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MASTER'S THESIS

ENHANCING WELL-BEING AND MENTAL HEALTH IN OLDER ADULTS: A NARRATIVE REVIEW ON PSYCHO-SOCIAL INTERVENTIONS

Master in Healthy Ageing and Rehabilitation
Department of Health and Functioning

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15th May 2024

I confirm that the work is self-prepared and that references/source references to all sources used in the work are provided, cf. Regulation relating to academic studies and examinations at the Western Norway University of Applied Sciences (HVL), § 12-1.

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Abstract

Background

Well-being is a multifaceted concept with many social and psychological facets. People with high levels of well-being have been shown to have low rates of suicide. Increasing psycho-social well-being in older age is a viable preventive measure.

Objective

The objective of this review is to map the psychosocial interventions for older adults and to identify the trends in psychosocial interventions for promoting mental health and well-being among the elderly.

Methodology

A narrative review study approach was applied. It focuses on peer-reviewed English-language publications published during the last 20 years and adheres to predetermined inclusion and exclusion criteria. Retrieving research design, participant information, and interventional details are all part of the data extraction process. Software Rayyan was used to extract the data.

Result

Seventeen papers were retrieved out of 2570, covering a range of research approaches and methodologies, on psychosocial therapies for older individuals. All of these research help to clarify the types and trends of psychosocial therapies for enhancing older individuals' well-being in various settings and demographics. In order to support older individuals' mental health and well-being, person-centered, technologically-integrated, and community-based approaches were identified.

Conclusion

The integration of technology widens access to services and improves participation, while person-centered care encourages resilience and empowerment among older persons. Furthermore, community-based programmes, especially in low- and middle-income nations, promote social cohesion and tackle socioeconomic factors that impact health.

Keywords

Healthy Aging, Mental Health, Psychosocial Intervention, Aged, Health AND Mental Health, Health Promotion, Quality of Life, Individual Health.

INTRODUCTION

When defined and quantified as the overall sense of life satisfaction together with the preponderance of positive affect in day-to-day interactions. Well-being is a multifaceted concept with many social and psychological facets (1). With the turn of the twenty-first century, the world's population has changed dramatically. One continuous indicator of this demographic shift is the rise in the number of old people. The UN (2019) reports that those 65 and older are the age group with the fastest rate of growth worldwide (2). According to 2020-data, 9.3% of people worldwide are 65 years of age or older, 16.2% is expected to be 65 years of age or older by 2050. Forecasts indicate that the elderly population will continue to rise, surpassing 1.5 billion by 2050 from its current 727 million. Even more rapidly than the population of those 65 and older, the population of people 80 years of age and older is growing (3).

In light of the fact that mental health issues can develop at any stage of life, health promotion for people of all ages also includes developing mental health. As a result of significant lifestyle changes that have increased people's life expectancy, a rising number of older adults have contributed to the phenomena of ageing in cultures around the world during the past century. To this respect, ageing is a universal process that is associated with deteriorating health status; seniors may have common stressors, such as a progressive and significant loss of capacities, drop in socioeconomic status with retirement and events like bereavement, which can result in isolation, loneliness, or psychological distress (4). As the elderly population grows rapidly, the prevalence of mental health problems such as anxiety and depression disorders increase, deteriorating their mental well-being (5).

People with high levels of well-being have been shown to have low rates of suicide and depression (6), and increasing psychological well-being in older age is a viable preventive measure. On the biological side, psychological adaptation in older adults reduces the risk of illness due to high activity levels (7). For example, older adults with better well-being are more likely to engage in healthy behaviors (8) and have better recovery after physical illness. In terms of social aspects, older adults with better well-being have wider social networks and better friendships (9). A person's overall wellness is intrinsically connected to their mental health and well-being. An individual's capacity to control stress, sustain satisfying relationships, make wise decisions, and adjust to the obstacles of life is reflected in their emotional, psychological, and social well-being, which is referred to as their mental health (10).

