

# DIGITALIZED INSTRUMENTS IN A SPANISH SAMPLE TO MEASURE SOCIAL FRAILTY

## **RESUMEN**

La fragilidad es un proceso de desarrollo de vulnerabilidad y dependencia que afecta a la parte de la población de personas mayores. La dimensión social de la fragilidad se define como un riesgo continuo de perder, o haber perdido recursos, actividades o habilidades sociales y generales que son percibidas como importantes para poder cubrir necesidades básicas a lo largo de la vida (Bunt et al., 2017). Esta vulnerabilidad está relacionada con la edad y a su vez con consecuencias negativas para la salud, este hecho ha generado el desarrollo y utilización de diversos instrumentos heterogéneos de papel y lápiz para su evaluación. El presente estudio tiene como finalidad analizar la evidencia acerca del desarrollo y utilización de instrumentos digitalizados para medir la fragilidad social. Para ello, se realizó una revisión de literatura en PubPsych, Psycarticles, PsycInfo y Pubmed, elaborándose en base a las normas de la declaración PRISMA (Urrútia & Bonfill, 2010), no pudiéndose incluir ningún artículo. Los resultados muestran que actualmente no se han desarrollado instrumentos digitalizados para evaluar la fragilidad social, a pesar del avance de las nuevas tecnologías. El desarrollo de instrumentos digitalizados puede ser un avance en la evaluación y intervención de la fragilidad social, ayudando a la recabación de información y la prevención e intervención de la dimensión social.

**PALABRAS CLAVE:** fragilidad social, personas mayores, instrumentos digitalizados

## **ABSTRACT**

Frailty is a developmental process of vulnerability and dependency that affects the elderly part of the population. The social dimension of frailty is defined as a continuous risk of losing, or having lost resources, activities or social and general skills that are perceived as important to be able to meet basic needs throughout life (Bunt et al., 2017). This vulnerability is related to age and in turn to negative health consequences, this fact has generated the development and use of various heterogeneous paper-and-pencil instruments for its assessment. The present study aims to analyze the evidence on the development and use of digitized instruments to measure social frailty. To this end, a literature review was conducted in PubPsych, Psycarticles, PsycInfo and Pubmed, based on the standards of the PRISMA statement (Urrútia & Bonfill, 2010), and no articles could be included. The results show that currently no digitized instruments have been developed to assess social fragility, despite the advance of new technologies. The development of digitized instruments can be an advance in the assessment and intervention of social fragility, assisting in the collection of information and the prevention and intervention of social dimension.

**KEY WORDS:** social frailty, elderly people, digitized instruments

# DIGITALIZED INSTRUMENTS IN A SPANISH SAMPLE TO MEASURE SOCIAL FRAILITY

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## INTRODUCTION

Frailty is a developmental process of vulnerability and dependency that affects part of the elderly population, Within this concept three dimensions are differentiated: physical, cognitive/psychological and social. S.Bunt (2017) defines social frailty as the lack of resources to meet basic social needs, more specifically social frailty can be understood as a continuous risk of losing, or having lost resources, activities or social and general skills that are perceived as important to be able to meet basic needs throughout life.

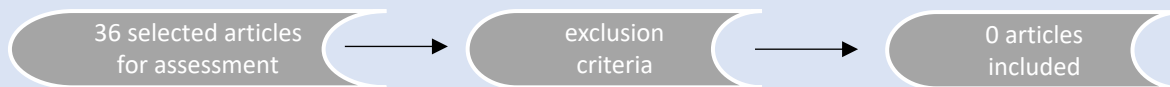
Several authors indicate that there are various health problems generated by social vulnerability, among them the appearance of depressive symptoms generated by the decrease in quality of life and social resources. A large body of research uses paper-and-pencil instruments to assess and intervene in social. .

## OBJECTIVE

The aim of this systematic review is to analyze the existence and use of digitized instruments to measure the social dimension of frailty using a Spanish sample.

## RESULTS

The review of the 36 identified abstracts revealed that none of the studies met our inclusion criteria. Two of the articles selected for evaluation described the use of technology in frailty, however after reviewing the full text of the articles, both were excluded as they did not assess social frailty using digitized instruments.



## CONCLUSION

Instruments/scales for the assessment of social fragility.

Loneliness Scale, Social Support Checklist-12 (SSL-12) and Dutch elderly monitor questionnaire.

No digitized instruments observed

Various benefits of the use of technology in evaluation

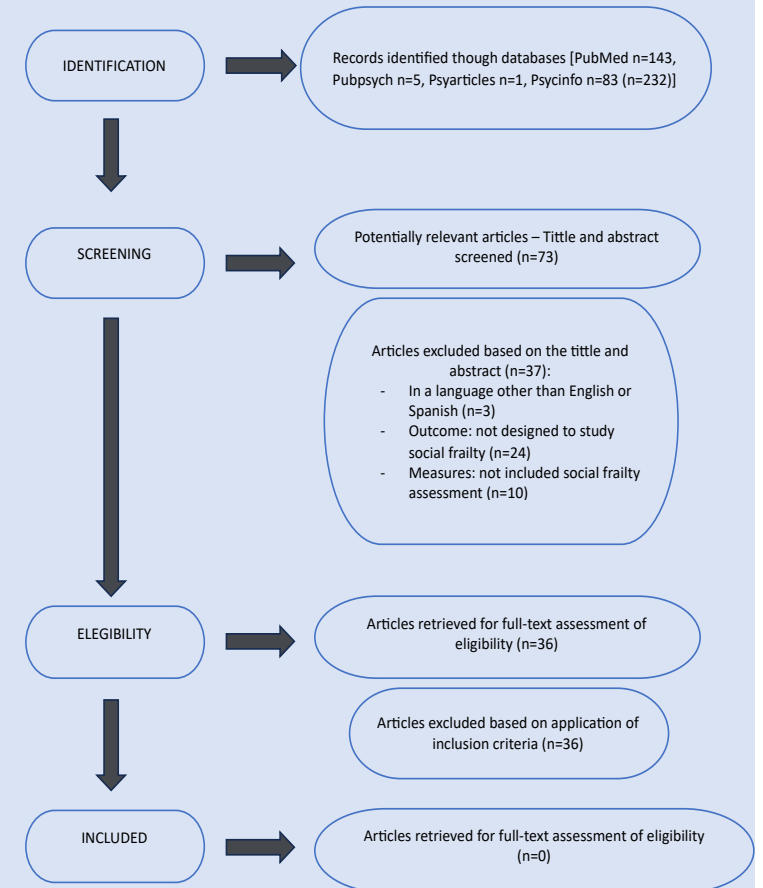
Researchers: reduced presence in intervention and data collection

More objective evaluation and specific intervention adjusted to the demands observed.

## METHOD

Systematic literature following PRISMA guidelines of empirical studies published between 2013 and 2023

Search terms: (social frailty) AND (old people) AND (evaluation OR scale OR instruments).



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