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Effects Of a Theory-Based Interprofessional Intervention On COVID-19 Vaccine Knowledge, Health Beliefs, Empowerment, And Quality of Life In Hong Kong Chinese Older Adults: A Randomized Controlled Trial

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Abstract

Vaccination is one of the most effective strategies to protect infection; however, COVID-19 vaccination coverage among older adults in Hong Kong remains low. This study evaluated the impact of a Health Belief Model-based interprofessional educational intervention on COVID-19 vaccine knowledge, health beliefs, empowerment, and quality of life in Hong Kong Chinese community-dwelling older adults. A randomized controlled trial was conducted in three districts across Hong Kong. Adults aged over 60 years were randomized to a control group or an intervention group receiving 12-week interprofessional education on COVID-19 and vaccination. Outcomes, including vaccine knowledge, health beliefs, empowerment, and quality of life, were assessed at baseline and post-intervention. Generalized estimating equation models were applied to compare changes between groups over time, adjusting for potential covariates. Of the 150 older adults enrolled (75 per group), all completed the intervention and post-intervention assessments. After covariate adjustment, the intervention group showed significant improvements in COVID-19 infection and vaccine knowledge ($p < 0.001$), perceived severity ($p = 0.001$), self-efficacy ($p = 0.033$), and perceived benefits ($p = 0.003$), alongside reduced perceived barriers ($p = 0.030$). The adjusted generalized estimating equation models also indicated significant gains in health empowerment ($p < 0.001$) and quality of life scores at post-intervention. The Health Belief Model-based interprofessional educational intervention proved effective and feasible for improving COVID-19 vaccine knowledge, health beliefs, empowerment, and quality of life among older adults in Hong Kong.

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