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Can narrative reminiscence intervention improve mental well-being in elderly people?

Submission date
01/07/2021

Recruitment status
No longer recruiting

Registration date
07/07/2021

Overall study status
Completed

Last Edited
03/10/2023

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
The aim of this study is to evaluate the feasibility of the narrative and reminiscence intervention (NRi) and its effectiveness at improving intergenerational relationships between older adults and their children/grandchildren, quality of life and subjective well-being.

Who can participate?
Families will be recruited including one elderly participant aged 60 or above together with his or her child/grandchild as an interviewer. If the elderly participant does not have a child to participate, the Research Assistant will be the interviewer.

What does the study involve?
All participants will be randomly allocated to either the intervention group or the waitlist group. Intervention group participants will undergo the intervention first, while waitlist group participants will start the intervention from week 16 onwards (after the intervention group has completed the intervention). One-to-one oral history interviews with the elderly will be used in the narrative reminiscence intervention (NRi). The children/grandchildren of the participants or the research assistant will be trained as the interviewers by a team of professionals comprising of psychiatrists and registered nurses. 2-hour training will be conducted remotely on a video conferencing platform (i.e., Zoom). They will be taught the skills to communicate and interview. Then, they will interview the elderly participant on a bi-weekly basis with the pre-defined topics. They will also need to prepare review notes after the interview. The interviews will be conducted at the participants' homes.

What are the possible benefits and risks of participating?
It is expected the intergenerational relationships of the participating families will improve. Moreover, the knowledge gained may be useful for developing a larger community-based intervention to benefit the public in the future. There are no expected risks for the participants. However, during the interview for sharing their life experiences, it may be possible that few participants may feel emotional discomforts or psychological distress while reviewing their past. During the training session, the interviewers will be taught to handle the negative emotions of the interviewee or be advised to stop the interview if necessary.

Where is the study run from?
National University of Singapore (Singapore)

When is the study starting and how long is it expected to run for?
July 2018 to September 2021

Who is funding the study?
National University of Singapore MIND Science Centre Seed Fund (Singapore)

Who is the main contact?
Dr Wilson Tam
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Contact information

Type(s)
Public

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Additional identifiers

Protocol serial number
A-19-0002

Study information

Scientific Title
Effects of a narrative reminiscence intervention on improving intergenerational relationships, quality of life and subjective well-being in older adults: a pilot randomized controlled trial

Study objectives
Combining Reminiscence Therapy (RT) and Narrative Therapy (NT) can improve the intergenerational relationship within a family and the quality of life of the participants.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Approved 13/11/2019, National University of Singapore Institutional Review Board (NUS-IRB; Clinical Research Centre (Blk MD 11), Level 5 #05-09, 10 Medical Drive, Singapore 117597; +65 (0) 6516 4311; irb@nus.edu.sg), ref: S-19-220

Primary study design
Interventional

Study design
Pilot randomized controlled trial

Study type(s)
Quality of life

Health condition(s) or problem(s) studied
Intergenerational relationships within families

Interventions
Randomization
Block randomization with block size 2 will be adopted to ensure the equal number in the intervention and waitlist control group (Mathews 2006).
Block 1: {Intervention, Control} (Intervention Group)
Block 2: {Control, Intervention} (Control/Waitlist Group)
Random numbers (i.e. 1 or 2) will be generated using the MS Excel function “Randbetween” and then put in an opaque envelope to achieve allocation concealment.

Intervention group
One-to-one oral history interviews with the elderly will be used in the narrative reminiscence intervention (NRi). 66 families will be recruited. The children/grandchildren of the participants will be trained as the interviewers by a team of professionals comprising psychiatrists and anthropologists. The interviews will be conducted at the participants’ homes. The familiar environment and bonding between the family members can provide a safe and comfortable zone for the elderly to openly share their life stories.

There will be a total of six 30-minute sessions in 10 weeks. The number and length of the sessions are decided based on previous studies (Wang 2004; Wang 2005). In each session, the interviewers will interview their respective parents/ grandparents with pre-defined aims set based on previous studies (Yen and Lin, 2018). A research assistant will contact the interviewers to remind them to proceed with the interview at the start of the week before each session and the interviewer will be asked to send a message to the research assistant after the completion of each interview. The research assistant will then call the interviewer on the same day after receiving the message or the next Monday (if no message is received) to check the progress.

Waitlist control group
Those families assigned to the control group will be asked to complete the questionnaire at weeks 0, 6 and 12. Thereafter, the interviewers in the control group will receive the same training as the intervention group (at week 14 or 15) while the interviews will start from week 16. However, no evaluation will be conducted from week 16.

Intervention Type
Behavioural

Primary outcome(s)
1. Intergenerational relationship, measured using the Intergenerational Relationship Quality Scale for Aging Parents (IRQS-AP) measured at baseline, week 6 and week 12
2. Family cohesion measured by the Brief Family Relationship Scale (BFRS) measured at baseline, week 6 and week 12
3. Quality of life measured using World Health Organization Quality of Life (WHOQOL)-OLD and WHOQOL-BREF measured at baseline, week 6 and week 12

Key secondary outcome(s)
1. Loneliness measured using the UCLA Loneliness Scale measured at baseline, week 6 and week 12
2. Subjective well-being measured using the Satisfaction with Life Scale (SWLS) measured at baseline, week 6 and week 12

Completion date
30/09/2021

Eligibility

Key inclusion criteria
66 families will be recruited from the CHI study including one elderly participant together with his or her child/ grandchild as an interviewer from each family. If the elderly participant does not have a child to participate, the Research Assistant will be the interviewer.

Inclusion criteria for the elderly:
1. Aged 60 years or above with child(ren) or grandchild(ren) OR aged 60 years or above without child or grandchild to participate
2. Able to understand and communicate in either English or Mandarin
3. Able to provide consent to participate

Inclusion criteria for the interviewers:
1. Elderly participant's child or grandchild OR the Research Assistant
2. Aged 21 years or above
3. Able to understand and communicate in either English or Mandarin
4. Able to give consent to participate
5. Willing to attend the training session

Participant type(s)
Healthy volunteer

Healthy volunteers allowed
No

Age group
Senior

Sex
All

Key exclusion criteria

Exclusion criteria for elderly:
1. With severe cognitive or psychiatric disorders
2. With severe hearing or vision impairments
3. Involved in other clinical trials

Exclusion criteria for the interviewers:
1. With severe cognitive or psychiatric disorders
2. With involvement in other clinical trials
3. Involved in other clinical trials

Date of first enrolment
01/03/2021

Date of final enrolment
30/09/2021

Locations

Countries of recruitment
Singapore

Study participating centre
National University of Singapore
Alice Centre for Nursing Studies
10 Medical Drive
Singapore
Singapore
117597

Sponsor information

Organisation
Alice Lee Centre for Nursing Studies

Funder(s)

Funder type
University/education

Funder Name
NUS MIND Science Centre Seed Fund

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Dr Wilson Tam (nurtwsw@nus.edu.sg).

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Basic results		03/10/2023	03/10/2023	No	No
Participant information sheet	version V7	01/02/2021	08/07/2021	No	Yes
Protocol file			08/07/2021	No	No