Psychosocial interventions are a group of non-pharmacological therapeutic interventions which address the psychological, social, personal, relational and vocational problems

associated with mental health disorders. Psychosocial interventions address both the primary symptoms of the mental health problem and the secondary experiences which arise as a consequence of the mental health problem (11).

According to Vorensky et al. psychosocial interventions are activities methods, or strategies that focus on biological, behavioral, cognitive, emotional, interpersonal, social, or environmental elements with the goal of enhancing health functioning and well-being. The crucial role that subjective well-being plays in determining health and lifespan throughout the years is highlighted by a variety of studies. According to Lambez et al. (12), behavioral therapies had the biggest effect sizes for enhancing functioning among non-pharmacological treatments. The majority of behavioral treatments' strategies are mainly based on theories of operant conditioning and social learning (13).

Moreover, various theoretical frameworks provide support to psychosocial interventions to be effective in their functioning. For instance, Carl Rogers created this humanistic treatment approach, which emphasizes the value of establishing a therapeutic setting characterized by integrity, empathy, and unwavering positive respect known as Person-centered therapy. Person-centered therapy has an effect on psychosocial therapies, which seek to offer a secure, compassionate environment for people to explore their emotions and experiences (14).

Research gap

Despite a wealth of research dedicated to older adults, a significant research gap persists. A prominent research gap emerges when the holistic perspective encompassing both well-being and mental health in older adults is considered. Existing research has predominantly focused on either well-being or mental health (10). Therefore, a comprehensive exploration of both dimensions is lacking. This narrative literature review bridges the gap by holistically addressing psychosocial interventions for both well-being and mental health. Consequently, this narrative review will aid healthcare professionals in creating multi-faceted psychosocial interventions for older adults.

There appears to be a significant research gap in understanding the precise mechanisms or factors within these interventions that contribute to improvements in subjective well-being, even though the existing literature acknowledges the importance of psycho-social interventions in enhancing well-being and mental health among older adults (15).

Research objective

The aim is to map the body of knowledge already available on psycho-social therapies intended to improve the mental health and well-being of the elderly. The review will determine the scope and trends areas of treatments that have been researched by looking at this research landscape.

Research question

In this study, the guiding research questions was the following:

1. What is the psycho-social interventions for older adults?
2. What are the trends in psycho-social interventions for promoting mental health and well-being among the elderly?

METHODOLOGY

Study design

The study employed a narrative review design to comprehensively analyze existing literature. This approach involved an in-depth examination of previously published peer-reviewed papers that describe the relevant factors.

Eligibility criteria

Types of participants

Older adults aged 65 and above were considered for the review. This included studies targeting the general population of older adults, studies with participants who might receive psychosocial interventions. Studies were considered if the mean age of the participants was notably over 65 (i.e. 70 or over), or if outcome data were extractable separately for participants over the age of 65.

Types of interventions

This review included psychosocial interventions for enhancing well-being and mental health of older adults. Inspired by Ruddy and House (16), psychosocial interventions were defined as any intervention that emphasizes psychological or social factors rather than biological factors. This definition allows for the inclusion of psychological interventions and health education, as well as interventions with a focus on social aspects, such as social support. Interventions with a physiological component in addition to a psychosocial component (e.g. physical exercise groups) were also included. The psychosocial interventions could appear in any format, e.g. in groups or individually. The trial settings considered were both institutions and community settings.

Types of publications

Peer-reviewed, mixed-methods, qualitative, and quantitative publications were all taken into consideration.

Language and date restrictions

Publications in English language, published in the last 20 years (2004-2024) were included.

