OR substitut* OR technique* OR theor*)) OR (chang* W/2 (awareness OR belief* OR counseling OR counselling OR expectation* OR habit* OR language OR mechanism* OR model* OR process* OR ready OR readiness OR stage* OR strateg* OR technique* OR theor* OR wheel)) OR ((health* OR lifestyle OR life-style OR unhealth* OR un-health*) W/2 behav*) OR "health promot*" OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR ((lifestyle OR life-style) W/2 (advice OR alter* OR chang* OR intervention* OR model* OR modif*)) )	1 212 239
<b>Study types: systematic reviews and meta-analyses</b>		
3.	(INDEXTERMS("systematic review" OR "meta analysis")) OR (TITLE ( ( systematic W/3 review ) OR meta-analys* OR metaanalys* OR "systematic overview*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "umbrella review*" OR "review of reviews" OR "overview of reviews" OR meta-review OR "rapid review"))	709 822
<b>Final result</b>		
4.	<b>#1 AND #2 AND #3</b>	<b>2077</b>

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**TITLE-ABS-KEY** = Title or abstract or keywords; **ALL** = All fields; **PRE/n** = "precedes by". The first term in the search must precede the second by a specified number of terms (n).; **W/n** = "Within". The terms in the search must be within a specified number of terms (n) in any order.; \* = Truncation; " " = Citation Marks; searches for a phrase; ? = replaces one letter; **LIMIT-TO (SRCTYPE, "j")** = Limit to source type journal; **LIMIT-TO (DOCTYPE, "ar")** = Limit to document type article; **LIMIT-TO (DOCTYPE, "re")** = Limit to document type review



Scopus via Elsevier (citation search based on articles included after screening of the original search) 3 October 2024

Title: Health promotion, behavior change and the aged

Search terms		Items found
<b>Cited articles</b>		
1.	DOI ( "10.1080/02703181.2020.1725217" OR "10.3390/healthcare11121681" OR "10.3390/ijerph182111557" OR "10.3390/ijerph17165930" OR "10.3389/fneur.2022.903673" OR "10.1371/journal.pone.0288797" OR "10.1093/tbm/ibz189" OR "10.1002/14651858.CD012784.pub2" OR "10.3390/dj11080189" OR "10.1080/09638288.2022.2155715" OR "10.1002/14651858.CD012419.pub2" OR "10.1186/s12966-020-00955-2" OR "10.1093/ageing/afac120" OR "10.1093/abm/kaad074" OR "10.1080/09638288.2019.1603328" OR "10.1016/j.gerinurse.2022.05.008" OR "10.1371/journal.pone.0269778" OR "10.1002/14651858.CD014666.pub2" OR "10.11124/JBIES-20-00329" OR "10.1093/geront/gnab004" OR "10.1136/bjsports-2018-100324" OR "10.1111/jonm.13434" OR "10.1123/japa.2021-0111" OR "10.1123/japa.2017-0408" OR "10.1007/s11065-022-09537-4" OR "10.1080/09638288.2020.1768599" OR "10.1002/14651858.CD002990.pub4" OR "10.1016/j.diabres.2020.108411" OR "10.3390/jcm10020303" OR "10.1017/S136898002200115X" OR "10.1002/pri.1839" OR "10.3390/nu15051189" OR "10.1111/ijn.12920" OR "10.1007/s11764-023-01464-4" OR "10.1159/000538868" OR "10.1093/geront/gnab133" )	36
<b>Forward citation searching</b>		
2.	#1 View cited by	489
<b>Population: Aged</b>		
3.	Refine Search: TITLE-ABS ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) ) OR AUTHKEY ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) )	197
<b>Study types: systematic reviews and meta-analyses</b>		
4.	Refine Search: (INDEXTERMS("systematic review" OR "meta analysis")) OR (TITLE ( ( systematic W/3 review ) OR meta-analys* OR metaanalys* OR "systematic overview*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "umbrella review*" OR "review of reviews" OR "overview of reviews" OR meta-review OR "rapid review"))	41
<b>Backward citation searching</b>		
5.	#1 View references	3368
<b>Population: Aged</b>		
6.	Refine Search: TITLE-ABS ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) ) OR AUTHKEY ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR	1287



geriatric\* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog\* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) )

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**Study types: systematic reviews and meta-analyses**

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7.	<b>Refine Search:</b> <b>(INDEXTERMS("systematic review" OR "meta analysis")) OR (TITLE ( ( systematic W/3 review ) OR meta-analys* OR metaanalys* OR "systematic overview*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "umbrella review*" OR "review of reviews" OR "overview of reviews" OR meta-review OR "rapid review"))</b>	<b>162</b>
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Search rows 4 and 7 were exported separately as the search result from this search.

