

"Searching for the meaning of life": An intervention to improve the mood and quality of life for older adults living in nursing and residential care homes. A pilot study.

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Goal of this project is to develop and evaluate the course "Searching for meaning in life" for older adults living in nursing and residential care homes.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON33327

Source

ToetsingOnline

Brief title

An intervention for older adults living in nursing and residential homes.

Condition

- Other condition

Synonym

mood, quality of life

Health condition

somberheidsklachten, kwaliteit van leven, psychologisch welbevinden, zelfwaardering

Research involving

Human

Sponsors and support

Primary sponsor: Trimbos-instituut

Source(s) of monetary or material Support: De Open Ankh;Stichting Sluyterman van Loo;Stichting RCOAK;Actiz en Vereniging het Zonnehuis

Intervention

Keyword: meaning of life, nursing home, reminiscence, residential care home

Outcome measures

Primary outcome

- quality of life
- depressive symptoms
- psychological wellbeing
- self-esteem

Secondary outcome

Nvt

Study description

Background summary

For the last few years, increasing attention is given to well-considered care in nursing and residential care homes (Actiz, 2007). It is assumed that health care providers pay attention to supporting their clients in their personal development, life choices and giving meaning to the client's life. It is also assumed that they pay enough attention to clients who are lonely or depressed. Psychosocial or psychological interventions considering life review, loneliness and depression in health care institutions are still limited (Pot et al, 2007).

Some people need help with the process of life review. To support these people the Netherlands Institute for Mental Health and Addiction has developed the course 'Searching for the meaning of life'.

This course combines life review with a creative therapeutic approach and was originally designed for elderly with moderate depressive symptoms. This course consists of 12 sessions of 2.5 hours.

A Randomized Controlled Trial was conducted among older people with depressive symptoms. The depressive symptoms appeared to decline. Recently, the course was adapted to older people with severe mental disorders (Raaijmakers et al, 2007). For this version, the meetings are shorter, there are less verbal assignments and the homework in small subgroups is abolished. The first results of a pilot study of this version of 'Searching for the meaning of life' are satisfactory (Willemse et al, submitted).

This project concerns the development of an intervention which promotes life review, will reduce depression and will improve quality of life for people who live in nursing and residential care homes. The intervention we develop in this project is designed for very old and vulnerable people. For these people, it is important that they can accept the finiteness of their life, have a positive perception of aging (Haight et al, 2000; Burnside, 1996) and their quality of life will improve.

Study objective

Goal of this project is to develop and evaluate the course "Searching for meaning in life" for older adults living in nursing and residential care homes.

Study design

This study consists of:

1. Implementation of this course in nursing and residential homes
2. Evaluation (process and effect)
3. Adaptation of the manual

The effect study follows a pre-post test design with an interview the week before the course starts and an interview the week after the end of the course. At pre- and posttest the effect of the course on life satisfaction, psychological wellbeing, physical wellbeing and self-esteem will be measured.

A process evaluation will be conducted to verify if the developed method is feasible and acceptable for the target groups. After the course all participants will complete a satisfaction questionnaire. Also eight participants and the counselors from the four groups will be interviewed after the course using a semi-structured interview.

Intervention

The standardized intervention in this pilot study consists of the course

'Searching for meaning in life' for older people with a with severe mental disorders (Raaijmakers et al., 2007). It combines life review with a creative therapeutic approach. This course consists of 12 sessions of 1,5 hours.

Study burden and risks

The participant in this study will be interviewed the week before the course starts and the week after the end of the course. These interviews will each take approximately one hour. The course consists of 12 weekly sessions of 1,5 hours.

We expect that the intervention (course) will improve the wellbeing of the participants. Also we expect that the people are willing to participate in the course because of the few interventions available for this target group.

Versions of this method had been used and studied in other groups of older adults. These versions have no side effects or adverse consequences.

Facing unpleasant memories can be an extra burden on the participants. For this reason the counselors need to have experience with the target group. When necessary, they can refer the participant to an appropriate practitioner. Moreover, participants have the right to withdraw from the study at any time.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

The participant:

- is 55 years or older
- lives in a nursing or residential home for somatic reasons
- is prepared to recollect memories
- has the skills/ability to function in a group

Exclusion criteria

- deaf or blind people
- people with severe psychiatric problems
- people with too much cognitive impairments

Study design

Design

Study type: Interventional

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Treatment

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 21-09-2009

Enrollment: 64
Type: Actual

Medical products/devices used

Registration: No

Ethics review

Approved WMO
Date: 15-06-2009
Application type: First submission
Review commission: METIGG: Medisch Ethische Toetsingscommissie Instellingen Geestelijke Gezondheidszorg (Utrecht)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL27600.097.09