Exclusion criteria

The exclusion criteria were designed to refine the selection process, ensuring relevance and quality of data. Data from patients under the age of 65 was excluded, as the focus of the research is on older individuals. Patients with severe degree of psychological disorders were excluded. Studies that did not include a clear definition of participants or lacked adequate reporting of participant data at enrolment were excluded from the review. Studies lacking clarity on data related to health and wellness, and psycho-social, clinical outcomes were excluded. Additionally, studies that did not provide details on interventions including their description and type, were excluded. Publications older than 20 years, non-peer-reviewed articles, non-credible sources, and those not published in reputable journals were excluded. Non-English publications were not included to maintain consistency and facilitate in-depth analysis.

Search strategy

The bases of this research approach were research papers. Conducted literature searches from various databases included MEDLINE, Cochrane library, Research Gate, and Google Scholar. The selection process was performed diligently, and a wide range of information was extracted for the investigation of research.

Study selection

The retrieved publications were transferred to the reference management software Endnote. Thereafter, the references were exported to Rayyan. This software was used for screening, and duplicate removal. Subsequently, duplicates were manually and automatically removed. Abstracts and titles were examined in the first screening phase to ensure they met the eligibility requirements.

To guarantee that only papers meeting the inclusion criteria would be included in the review, the remaining publications were screened in the second round of screening to narrow the results further. This involved reading through abstracts and, if the abstract did not instantly provide the necessary information, consulting the full text to confirm that the paper did, in fact, center on the topic of psychosocial interventions for older persons. Sources of evidence that did not match the inclusion criteria were excluded for reasons that were documented and reported, such as being outside the scope of the review or being published in the wrong format.

Data analysis

The data analysis process involved retrieving crucial elements from selected articles, including study design to identify the impact of psychological interventions and clinical outcomes. Details about author name/year, title, country of origin, research question(s), methodology, type of psychosocial interventions, and trends in psychosocial interventions were identified.

Research ethics

The core principle of this study was to uphold ethical integrity. Ethical approval for the study was deemed unnecessary as the research involves the analysis of data previously utilized in research articles and publications. It is crucial to note that each procedure employed in this study had already undergone ethical approval during its original research.

RESULTS

A total of 2546 records were identified through database searching, 1846 from MEDLINE and 700 from Cochrane with the additional 24 records identified through other sources i.e. manual searches of reference lists of included studies and relevant review articles, resulting in 2570 records initially considered. Thereafter, duplicates were identified and 17 articles removed. In all 2496 searches did not contain psychosocial intervention or well-beings or mental health in elderly in title, abstract, or keywords. In all 57 other research articles were excluded because their data did not meet the inclusion criteria. Full text articles excluded were 40 in which 11 due to not focused on psychosocial intervention, and 4 due to not being peer-reviewed. After these exclusions, 17 records were to be included in the narrative review (see Figure 1).