**TITLE-ABS-KEY** = Title or abstract or keywords; **ALL** = All fields; **DOI** = Digital Object Identifier; **EID** = Document identifier in Scopus; **PMID** = PubMed Identifier; **PRE/n** = "precedes by". The first term in the search must precede the second by a specified number of terms (n).; **W/n** = "Within". The terms in the search must be within a specified number of terms (n) in any order.; \* = Truncation; " " = Citation Marks; searches for a phrase; ? = replaces one letter; **LIMIT-TO (SRCTYPE, "j"** = Limit to source type journal; **LIMIT-TO (DOCTYPE, "ar"** = Limit to document type article; **LIMIT-TO (DOCTYPE, "re"** = Limit to document type review

**Articles used in forward and backward citation searching**

1. Akinrolie O, Barclay R, Strachan S, Gupta A, Jasper Unyime S, Jumbo Samuel U, et al. The effect of motivational interviewing on physical activity level among older adults: a systematic review and meta-analysis. *Physical & Occupational Therapy in Geriatrics*. 2020;38(3):250-63. Available from: <https://doi.org/10.1080/02703181.2020.1725217>
2. Albanesi B, Piredda M, Dimonte V, De Marinis MG, Matarese M. Use of Motivational Interviewing in Older Patients with Multiple Chronic Conditions and Their Informal Caregivers: A Scoping Review. *Healthcare*. 2023;11(12):07. Available from: <https://doi.org/10.3390/healthcare11121681>
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4. Bevilacqua R, Casaccia S, Cortellessa G, Astell A, Lattanzio F, Corsonello A, et al. Coaching Through Technology: A Systematic Review into Efficacy and Effectiveness for the Ageing Population. *International Journal of Environmental Research & Public Health [Electronic Resource]*. 2020;17(16):15. Available from: <https://doi.org/10.3390/ijerph17165930>
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6. Camargo-Plazas P, Robertson M, Alvarado B, Pare GC, Costa IG, Duhn L. Diabetes self-management education (DSME) for older persons in Western countries: A scoping review. *PLoS ONE [Electronic Resource]*. 2023;18(8):e0288797. Available from: <https://doi.org/10.1371/journal.pone.0288797>
7. Chase JD, Otmanowski J, Rowland S, Cooper PS. A systematic review and meta-analysis of interventions to reduce sedentary behavior among older adults. *Translational Behavioral Medicine*. 2020;10(5):1078-85. Available from: <https://doi.org/10.1093/tbm/ibz189>
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9. Chau RCW, Thu KM, Chaurasia A, Hsung RTC, Lam WY. A Systematic Review of the Use of mHealth in Oral Health Education among Older Adults. *Dentistry Journal*. 2023;11(8):08. Available from: <https://doi.org/10.3390/dj11080189>
10. Clark IN, Taylor NF, Peiris CL. Music listening interventions for physical activity: a systematic review and meta-analysis of randomised controlled trials. *Disability & Rehabilitation*. 2024;46(1):13-20. Available from: <https://doi.org/10.1080/09638288.2022.2155715>
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13. Geohagen O, Hamer L, Lowton A, Guerra S, Milton-Cole R, Ellery P, et al. The effectiveness of rehabilitation interventions including outdoor mobility on older adults' physical activity, endurance, outdoor mobility and falls-related self-efficacy: systematic review and meta-analysis. *Age & Ageing*. 2022;51(6):01. Available from: <https://doi.org/10.1093/ageing/afac120>
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18. Lenouvel E, Ullrich P, Siemens W, Dallmeier D, Denking M, Kienle G, et al. Cognitive behavioural therapy (CBT) with and without exercise to reduce fear of falling in older people living in the community. *Cochrane Database of Systematic Reviews*. 2023;11(11):CD014666. Available from: <https://doi.org/10.1002/14651858.CD014666.pub2>
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33. Van Truong P, Wulan A, Renny, Lin MY, Chiu HY, Tsai PS. Effects of self-management programs on blood pressure, self-efficacy, medication adherence and body mass index in older adults with hypertension: Meta-analysis of randomized controlled trials. *International Journal of Nursing Practice (John Wiley & Sons, Inc)*. 2021;27(2):1-12. Available from: <https://doi.org/10.1111/ijn.12920>
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35. Wong YT, Morrison S. Health Promotion Models for Improving Footcare In Older Adults: A Scoping Review. *Gerontology*. 2024;18(8):18. Available from: <https://doi.org/10.1159/000538868>
36. Zaslavsky O, Su Y, Kim B, Roopsawang I, Wu KC, Renn BN. Behavior Change Factors and Retention in Dietary Interventions for Older Adults: A Scoping Review. *Gerontologist*. 2022;62(9):e534-e54. Available from: <https://doi.org/10.1093/geront/gnab133>

