

The results of this pilot study “Can narrative reminiscence intervention improve mental well-being in elderly people?” is summarized in:

“Tam W and Wu V. Chapter 17 – Narrative Reminiscence Intervention. In *Age with Dignity: A 10-year Study on Positive Ageing and Dementia Prevention in Singapore* edited by Kua EH and Mahendran R, Write Editions, 2022. ISBN: 9811841594”

The recruitment was originally started in Mar 2020 but was postponed to Nov 2020 due to Covid pandemic. As various infection control measures were still implemented in the first half of 2021, the subjects recruitment process was slow and the recruitment ended in mid-2021.

Figure 1 Flow Diagram

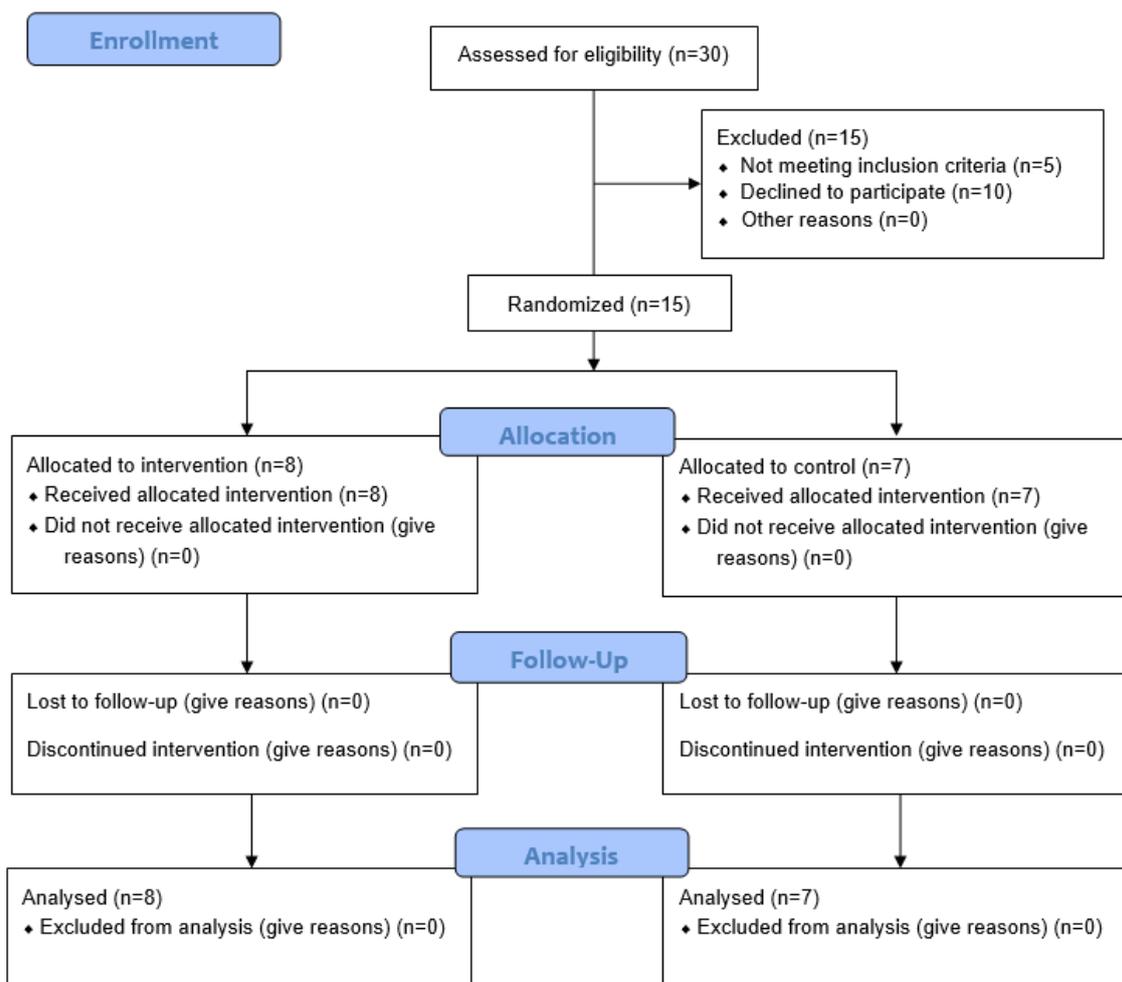
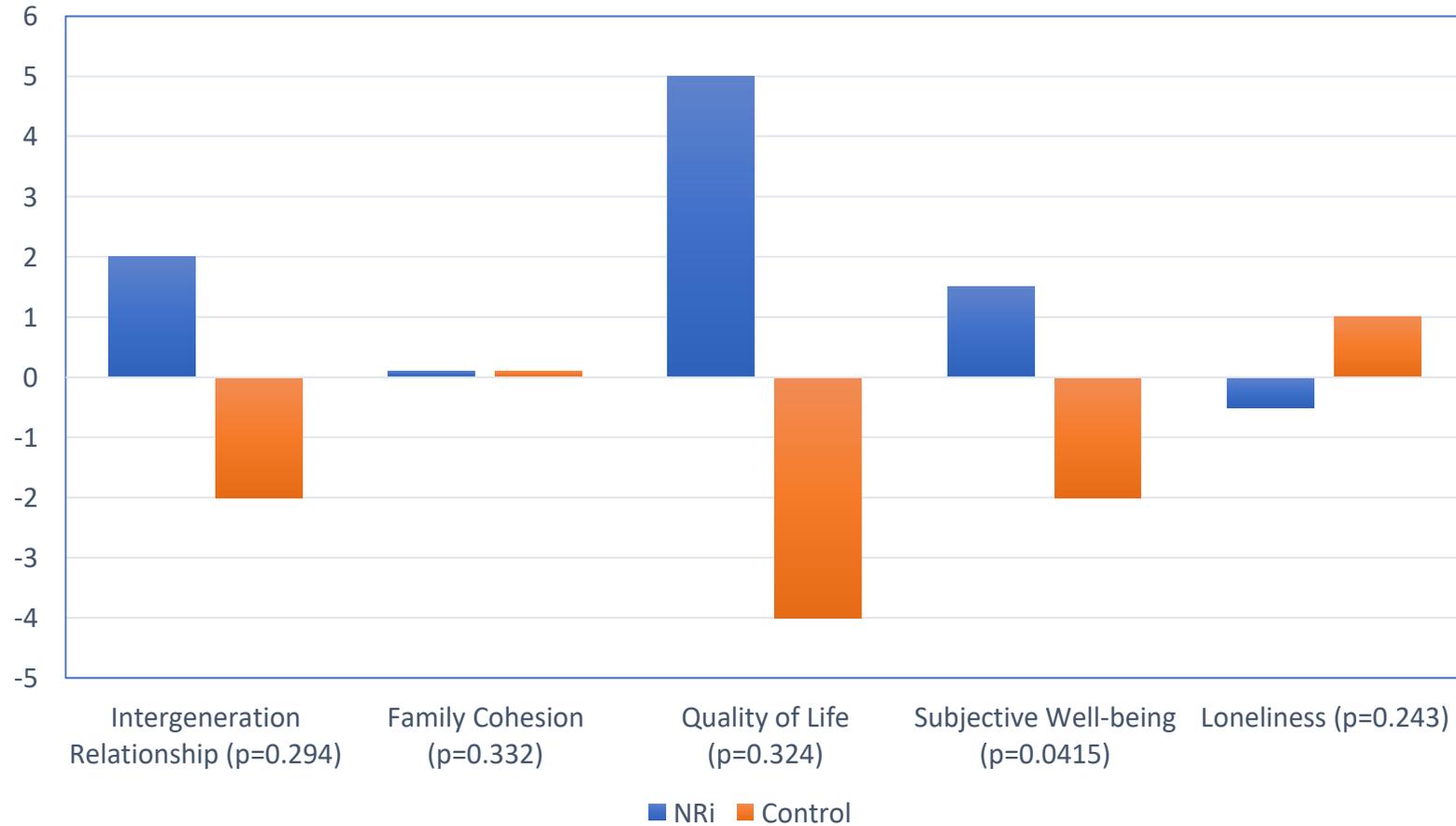