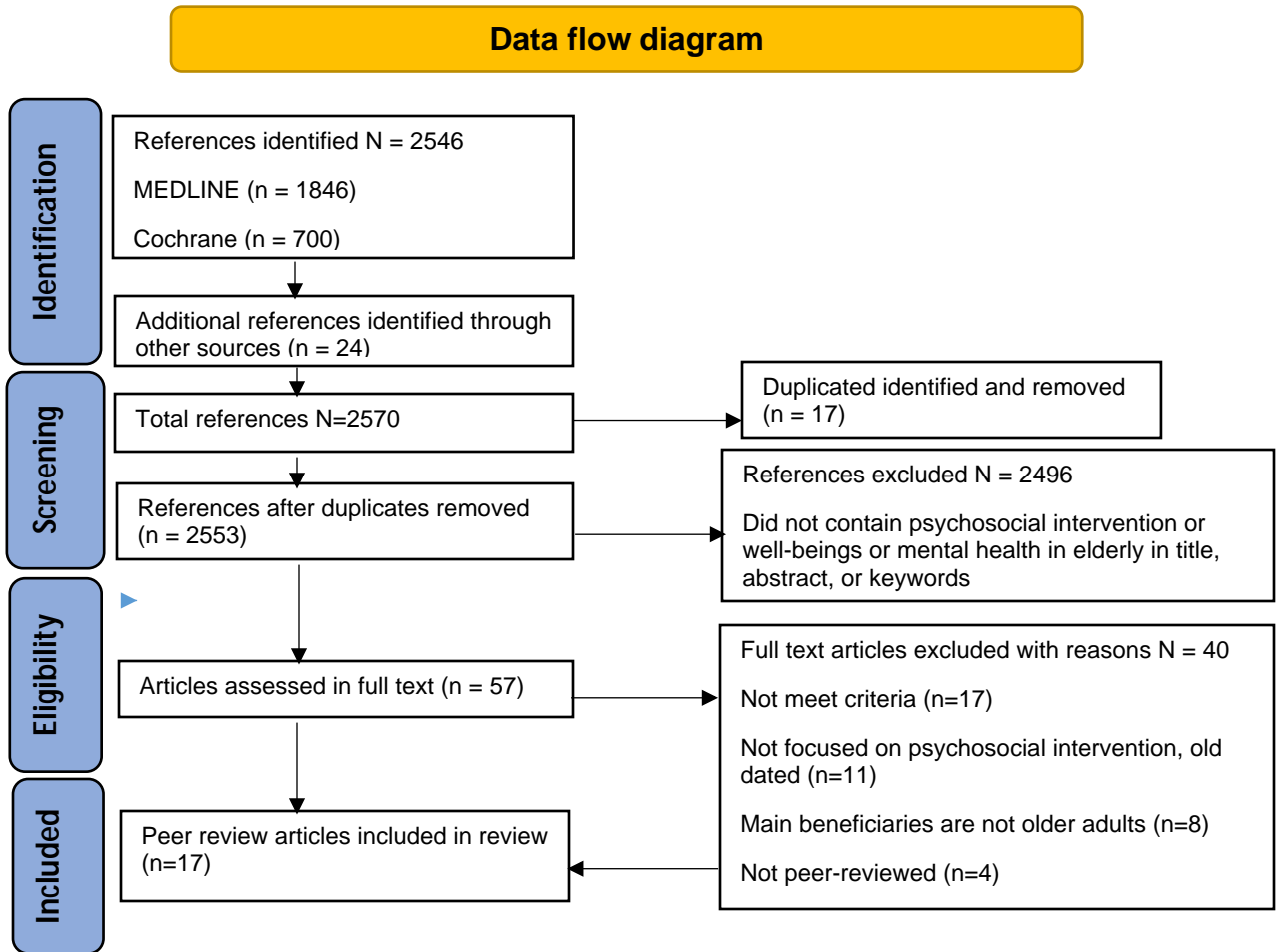


Figure 1: Data flow chart.

Table 1 provides an overview of the seventeen papers, covering a range of research approaches and methodologies on psychosocial therapies for older individuals. It provides information on each study's author(s), year of publication, title, nation of origin, and methodology used.

