

## PhysAgeNet & EGRAPA Conference

### Evidence-based physical activity in advanced age – are we closing the gaps?

Microsoft Teams Link: <https://events.teams.microsoft.com/event/379fc3f0-0401-44b9-bae7-815cff1db8e8@c3a05a57-b7dc-4c78-b650-eb8f4697aee3>

Time	Wednesday, 7 <sup>th</sup> May 2025	Location
09:00 – 10:00 local time (LT) 08:00 – 09:00 CET	<b>Opening</b> <b>with Traditional Folk Dance Show</b>  Arzu Erden Güner: Local Organizer Hamdullah Çuvalcı: Rector - Karadeniz Technical University Yael Netz: President - The European Group for Research on Aging and Physical Activity Michael Brach: Chair - COST Action PhysAgeNet	<b>Hasan Turan Hall</b> <i>All sessions in the Hasan Turan Hall are hybrid and can be attended onsite and online.</i>
10:00 – 10:30 LT 09:00 – 09:30 CET	<b>COST Action "Evidence-based physical Activity in old age" -- PhysAgeNet achievements, prospects, lessons learnt</b> by Michael Brach  <b>Moderator:</b> Yael Netz	<b>Hasan Turan Hall</b>
10:30 – 11:00 LT 09:30 – 10:00 CET	<b>Coffee break</b>	<b>Cocktail Hall</b>
11:00 – 12:00 LT 10:00 – 11:00 CET	<b>Symposium:</b> <b>#16 Recruitment Strategies for Older Adults in Physical Activity Interventions: Synthesis of Evidence, Expert Consensus, and Stakeholder Perspectives</b>  <b>Chair:</b> Rafal Stemplewski <b>Co-chair:</b> Iuliia Pavlova  <i>Effectiveness of different recruitment strategies for engaging older adults in PA interventions: A systematic review</i> Ilke Kara  <i>Guidelines for recruiting older adults in PA interventions: A formal consensus and Delphi technique</i> Veysel Alcan  <i>Breaking barriers to the recruitment of older adults in research: Key stakeholder perspectives and recommendations</i> Magdalena Cyma-Wejchenig	<b>Hasan Turan Hall</b>
12:00 – 12:30 LT 11:00 – 11:30 CET	<b>Oral Presentations</b> <b>Physical Activity Strategies in Ageing and Diseases</b>  <b>Moderator:</b> Serap İnal  <b>#61 Mindful Physical Interventions in Breast Cancer Patients: A systematic review and meta-analysis</b> Soledad Ballesteros  <b>#79 Comparison of the Effects of Music-Assisted Walking Speed and Physical Performance Assessments in Elderly People with and without Alzheimer's Disease</b> Kubra Tuz	<b>Hasan Turan Hall</b>
12:30 – 13:30 LT 11:30 – 12:30 CET	<b>Lunch</b>	<b>Cocktail Hall</b>

