

The Relationship Between Activities of Daily Living and Depression Among Community-Dwelling Older Adults

¹Myong Jin Kwon, ²Youngshin Song, ²Kawoun Seo

¹ DAEJEON UNIVERSITY DEPARTMENT OF NURSING

²CHUNGNAM NATIONAL UNIVERSITY COLLEGE OF NURSING

PURPOSE

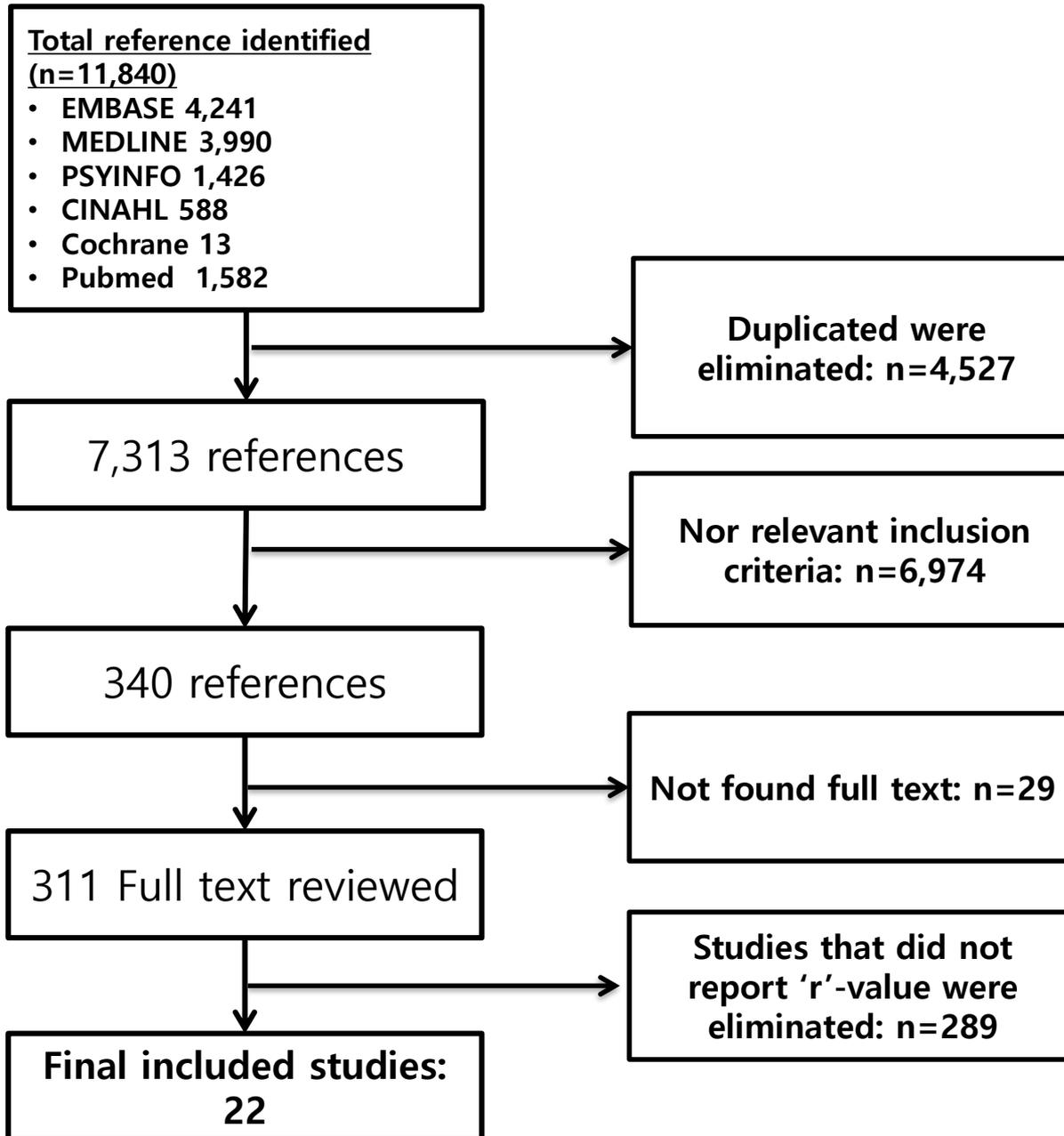
- Depression has recently become a major public health concern, not only to personal suffering but national economic burden that related morbidity and increased mortality.
- Physical function such as daily activity have emphasized to reduce the depressive symptoms for older adults who cognitively intact in community-dwelling.
- Studies have proved physiological mechanism of physical activity that not only associate with depressive symptom, but also mediate the relationship between depression and cognitive decline.
- Despite accumulative evidence showing the interrelatedness between depressive symptoms and ADLs among older adults, the strength of the association may differ depending on sample characteristics and methodology across the studies.

PURPOSE

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- For instance, the strength of the relationship between depressive symptoms and ADLs in aged living at home showed the weak correlation than in institutionalized older adults despite of similar cognitive status.
 - Thus, this study examined this relationship among community-dwelling older adults, via a systematic review and meta-analysis. We synthesized the information obtained to calculate the strength of the relationship.
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METHODS

- Database : Pubmed, EMBASE, PsycINFO, Cochrane library, CINAHL, Medline
- Search terms : "Aged"[Mesh] OR "Aging"[Mesh] OR "Housing for the Older adults"[Mesh], "Depressive symptoms"[Mesh] OR "Depressive Disorder"[Mesh] AND "Activities of Daily Living"[Mesh]
- Studies reporting r-values between depressive symptoms and the ADLs of older adults were included in the meta-analysis. relationship is affected by various factors of interest, such as sample and study characteristics.



RESULTS

- The overall effect size suggested a moderate association between ADLs and depressive symptoms among older adults.
 - The strength of the relationship between ADLs and depressive symptoms tended to be larger in studies in which the majority of the participants were female, under 75 years, and not Asians population.
 - The effect size of residing in a senior residence was significantly greater compared to those studies in which the participants were living at home.
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Conclusion

- Based on these findings, we provisionally conclude that there is a significant negative association between ADLs and depressive symptoms, and this relationship is of moderate strength.
 - Further meta-analysis should be conducted to confirm this relationship by using data accumulated from individual studies.
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Learning objectives

- The learner will be able to explain the relationship between activities of daily living and depression among community-dwelling older adults. The strength of relationship between activities of daily living and depressive symptoms is significantly negatively moderate.
 - The learner will be able to compare the strength of effect size according to population and study characteristics. The strength of the effect size is moderated by sample residence type.
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