Table 1: Overview of included studies

Author/Year	Title	Country of Origin	Methodology
Blancafort, et al. (2021) (17)	A Multi-Domain Group-Based Intervention to Promote Physical Activity, Healthy Nutrition, and Psychological Wellbeing in Older People with Losses in Intrinsic Capacity: AMICOPE Development Study	Spain	Theoretical article
Charles, et al. (2021) (18)	Leveraging Daily Social Experiences to Motivate Healthy Aging	USA	Theoretical article
Forsman, et al. (2018) (19)	Promoting mental wellbeing among older people: technology-based interventions.	Finland	Systematic review
Giebel, et al. (2022) (20)	Community-based mental health and well-being interventions for older adults in low- and middle-income countries: a systematic review and meta-analysis.	UK	Systematic review and meta-analysis.
Heckhausen et al (2021) (21)	Goal Changes and Healthy Aging	USA	Theoretical article
Isaacowitz, et al (2021) (22)	Age-Related Changes in the Role of Social Motivation: Implications for Healthy Aging	USA	Theoretical article
Juthavantan et al. (2021) (23)	An integrative counselling program to promote active ageing for older people in Thai nursing homes: an intervention mixed methods design.	Thailand	Mixed methods design, qualitative and quantitative approaches.
Kaufman, et al (2006) (24)	Providing Mental Health Services to Older People Living in Rural Communities	USA	Qualitative approach, in-depth interviews, focus groups, or case studies
Lan et al (2017) (25)	Effects of life review interventions on psychosocial outcomes among older adults: A systematic review and meta-analysis	China	A systematic review and meta-analysis
Lorente-Martínez (2022) (26)	Benefits of a psychosocial intervention programme using volunteers for the prevention of loneliness among older women living alone in Spain	Spain	Mixed-method approach, incorporating both quantitative and qualitative
Moye, (2023) (27)	Psychological Interventions to Improve Wellness in Older Adults	UK	Systematic review
Sánchez-González, et al (2020) (28)	Environmental and Psychosocial Interventions in Age-Friendly Communities and Active Ageing: A Systematic Review	Spain	Systematic review
Savikko, et al (2010) (29)	Psychosocial group rehabilitation for lonely older people: favourable processes and mediating factors of the intervention leading to alleviated loneliness	Finland	Mixed-methods approach, utilizing postal questionnaires, interviews, assessments, and randomization to recruit participants
Shah et al. (2022) (30)	Psychosocial Effects of Remote Reading with Telephone Support versus In-Person Health Education for Diverse, Older Adults	USA	Quantitative
Vailati, et al. (2020) (31)	Technologically-enhanced psychological interventions for older adults: a scoping review.	Italy	Scoping review
Velloze, (2022) (32)	Interventions to Reduce Loneliness in Caregivers: An Integrative Review of the Literature	USA	Integrative Review of the Literature.
Whitty, et al (2020) (33)	Efficacy of lifestyle and psychosocial interventions in reducing cognitive decline in older people: systematic review	UK	Systematic review

The studies included derive from a variety of countries, although the USA and Spain are two of the main producers included six articles of USA, and three articles of Spain. Different methodologies are used, including as mixed-method designs, theoretical articles, systematic reviews, and qualitative and quantitative techniques. Contributions to the literature on interventions for promoting wellbeing and good ageing in older individuals have also included from other nations, including three articles from the UK, two articles of Finland, one article of China, one article of Thailand, and one article of Italy.

Types of psychosocial interventions

By using diverse approaches, several therapies seek to improve older individuals' psychological health and quality of life. These therapies include group-based rehabilitation for loneliness, person-centered and holistic approaches, and technology-based interventions for older adults aimed at slowing down cognitive decline. Improving the general well-being and mental health of elderly people is the shared objective, despite the differences in methods. Included research emphasise how crucial it is to customise interventions to older individuals' unique needs and preferences.

Community-based rehabilitation for loneliness: Savikko et al addressed the group-based rehabilitation for loneliness and lifestyle therapies for cognitive decline which has interventions that try to lessen frequent problems that older persons encounter (29). Promising effects and increased engagement have been shown with tailored treatments that take into account the varied needs and preferences of older persons. For instance, Lorente-Martínez assessed the usefulness of a programme designed to minimize loneliness in elderly women living alone in Spain, along with psychosocial assistance provided by volunteers. The program's goals were to improve self-efficacy, encourage social engagement, and curb loneliness (26).

Giebel et al. (20) stress the significance of interventions that can adjust to changing needs. They emphasise the need of flexibility, cultural sensitivity, and promptness in effective interventions, also highlight the volunteer-driven efforts to combat loneliness and community-based mental health programmes and importance of community resources and social ties. The efficient combination of telephone support and remote reading is exemplified by Shah et al. (30).