13:30 – 14:45 LT 12:30 – 13:45 CET	<p><b>Oral Presentations</b> Participation in Physical Activity Interventions</p> <p><b>Moderator:</b> Nursen Ilcin</p> <p>#31 <i>Health Literacy and Physical Activity in the Elderly</i> Atiye Kaş Özdemir</p> <p>#78 <i>Evaluation of Limitations Affecting Older People's Participation in Open Green Spaces in Urban Areas: A Case of Düzce</i> Sertac Kaya</p> <p>#82 <i>Social Frailty: Identifying Health-Related Outcomes in Older Adults</i> Ulku Kezban Sahin</p> <p>#68 <i>The Relationship Between Loneliness and Patient Activation Levels in Hospitalized Patients: A Cross-Sectional Study</i> Ayşe Kabuk</p> <p>#38 <i>Difficulty in lifting 5 kilograms of weight as a predictor of diseases among European older adults using SHARE dataset</i> Shaea Alkahtani</p>		Hasan Turan Hall
14:45 – 15:00 LT 13:45 – 14:00 CET	<p><b>Practical Project Demonstration:</b> <i>AgeWell Europe - 8 weeks to functional healthy ageing in Europe</i> by Ruth Kavanagh</p> <p><b>Moderator:</b> Ellen Bentlage</p>		Hasan Turan Hall
15:00 – 15:30 LT 14:00 – 14:30 CET	Coffee break		Cocktail Hall
15:30 – 16:45 LT 14:30 – 15:45 CET	<p><b>Symposium:</b> <i>#12 Home-Based Digital Interventions for Active and Healthy Aging: New Insights from Clinical Trials and Systematic Reviews</i></p> <p><b>Chair:</b> Eleftheria Giannouli</p> <p><i>A Platform for Remote Motor Fitness Assessment and Personalized Exercise Programs for Older Adults: A Randomized Controlled Trial</i> Salit Bar-Shalom</p> <p><i>Personalized, home-based cognitive-motor training to improve cognitive and motor functioning in frail adults: first results from an international pragmatic randomized controlled trial</i> Asli Karamanlargil</p> <p><i>Impact of digital interventions for pain and disability in older adults with pain: a systematic review</i> Anabela Silva</p> <p><i>Effects of home-based interventions using exergames on physical and cognitive functions in community-dwelling older adults: a systematic review</i> Eleftheria Giannouli</p>	<p><b>Oral Presentations</b> Neuromuscular and Sensorimotor Training in Aging Populations</p> <p><b>Moderator:</b> Jonathan Gómez Raja</p> <p>#17 <i>Investigating the Effects of Improved Depth Perception and Physical Activity Relationship in Older Adults</i> Gokce Nur Yilmaz</p> <p>#18 <i>Adding Neuromuscular Electrical Stimulation to Usual Care in Older Adults for Cognitive and Functional Improvement in Rehabilitation Settings: A Pilot Study</i> Evrin Gökçe</p> <p>#39 <i>Motor Imagery Ability Across the Lifespan</i> Nadja Schott</p> <p>#65 <i>The Effect of Single-Session Motor Imagery on Autonomic Functions in Older Adults in Nursing Homes</i> Gözde Akyüz</p> <p>#83 <i>The Impacts of Functional Electrical Stimulation on the Morphological Characteristics of Skeletal Muscles: A Systematic Review</i> Sena Adanir</p>	<p><b>Symposium:</b> Hasan Turan Hall</p> <p><b>Oral Presentations:</b> Fahri Kuran Hall <i>This session can be attended <u>only onsite</u>.</i></p>

16:45 – 17:00 LT 15:45 – 16:00 CET	<b>Closing of the first conference day</b> Arzu Erden Güner: Local Organizer	Hasan Turan Hall
18:30 LT	<b>Gala Dinner</b> Please make a reservation via the following link: <a href="https://docs.google.com/forms/d/e/1FAIpQLSf94a0-xXJqZvbC5lmy3q-9JngdKbj0xKDdRXVQUbdddbeAtw/viewform">https://docs.google.com/forms/d/e/1FAIpQLSf94a0-xXJqZvbC5lmy3q-9JngdKbj0xKDdRXVQUbdddbeAtw/viewform</a> *Price and details are accessible in the link.	MUZEYYEN RESTAURANT

