

# Effects of reminiscence therapy and recreational activities on the depression status and social support of community-dwelling elders

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<b>Registration date</b> 22/01/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 21/01/2022	<b>Condition category</b> Mental and Behavioural Disorders	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

In Taiwan the prevalence of depression is growing in elderly people. Some elderly people with depression change their behavior and prefer to stay at home rather than go out to socialize or do new things in their communities. This study examines the prevalence of depression and its association with social support and compares the effects of recreational activity and reminiscence therapy on the signs and symptoms of depression.

### Who can participate?

Elderly people over the age of 65 years who live in a rural community in southern Taiwan

### What does the study involve?

Participants were asked to join this study while attending their annual Adult Health Exam Program, sponsored by Taiwan National Health Insurance. Participants who passed the screening were randomly assigned to the recreational, reminiscence, or home-visit groups. However, some of the elders preferred to join the study with their familiar neighbors or friends, not the randomized assignment. The researchers led the participants in a 15-minute physical activity before the interventions. There were eight themes in the reminiscence group every week: summer foods, childhood memories, watching an old movie, hobbies, marriage ceremonies, hand-made children's toys, paintings, summer activities, etc; and eight themes in the recreational group: watercolor paintings, singing, watching an old movie, hand-made children's toys, traditional Chinese painting, poker (card game), cross-stitch weaving, and paper-cutting. The interventions provided organized approaches for the participants to use for their life-review. After the interventions, all participants gathered in the same room and were given a 10-minute footbath and a 10-minute foot massage. In the home-visit group, the nursing teacher or nursing students (or both) visited each member once every 2 weeks for health education, vital sign checks, and so on. The interventions took place once a week for 10 weeks.

What are the possible benefits and risks of participating?

The immediate direct benefits to those taking part were exercise, well-organized activities, and a footbath and foot massage in the reminiscence and recreation groups. The researchers and nursing students visited the participants of the home-visit group every 1-2 weeks and chatted with them and their families. The researchers observed the participants' mental patterns carefully to prevent the interventions from triggering their upset mood.

Where is the study run from?

The study was run by Nanchou Health Center, Dapu Community Development Association, and the authors, and takes place in Nanchou Township, Pingtung County (Taiwan, ROC)

When is the study starting and how long is it expected to run for?

February 2017 to December 2018

Who is funding the study?

Investigator initiated and funded

Who is the main contact?

1. Assistant Prof. Chang Chis Hsiu

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2. Prof. Chen Chung Hey

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## Contact information

### Type(s)

Public

### Contact name

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## Additional identifiers

### EudraCT/CTIS number

Nil known

### IRAS number

### ClinicalTrials.gov number

Nil known

## **Secondary identifying numbers**

Nil known

# **Study information**

## **Scientific Title**

Effects of reminiscence therapy and recreational activities on the depression status and social support of community-dwelling elders: a quasi-experimental research

## **Study objectives**

The reminiscence therapy could improve the depression status of community-dwelling elderly more effective than recreational therapy.

## **Ethics approval required**

Old ethics approval format

## **Ethics approval(s)**

Approved 01/02/2017, National Cheng Kung University Human Research Ethics Committee (No. 1, University Road, Tainan City 701, Taiwan, R.O.C., +886 (0)6 2757575 ext. 51020; em51020@email.ncku.edu.tw), ref: NCKU HREC-E-102-305-2

## **Study design**

Quasi-experimental research, participant-blinded controlled trial

## **Primary study design**

Interventional

## **Secondary study design**

Non randomised study

## **Study setting(s)**

Community

## **Study type(s)**

Treatment

## **Participant information sheet**

Not available in web format, please use contact details to request a participant information sheet

## **Health condition(s) or problem(s) studied**

Mild depression

## **Interventions**

Participants were asked to join this study while they had attended their annual Adult Health Exam Program, sponsored by Taiwan National Health insurance. Participants must pass the screening the Brief Symptom Rating Scale (BSRS-5) to understand their mental health status. Participants with BSRS-5 scores of 6-9 were randomly assigned to the Recreational,

Reminiscence, or Home-Visit group by drawing lots. Each group had 10-15 members with mild depression. However, some of the elders preferred to join the study with their familiar neighbors or friends, not the randomized assignment. The author led the participants in a 15-minute physical activity before the interventions. There were eight themes in the Reminiscence group every week: summer foods, childhood memories, watching an old movie, hobbies, marriage ceremonies, hand-made children's toys, paintings, summer activities, etc.; and eight themes in the Recreational group: watercolor paintings, singing, watching an old movie, hand-made children's toys, traditional Chinese painting, poker (card game), cross-stitch weaving, and paper-cutting. The interventions provided organized approaches for the participants to use for their life-review. After the interventions, all participants gathered in the same room and were given a 10-minute footbath and a 10-minute foot massage. In the Home-Visit group, the nursing teacher or nursing students (or both) visited each member once every 2 weeks for health education, vital sign checks, and so on. The interventions took place once a week for 10 weeks.

### **Intervention Type**

Mixed

### **Primary outcome measure**

Mental health status assessed using the Geriatric Depression Scale Short Form (GDS-SF) pretest, posttest 1 (10 weeks later), and posttest 2 (18 months later)

### **Secondary outcome measures**

1. Social support measured using the Social Support Inventory (SSI) at the pretest, posttest 1 (10 weeks later), and posttest 2 (18 months later)
2. The prevalence rate of geriatric depression measured using BSRS-5 before the pretest
3. The most worrying events for aged people of rural areas in Taiwan measured using a semi-structured questionnaire at posttest 2

### **Overall study start date**

01/02/2017

### **Completion date**

31/12/2018

## **Eligibility**

### **Key inclusion criteria**

1. Participants with Brief Symptom Rating Scale (BSRS-5) scores of 6-9 (inclusive)
2.  $\geq 65$  years old
3. Live in the community, not an institution
4. Able to speak either Mandarin or Taiwanese
5. Able to orally communicate
6. Intact mental functioning based on the Short Portable Mental Status Questionnaire (SPMSQ)
7. Agree to participate in this study

### **Participant type(s)**

Other

### **Age group**

Senior

**Sex**

Both

**Target number of participants**

1500

**Total final enrolment**

384

**Key exclusion criteria**

1. Do not agree to participate in the study
2. Unable to speak Mandarin or Taiwanese

**Date of first enrolment**

10/06/2017

**Date of final enrolment**

25/12/2018

## **Locations**

**Countries of recruitment**

Taiwan

**Study participating centre**

**Nanzhou Health Center**

No. 239

Zenhe Village

Taiwan

92641

## **Sponsor information**

**Organisation**

National Cheng Kung University

**Sponsor details**

Institute of Allied Health Science

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**Sponsor type**

University/education

**Website**

<https://english.cgust.edu.tw/>

**ROR**

<https://ror.org/01b8kcc49>

## Funder(s)

**Funder type**

Other

**Funder Name**

Investigator initiated and funded

## Results and Publications

**Publication and dissemination plan**

Planned publication in a high-impact peer-reviewed journal

**Intention to publish date**

01/04/2022

**Individual participant data (IPD) sharing plan**

The datasets generated during and/or analysed during the current study are/will be available upon request from Chia-Hsiu Chang (chchang01@mail.cgust.edu.tw). The data was stored as an Excel file. The data will become available after the article has been published and for 1 year.

**IPD sharing plan summary**

Available on request

**Study outputs**

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">Protocol file</a>			21/01/2022	No	No