The treatments adjust to the evolving requirements and settings of senior citizens is another recurrent subject. This entails modifying for changes in the health care sector, cultural trends, demographics, and technology.

Person-centered and holistic approaches: Lorente-Martínez et al. and Blancafort et al. (17, 26) emphasise the need of holistic approaches that prioritise the requirements of each individual and take into account their cultural background and technological

breakthroughs. Person-centered approaches are frequently used in these treatments, taking into account each person's particular circumstances, and cultural background. They integrate aspects that assist general well-being and quality of life, such as technology advancements, community participation, psychosocial support, and environmental considerations.

In particular, the AMICOPE Development Study by Blancafort et al., highlights holistic approaches to ageing well, with a strong emphasis on psychological well-being, physical activity, and a healthy diet. The well-being of older persons can only be improved with the help of various advancements in psychosocial interventions, such as customised therapy. Encouraging well-being and quality of life in older populations requires interventions to be flexible enough to respond to changing needs and surroundings (17).

Technology integration and innovation in psychological interventions for older adults: This theme focuses on using technology to improve psychological therapies for senior citizens, using creative methods to improve mental health and well-being. It emphasizes how important technology is for connecting with and involving senior citizens, expanding their access to treatments, and customizing those interventions to meet their requirements. Forsman et al. and Vailati et al. highlights the value of technology-driven interventions in promoting older individuals' psychological wellbeing, such as telemedicine and virtual reality (19, 31).

Enhancing well-being and increasing access to mental health care are two encouraging outcomes of incorporating technology into psychosocial therapies for older individuals. In order to engage older adults in active learning and knowledge retention, Shah et al. used community-based participatory research principles and learning theory concepts to demonstrate the effectiveness of remote reading with telephone support versus in-person health education for diverse older adults in the USA (30).

Integrative health interventions for older individuals have shown promise in improving their overall health by addressing many well-being dimensions. A comprehensive assessment of mental health therapies, such as arts-based interventions, CBT, and mindfulness-based interventions, was carried out by Moye (27), who demonstrated how successful these interventions are in improving resilience and overall quality of life in older populations.

The viability and efficacy of psychological therapies for older persons have been greatly enhanced by the use of evidence-based techniques. The effectiveness of virtual reality, telemedicine, and smartphone applications in enhancing cognitive and psychological results has been robustly demonstrated by Vailati Riboni et al. in their scoping review of technologically-enhanced psychological therapies for older persons (32).

Technology-driven therapies are being integrated to improve mental health outcomes in older persons, according to a number of research, such as those conducted by Shah et al. and Vailati Riboni et al. These treatments provide readily available resources and support that are customized to the specific need of senior citizens, overcoming distance constraints and encouraging social interaction. They accomplish this by utilising telemedicine, virtual platforms, and smartphone applications (30).

Trends in psychosocial interventions

The use of virtual reality, telemedicine, smartphone applications, and other digital platforms to deliver interventions and support services suggests that technology integration into psychosocial therapies for older individuals is becoming more common. The observed trend indicates an increasing acknowledgement of the possible advantages of utilising technology to improve mental health assistance and general well-being among communities. These trends that is shifts towards holistic wellbeing, importance of evidence based practice, communitiy-based, individualized therapies and support to active ageing, are encouraging to active ageing.

Shift towards holistic well-being: The emphasis is shifting towards holistic methods that take into account one's physical, mental, emotional, and social well-being. Targeting several aspects of well-being at once, interventions frequently seek to enhance overall quality of life. As an example, Heckhausen et al. evaluated aging-related trends in goal modification among older individuals in response to physical, social, and environmental changes (21).

Importance of evidence-based practice: Evidence-based practice is becoming more and more important. It involves therapies that are founded on scientific research and are rigorously reviewed using techniques like systematic reviews, meta-analyses, and randomised controlled trials to assure its viability and effectiveness. According to Vailati Riboni et al. (31), technological treatments are effective in enhancing cognitive and psychological well-being. These interventions provide focused assistance, boosting cognitive function, lowering stress levels, and improving overall mental health outcomes by utilising tried-and-true tactics like telemedicine and virtual reality.