Time	Thursday, 8 <sup>th</sup> May 2025		Location
08:30 – 09:00 07:30 – 08:00 CET	<b>Poster Session</b>  <b>Moderator:</b> Umut Apaydin		<b>Foyer Area</b> <i>This session can be attended <u>only onsite</u>.</i>
09:00 – 10:00 LT 08:00 – 09:00 CET	<b>Keynote: Prof. Dr. Eco de Geus</b> Genetics of physical activity across the adult life span  <b>Moderator:</b> Michael Brach		<b>Hasan Turan Hall</b> <i>All sessions in this Hasan Turan Hall are hybrid and can be attended onsite and online.</i>
10:00 – 10:30 LT 09:00 – 09:30	<b>Coffee Break</b>		<b>Cocktail Hall</b>
10:30 – 12:30 LT 09:30 – 11:30 CET	<b>Symposium:</b> <b>#24 Exercise &amp; Inflammation: From Cell to Tissue</b> <b>Chair:</b> Ivan Bautmans  <i>New results from the SPRINT project o Strength training affects intracellular stress response in peripheral immune cells</i> Ivan Bautmans  <i>Rejuvenation of the immune system following 3 months strength training: results from the SPRINT project</i> Emelyn Mathot  <i>Do immunonutrients play a role in training-induced effects on circulating immune cells</i> Andreas Delaere  <i>New results from the Knee Osteoarthritis Pain Trial o Inflammation is associated to pain sensitization in older persons with knee osteoarthritis</i> Sofie Puts  <i>New results from the Blood Flow Restriction Trial o Acute effects of blood flow restriction training on markers of inflammation and neuroplasticity</i> Orgesa Qipo  <i>New insights from the literature on The effect of physical exercise on immunosenescence in the skin and wound healing: a systematic review</i> Rose Njemini	<b>Oral Presentations:</b> <b>Digital and Technology-Assisted Interventions for Physical Activity in Aging</b> <b>Moderator:</b> Eleftheria Giannouli  #22 <i>Experiences of Technology for Increasing Physical Activity of Older Adults: A Qualitative Metasynthesis</i> Irem Huri Karabiyik  #54 <i>Design Considerations for Technology-Assisted Fall-Resisting Skills Training Trials in Older Adults: A Pilot Study</i> Christopher McCrum  #56 <i>Need for Tailored Technology-Based Physical Activity Interventions for Elderly with Dementia</i> Niharika Bandaru  #58 <i>Effects of Digital Exercise Interventions on Muscle Mechanical Function in Community-Dwelling Older Adults: A Systematic Review and Meta-Analysis</i> Paolo Caserotti  #76 <i>Integrating Wearable Technology and Machine Learning for Early Detection and Intervention in Age-Related Mobility Decline</i> Salvatore Tedesco  #85 <i>Can Digital Technology Enhance Physical Activity in Hospitalised Older Adults?</i> Rosemary Dubbeldam	<b>Symposium:</b> <b>Hasan Turan Hall</b>  <b>Oral Presentations:</b> <b>Fahri Kuran Hall</b> <i>This session can be attended <u>only onsite</u>.</i>

12:30 – 13:30 LT 11:30 – 12:30 CET	<b>Lunch</b>	<b>Cocktail Hall</b>
13:30 – 14:30 LT 12:30 – 13:30 CET	<p><b>Oral Presentations:</b> <b>The Role of Inflammation and Metabolic Health in Aging and Physical Performance</b></p> <p><b>Moderator:</b> Jonathan Gómez Raja</p> <p><b>#19 The Impact of CRP, hs-CRP, IL-6, IL-10, and TNFα in Physical Performance in Community-Dwelling Older Adults: A Systematic Review</b> Arben Boshnjaku</p> <p><b>#26 Does High-Intensity Interval Training Have a Positive Effect on Selected Biomarkers of Metabolic Syndrome in Postmenopausal Women?</b> Yangjun Liu</p> <p><b>#28 Relationship Between Aging and Ketogenic Diet: A Bibliometric Analysis</b> Tugba Elgun</p>	<b>Hasan Turan Hall</b>
14:30 – 15:00 LT 13:30 – 14:00 CET	<p><b>Dance Session:</b> <b>Dance Intervention for Older Adult: A Practical Demonstration of the Latin American Dance Cha-Cha</b> By Hana Anna Šišková</p> <p><b>Moderator:</b> Filiz Can</p>	<b>Hasan Turan Hall</b>
15:00 – 15:30 LT 14:00 – 14:30 CET	<b>Coffee break</b>	<b>Cocktail Hall</b>
15:30 – 16:45 LT 14:30 – 15:45 CET	<p><b>Symposium:</b> <b>#33 Improving Mobility and Cognitive Function in Older Adults: Interdisciplinary Approaches and Evidence-Based Interventions</b></p> <p><b>Chair:</b> Claudia Voelcker-Rehage</p> <p><b>Co-Chair:</b> Vera Belkin</p> <p><b>Prevention in primary care: Results of the PROGRESS project</b> Vera Belkin</p> <p><b>A RCT on the effects of cognitive, motor, and cognitive-motor training on dual-task walking in older adults and the moderating role of baseline cognitive and motor fitness</b> Melanie Mack</p> <p><b>Digital dual-task training for older adults with hearing impairments - results from a modified Delphi-survey</b> Bettina Wollesen</p> <p><b>Testing the bidirectional relationship between vigorous walking and executive functions: A randomized controlled study in seniors</b> Michel Audiffren</p>	<b>Hasan Turan Hall</b>
16:45 – 17:00 LT 15:45 – 16:00 CET	<p><b>Closing of the second conference day</b> Prof. Arzu Erden Güner: Local Organizer</p>	<b>Hasan Turan Hall</b>

