

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

Submission date 16/01/2022	Recruitment status No longer recruiting	☐ Prospectively registered ☒ Protocol
Registration date 22/01/2022	Overall study status Completed	☐ Statistical analysis plan ☐ Results
Last Edited 21/01/2022	Condition category Mental and Behavioural Disorders	☐ Individual participant data ☐ 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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Contact information

Type(s)

Public

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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

Primary study design

Interventional

Study design

Quasi-experimental research, participant-blinded controlled trial

Study type(s)

Treatment

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(s)

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)

Key secondary outcome(s)

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

Completion date

31/12/2018

Eligibility

Key inclusion criteria

1. Participants with Brief Symptom Rating Scale (BSRS-5) scores of 6-9 (inclusive)
2. ≥ 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

Healthy volunteers allowed

No

Age group

Senior

Sex

All

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

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

Funder(s)

Funder type
Other

Funder Name
Investigator initiated and funded

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 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?
Protocol file			21/01/2022	No	No