Trend towards individualized therapies: There is a trend towards increasingly individualized and customized therapies as the varied needs and preferences of older persons are becoming more widely acknowledged. With consideration for variables including cultural background, socioeconomic situation, and health state, programmes are created to address the unique requirements of various communities (21, 23).

Supporting active ageing: By giving older persons the tools they need to preserve their cognitive and physical abilities, maintain their social networks, and engage in active community life, many initiatives seek to support active ageing. This comprises programmes that emphasize cognitive stimulation, lifelong learning, physical fitness, and civic involvement. All trends considered, these patterns show an increasing understanding of the role that psychosocial elements play in encouraging healthy ageing as well as the creation of creative solutions to meet the particular requirements of senior citizens in a variety of contexts. Giebel et al.'s systematic review and meta-analysis of community-based mental health therapies for older individuals living in low- and middle-income countries (LMIC) support to the active aging by any means (20).

Community based treatments: The benefits of community-based treatments in supporting older individuals' mental health and active ageing are emphasized by Giebel et al. and Blancafort Alias et al. (17, 20). These strategies address social isolation and loneliness while improving overall quality of life by boosting physical activity, building supportive surroundings, and establishing social relationships.

Discussion

The study aimed to identify types of psycho-social interventions and identifying trends in this field. In order to support older individuals' mental health and well-being, person-centered, technologically-integrated, and community-based approaches are crucial, according to the conclusions of these 17 journal articles taken together. These themes and trends reflect a growing awareness of the importance of person-centered, technologically-integrated, and community-based approaches in promoting the mental health and wellbeing of older people.

First of all, the research emphasizes the value of person-centered and comprehensive strategies when dealing with the mental health and general wellbeing of senior citizens. Individual needs, preferences, and cultural backgrounds are key factors in interventions that consistently produce beneficial results in a variety of circumstances and locations. The goal of therapies such as integrative counselling programmes (23) and group-based rehabilitation programmes is to help older persons develop their sense of self-worth, social networks, and confidence (29).

Second, there is a discernible trend towards the incorporation of innovation and technology in psychological interventions for senior citizens. Forsman et al. (2018) and Vailati Riboni et al. are two studies that demonstrate the effectiveness of technology-based therapies in improving mental well-being in older adults. These interventions

included virtual reality, telemedicine, and smartphone applications. In addition to improving care accessibility, these creative methods offer engaging and customised treatments that address the particular requirements of senior citizens (19, 31).

Additionally, especially in low- and middle-income nations, community-based treatments are essential for fostering older individuals' mental health and wellbeing. In order to support older persons living in such areas in maintaining their mental health, Giebel et al. stressed the value of community involvement and psychological support. These interventions aim to promote holistic wellbeing and resilience by addressing the socioeconomic determinants of health and offering older people support that is appropriate for their culture (20).

A significant trend observed is the shift towards tailored and comprehensive care, emphasizing person-centered and holistic approaches in psychological therapies for seniors. Person-centered methods acknowledge older individuals as unique individuals with diverse needs, experiences, and backgrounds rather than a homogeneous group. However, Kogan emphasized the need for a consensus definition of person-centered care (PCC) to ensure clarity and facilitate replication of PCC models in different contexts. This would also aid in identifying evidence-based PCC programs (34).

Technology plays a crucial role in expanding the scope and efficacy of psychological therapies for older adults. Studies by Vailati Riboni et al. and Moye showcased the potential of virtual reality, telemedicine, and smartphone applications in providing person-centered care and improving mental well-being, especially for seniors with limited mobility or access to traditional services (27, 31).