Time	Friday, 9 <sup>th</sup> May 2025		Location
08:30 – 09:00 LT 07:30–08:00 CET	<b>Poster Session</b>  <b>Moderator:</b> Turgay Altunalan		<b>Foyer Area</b> <i>This session can be attended <u>only onsite</u>.</i>
09:00 – 10:00 LT 08:00–09:00 CET	<b>Keynote: Prof. Dr. Filiz Can</b> <i>Physical Activity and Exercise for Sarcopenia in Older Adults</i>  <b>Moderator:</b> Ugur Cavlak		<b>Hasan Turan Hall</b> <i>All sessions in the Hasan Turan Hall are hybrid and can be attended onsite and online.</i>
10:00 – 10:30 LT 09:00 – 09:30 CET	<b>Coffee Break</b>		<b>Cocktail Hall</b>
10:30 – 11:45 LT 09:30 – 10:45 CET	<p><b>Symposium:</b> <i>#32 The Role of Physical Activity in Brain-Body Dynamics in Older Adults</i></p> <p><b>Chair:</b> Bettina Wollesen</p> <p><b>Co-Chair:</b> Claudia Voelcker-Rehage</p> <p><i>Brain mechanisms underlying training-induced changes in dual-task walking in older adults</i> Claudia Voelcker-Rehage</p> <p><i>The power of synergy: Cognitive-motor training boosts BDNF more than isolated training in older adults</i> Evrin Gökçe</p> <p><i>Performance differences in dual-tasking between older and younger adults-does the motor complexity matter? An EEG study</i> Bettina Wollesen</p> <p><i>RT and accuracy in a dual-task walking paradigm in older adults vs younger adults from the MoBI-Study</i> Mona Herden</p> <p><i>Effects of ageing on modality compatibility on dual-task performance in a more naturalistic environment</i> Piesie Akwasi Gyimah Asuako</p>	<p><b>Oral Presentations:</b> <i>Mobility, Balance, and Fall Prevention Strategies in Older Adults</i></p> <p><b>Moderator:</b> Signe Tomsone</p> <p><i>#41 Modified Otago vs. Structured LSVT-BIG: Which Exercise Program Better Improves Balance in Elderly?</i> Arzu Razak Özdiñler</p> <p><del><i>#44 Investigation of the Effect of Frailty on Physical Activity and Fall Risk in Older Adults with Non-Specific Low Back Pain</i></del> Ayşe Abit Kocaman</p> <p><i>#59 Evaluation of a Virtual Reality Gait-Based Locomotion Fall Prevention Exergame in Community-Dwelling Healthy Older Adults</i> Nadja Schott</p> <p><i>#70 Do Proprioceptive Exercises with Otago Exercises Have an Additional Effect on Balance, Falls Behaviour, and Sarcopenia in Older People?</i> Mesut Uludağ</p> <p><i>#80 Turkish Validity and Reliability Study for The Short Form Berg Balance Scale: Pilot Trial</i> Kutay Kaşlı</p>	<p><b>Symposium:</b> <b>Hasan Turan Hall</b></p> <p><b>Oral Presentations:</b> <b>Fahri Kuran Hall</b> <i>This session can be attended <u>only onsite</u>.</i></p>
11:45 – 12:30 LT 10:45 – 11:30 CET	<p><b>Workshop</b> <i>Joy of Movement and Active Gaming as new Qualities of Movement Motivation - Applicability and Implementation Opportunities with Older Adults</i> by Eckehard Fozzy Moritz</p> <p><b>Moderator:</b> Eleftheria Giannouli</p>		<b>Fahri Kuran Hall</b> <i>This session can be attended <u>only onsite</u>.</i>
12:30 – 13:30 LT 11:30 – 12:30 CET	<b>Lunch</b>		<b>Cocktail Hall</b>