Table 1: Participants' characteristics (Frequency and percentage for categorical variable; Median and Range for continuous variable)

	Intervention (n=8)	Control (n=7)	p-value (Fisher or Mann-Whitney)
Gender			0.619
➤ Female	3 (37.5%)	4 (57.1%)	
➤ Male	5 (52.5%)	3 (42.9%)	
Age	70 (61 to 81)	68 (62 to 75)	0.179
Ethnicity			1.000
➤ Chinese	7 (87.5%)	6 (85.7%)	
➤ Indian	1 (12.5%)	1 (14.3%)	
Education			1.000
➤ JC/Diploma/Degree	4 (50.0%)	4 (57.1%)	
➤ Secondary	4 (50.0%)	3 (42.9%)	
Housing			0.563
➤ HDB	7 (87.5%)	5 (71.4%)	
➤ Private	1 (12.5%)	2 (28.6%)	
Working Status			NA
➤ Retired	8 (100.0%)	7 (100.0%)	
Marital Status			0.765
➤ Divorced	0 (0.0%)	1 (14.3%)	
➤ Married	4 (50.0%)	4 (57.1%)	
➤ Single	3 (37.5%)	1 (14.3%)	
➤ Widowed	1 (12.5%)	1 (14.3%)	
Number of Children	2 (0 to 3)	0 (0 to 3)	0.951

Figure 2: Median of the change score for the NRi and Control group from Week 1 (baseline) to Week 11 (end of intervention)



Remark: Positive change means better for Intergeneration Relationship, Family Cohesion, Quality of Life and Subjective Well-being while negative change means better for Loneliness