Similarly, Forsman et al. (2018) demonstrated the effectiveness of technology-based therapies, particularly computer and internet training, in improving psychosocial outcomes such as reduced depression levels and increased life satisfaction among older adults. However, the study highlighted the need for stronger evidence and standardized outcome measures to establish best practices in this emerging field (19). Overall, the integration of person-centered care, community involvement, and technological innovations holds promise for enhancing mental health and well-being among older adults, paving the way for more effective and holistic approaches to elder care.

The combination of these themes and trends, in summary, highlights the changing field of psychological interventions designed for older adults. This field is characterized by a blend of community-based programmes, technological advancements, and personalized care approaches. Increasing number of initiatives aim to enhance older individuals' well-being by utilizing social support networks and community resources. The significance of social connections, peer support, and active involvement within local communities is emphasized by volunteer-driven loneliness prevention campaigns, group rehabilitation

programmes, and community-based mental health programmes. These treatments attempt to promote resilience and positive ageing outcomes while addressing social isolation, loneliness, and age-related mental health difficulties by cultivating a feeling of belonging, mutual support, and social cohesion (35)

Key considerations for implementing psycho-social interventions for older adults

Employing psycho-social interventions with older adults, particularly those living in low- and middle-income countries (LMIC), requires a sophisticated strategy that takes into account a number of important variables. A key component of a successful implementation strategy is customizing interventions to the unique needs of the elderly. To improve the efficacy of interventions in addressing mental health issues in these areas, customization may involve modifying them to fit specific local contexts depending on population needs and cultural norms (36).

The research also highlights how critical it is to build customised, multi-component interventions for older persons in LMICs by building upon the success of current programmes and its component parts. To address the multiple needs of older persons in these settings, a complete approach can be constructed by combining elements from many types of interventions, including psychological therapy, exercise, education, social engagement, and multi-component interventions. It is further noted that psychosocial therapies that are both durable and successful are essential for maintaining mental health. As such, it is critical to carry out extended follow-up assessments beyond the therapies' duration to determine their long-term effects on older persons' mental health (37).

Even if new technology has the potential to improve psychological treatments for senior citizens, issues with accessibility and digital literacy exist. Accessing technology-enabled solutions fairly is still a challenge, especially for older persons who may have cognitive impairments or little financial resources. In summary, despite notable progress, these constraints must be addressed in order to further advance the field of psychological therapies for older persons.

Methodological strengths and weaknesses

The narrative review provides an in-depth examination of psycho-social interventions and trends aimed at improving older individuals' mental health and well-being. The extensive coverage of a broad range of interventions and trends drawn from a variety of literature

sources is what makes it strong. Its perceptive analysis of new developments, like the incorporation of technology and the focus on community-based strategies, which highlight the changing nature of interventions for senior populations, is especially noteworthy. But the lack of formal analysis or systematic data synthesis could be a drawback, making it more difficult to reach firm conclusions or spot broad trends. Furthermore, depending too much on summaries of the body of existing research could lead to bias and possibly miss trends or interventions that have less documentation. Due to its subjective nature, narrative analysis may be less transparent and objective, which might compromise the integrity of the conclusions reached. Despite these drawbacks, the review is nevertheless a useful information resource that provides insights into the state of psycho-social therapies for older individuals today and indicates promising directions for further study and development.

Conclusion

In order to assist older individuals' mental health and well-being, person-centered, technologically integrated, and community-based approaches are crucial, as shown by the synthesis of data from the evaluated journal articles. These patterns highlight the necessity for individualized solutions that take into account each person's unique situation and cultural background. They also represent a growing awareness of the varied requirements and preferences of ageing populations. The integration of technology widens access to services and improves participation, while person-centered care encourages resilience and empowerment among older persons. Furthermore, community-based programmes, especially in low- and middle-income nations, promote social cohesion and tackle socioeconomic factors that impact health. In order to promote the mental health and general well-being of ageing populations worldwide, the area of psycho-social therapies for older persons can continue to develop and advance by giving priority to these factors.

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