13:30 – 15:15 LT 12:30 – 14:15 CET	<p><b>Symposium:</b> <i>#48 Designing and Reporting Effective Exercise Interventions for Older Adults: Guidelines and Training</i></p> <p><b>Chair:</b> Bettina Wollesen</p> <p><b>Co-Chair:</b> Antoine Langeard</p> <p><i>Development and evaluation of reporting guidelines for exercise studies with older adults</i> Bettina Wollesen</p> <p><i>Development and evaluation of the training curriculum</i> Antoine Langeard</p> <hr/> <p><b>Oral Presentations I:</b> <i>Effects of Exercise Interventions for Older Adults</i></p> <p><b>Moderator:</b> Arzu Erden Güner</p> <p><i>#36 Effects of Upper Extremity Low-Volume High-Intensity Interval Training on Postural Sway and Upper Extremity Strength in Geriatric Patients with Heart Failure: A Preliminary Result</i> Nurel Ertürk</p> <p><i>#47 The Goldilocks Approach: Finding the Optimal "Cocktail" of Physical Behaviors for Health Outcomes in Older Adults</i> Jan Vindiš</p> <p><i>#50 Changes in SMI and Physical Fitness in Response to High-Intensity Interval Nordic Walking Training in Postmenopausal Women</i> Neng Pan</p> <p><i>#45 Evaluating the 30-Minute Physical Activity Guideline in Older Adults: A 24-Hour Movement Behaviour Approach to Obesity Prevention</i> Jana Pelclová</p>	<p><b>Oral Presentations II:</b> <i>Physical Activity, Cognitive Function, and Mental Well-Being in Older Adults</i></p> <p><b>Moderator:</b> Ugur Cavlak</p> <p><i>#21 Perceptions of the Effect of Physical Activity on Mental Health and Well-Being of Older People Who Do and Do Not Do Physical Activity: A Qualitative Comparative Study</i> Aysegul Ilgaz</p> <p><i>#23 The Effect of Kinetic Brain Exercises on Dual-Task Activities in Healthy Elderly Individuals</i> Arzu Razak Özdinçler</p> <p><i>#35 Dual-Task Effects on Functional Mobility and Sleepiness Level in Older People with Musculoskeletal Pain</i> Aysun Yağci Şentürk</p> <p><i>#37 The Impact of Cognitive Tasks on Arm Muscle Activation in Older Adults: A Pilot Study Using Surface Electromyography</i> Fatma Kübra Çekok</p> <p><i>#51 Effect of a Six-Month Multimodal Dance Intervention on Physical and Cognitive Performance in Older Adults with Mild Cognitive Impairment</i> Anita Hoekelmann</p> <p><i>#73 Effects of Game-Based Exercise Training on Physical and Cognitive Well-Being in Older Adults</i> Nursen İlçin</p> <p><i>#81 Investigation of the Relationship Between Age, Comorbidity, Physical Activity, Physical Performance, and Mobility in Women Aged 65 and Older</i> Kutay Kaşlı</p>	<p><b>Symposium &amp; Oral Presentations I</b> = Hasan Turan Hall</p> <p><b>Oral Presentations II</b> Fahri Kuran Hall <i>This session can be attended <u>only onsite</u>.</i></p>
15:15 – 15:30 LT 14:15 – 14:30 CET	<b>Coffee break</b>		<b>Cocktail Hall</b>
15:30 – 16:15 LT 14:30 – 15:15 CET	<p><b>Oral Presentations:</b> <i>Exercise Modalities and Intervention Design for Older Adults</i></p> <p><b>Moderator:</b> Signe Tomsone</p> <p><i>#52 Effect of a Bungy Pump Training on Aerobic Capacity in Postmenopausal Women</i> Yintao Niu</p> <p><i>#57 Effects of Resistance Training with Elastic Bands Compared to Free Weights Training on Functional Performance in Older Adults: A Randomized Controlled Trial</i> Nadja Schott</p> <p><i>#77 Chronic Effects of Eccentric Strength Training on Biceps Femoris Long Head Elasticity: A Meta-Analysis</i> Gokhan Yagiz</p>		<b>Hasan Turan Hall</b>