**Two reviews included after first stage screening were not indexed in Scopus and therefore not part of the citation search:**

1. Creighton Rachel M, Paradis Kyle F, Blackburn Nicole E, Tully Mark A. Group-Based Physical Activity Interventions Targeting Enjoyment in Older Adults: A Systematic Review. *Journal of Ageing & Longevity*. 2022;2(2):113-29. Available from: <https://doi.org/10.3390/jal2020011>
2. Lavoie A, Dube V. Web-Based Interventions to Promote Healthy Lifestyles for Older Adults: Scoping Review. *Interactive Journal of Medical Research*. 2022;11(2):e37315. Available from: <https://doi.org/10.2196/37315>

Scopus via Elsevier (citation search, methods articles) 3 October 2024

Title: Health promotion, behavior change and the aged

Search terms	Items found
<b>Cited articles</b>	
1. DOI ( "10.1186/1748-5908-6-42" OR "10.1007/s12160-013-9486-6" )	2
<b>Citing articles</b>	
2. #1 View cited by	10 417
<b>Population: Aged</b>	
3. Refine Search: TITLE-ABS ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) ) OR AUTHKEY ( "aged care" OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR ( older PRE/0 ( adult? OR m?n OR wom?n OR migrant OR migrants OR patient OR patients OR person OR persons OR people OR resident OR residents ) ) OR ( ( age OR aged ) W/2 ( over OR older ) W/1 ( 5? OR 6? OR 7? OR 8? OR 9? ) ) OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog* OR ( ">=5? years old" OR ">5? years old" ) OR ( ">=6? years old" OR ">6? years old" ) OR ( ">=7? years old" OR ">7? years old" ) OR ( ">=8? years old" OR ">8? years old" ) OR ( ">=9? years old" OR ">9? years old" ) )	838
<b>Study types: systematic reviews and meta-analyses</b>	
4. Refine Search: (INDEXTERMS("systematic review" OR "meta analysis")) OR (TITLE ( ( systematic W/3 review ) OR meta-analys* OR metaanalys* OR "systematic overview*" OR "scoping review" OR "scoping literature review" OR "mapping review" OR "umbrella review*" OR "review of reviews" OR "overview of reviews" OR meta-review OR "rapid review"))	142

The final search result, usually found at the end of the documentation, forms the list of abstracts.

**TITLE-ABS-KEY** = Title or abstract or keywords; **ALL** = All fields; **DOI** = Digital Object Identifier; **EID** = Document identifier in Scopus; **PMID** = PubMed Identifier; **PRE/n** = "precedes by". The first term in the search must precede the second by a specified number of terms (n).; **W/n** = "Within". The terms in the search must be within a specified number of terms (n) in any order.; \* = Truncation; " " = Citation Marks; searches for a phrase; ? = replaces one letter; **LIMIT-TO (SRCTYPE, "j"** = Limit to source type journal; **LIMIT-TO (DOCTYPE, "ar"** = Limit to document type article; **LIMIT-TO (DOCTYPE, "re"** = Limit to document type review