16:15 – 16:30 LT 15:15 – 15:30 CET	<p><b>Closing Ceremony:</b> Announcement on the next EGRAPA Conference Capoeira Performance (Axe Capoeira)</p> <p><b>Moderator:</b> Arzu Erden Güner</p>	Hasan Turan Hall
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## Poster:

### #7 Mechanisms of Exercise-Induced Mitochondrial Biogenesis and Dynamics in Aging

Mohammad Mosaferi Ziaaldini

### #8 Life Kinetic Exercises to Improve Cognitive Functions

Abdulsamet Efdal

### #10 The impact of frequency of physical activity on Body Mass Index and Percent Body Fat

Marcel Leppée

### #11 Integration of Cognitive and Physical Exercises in Older Adults: A Geriatric Clinic Example from Turkey

Neslihan Nur Pehlivan

### #13 Relationship between E-Health Literacy and Physical Activity Levels in Adolescents

Emine Efe

### #14 Enhancing Physical Activity in Older Adults through Age-Friendly Infrastructure in Montenegro

Stevo Popović

### #15 Focus and Development of Studies conducted on the Effect of Wearable Technologies on Physical Activity

Emine Efe

### #20 Integrating AI and systems thinking in managing physical activity in old age

Yi Wang

### #25 Digital Divide and Healthy Aging: Exploring Technology Use for Physical Activity in Older Ukrainians

Natalia Chukhlantseva

### #27 Integrating Physical Activity and Health Education for Older Adults: A Community-Based Model from Turkey

Özgün Pehlivan

### #40 The Effect Of Online Wigong Exercises on Depression and Cognitive Memory

Nurten Terkes:

### #46 A Machine Learning Approach to Personalized Cognitive-Motor Exergaming in older residents of Long-Term Care Facilities with Cognitive Impairments

Moreno Sutter

### #49 Evidence-based Physical Activity Recommendations in Older Adults with Sarcopenia

Elif Okur

**#53 Effects of technology-assisted physical activity interventions on circulating biomarkers for neuromuscular function in community-dwelling older adults aged 60 years old and above: A systematic review and meta-analysis**

Orgesa Qipo

**#55 Barriers to Long-Term Adherence and Behavioural Change in Artificial Intelligence-Driven Physical Activity Interventions for Older Adults: A Scoping Review**

Signe Tomsone

**#60 The Role of Physical Activity Participation in the Prevention and Management of Delirium: A Traditional Review**

Arzu Erden Güner

**#63 Chronic exercise for depression in older adults: A meta-analytic review of moderating factors and interactions**

Melanie Mack

**#64 Gait analysis comparison between 2D pose estimation algorithms and inertial measurement unit-based G-walk system: a pilot study**

Gamze Yalcinkaya Colak

**#67 Effects of an Outdoor Aerobic and Resistance Exercise Program on Senior Fitness Capacity**

Demet İnangil

**#69 Co-production of a sarcopenia and frailty screening and intervention programme for older people from a culturally diverse population**

David Hewson

**#74 The Importance of Physical Activity Exercise among Older People**

Rahman Nurkovic

**#75 Mindful Compassion: An Online Intervention Program for Older Patients with fal Cancer**

María Pilar Jiménez

**#84 The Interaction of Gender and Living Environment on Physical Activity Levels in Older Adults**

Günay Yıldizer