### Articles used in forwards citation searching

1. Michie S, Richardson M, Johnston M, Abraham C, Francis J, Hardeman W, et al. The behavior change technique taxonomy (v1) of 93 hierarchically clustered techniques: building an international consensus for the reporting of behavior change interventions. *Ann Behav Med*. 2013;46(1):81-95. Available from: <https://doi.org/10.1007/s12160-013-9486-6>
2. Michie S, van Stralen MM, West R. The behaviour change wheel: a new method for characterising and designing behaviour change interventions. *Implement Sci*. 2011;6:42. Available from: <https://doi.org/10.1186/1748-5908-6-42>

Epistemonikos 3 October 2024

Title: Health promotion, behavior change and the aged

Search terms	Items found
<b>Population: Aged AND Intervention: Behavior change</b>	
1. (title:(aged OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR older OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog*) OR abstract:(aged OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR older OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog*)) AND (title:(BCT OR BCTs OR behavior OR behaviour OR behavioral OR behavioural OR "healthy ageing" OR "healthy aging" OR "healthy lifestyle" OR "healthy life-style" OR (lifestyle AND advice) OR (life-style AND advice) OR (lifestyle AND change) OR (life-style AND change) OR (lifestyle AND intervention) OR (life-style AND intervention) OR (lifestyle AND interventions) OR (life-style AND interventions) OR promote OR promoting OR promotion) OR abstract:(BCT OR BCTs OR "behavior change" OR "behaviour change" OR "behavioral change" OR "behavioural change" OR "behavior changes" OR "behaviour changes" OR "behavioral changes" OR "behavioural changes" OR "healthy ageing" OR "healthy aging" OR "health behavior" OR "healthy behavior" OR "health behaviour" OR "healthy behaviour" OR "healthy lifestyle" OR "healthy life-style" OR "health promoting" OR "health promotion" OR "lifestyle advice" OR "life-style advice" OR (lifestyle AND change) OR (life-style AND change) OR "lifestyle intervention" OR "life-style intervention" OR "lifestyle interventions" OR "life-style interventions" OR "unhealth behavior" OR "un-healthy behavior" OR "unhealth behaviour" OR "un-healthy behaviour"))	1195
Limit to Publication Type: Systematic Review	

The final search result, usually found at the end of the documentation, forms the list of abstracts.

## International HTA Database 3 October 2024

## Title: Health promotion, behavior change and the aged

Search terms		Items found
<b>Population: Aged</b>		
1.	"Aged"[mhe] OR "Aging"[mh] OR "Dental Care for Aged"[mh] OR "Geriatric Assessment"[mh] OR "Geriatric Dentistry"[mh] OR "Geriatric Nursing"[mh] OR "Geriatric Psychiatry"[mh] OR "Geriatrics"[mh] OR "Health Services for the Aged"[mh] OR "Homes for the Aged"[mh] OR "Housing for the Elderly"[mh] OR "Nursing Homes"[mh]	458
2.	(aged OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR older OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog*)[Title] OR (aged OR ageing OR aging OR "community dwelling" OR elderly OR geriatric* OR "nursing home" OR "nursing homes" OR senior OR seniors OR older OR sexagenarian OR septuagenarian OR octogenarian OR nonagenarian OR centenarian OR gerontolog*)[abs]	1282
3.	#2 OR #1	1461
<b>Intervention: Behavior change</b>		
4.	"Health Behavior"[mh] OR "Health Promotion"[mh] OR "Health Risk Behaviors"[mh] OR "Healthy Lifestyle"[mhe] OR "Risk Reduction Behavior"[mh]	136
5.	(behavior OR behaviour OR behavioral OR behavioural OR promote OR promoting OR promotion)[Title]	250
6.	BCT OR BCTs OR "behavior change" OR "behaviour change" OR "behavioral change" OR "behavioural change" OR "behavior changes" OR "behaviour changes" OR "behavioral changes" OR "behavioural changes" OR "health behavior" OR "healthy behavior" OR "health behaviour" OR "healthy behaviour" OR "health promoting" OR "health promotion" OR "unhealth behavior" OR "un-healthy behavior" OR "unhealth behaviour" OR "un-healthy behaviour" OR (lifestyle AND change) OR (life-style AND change) OR "lifestyle intervention" OR "life-style intervention" OR "lifestyle interventions" OR "life-style interventions"	145
7.	#6 OR #5 OR #4	443
<b>Final result</b>		
8.	#7 AND #3	70

The final search result, usually found at the end of the documentation, forms the list of abstracts.