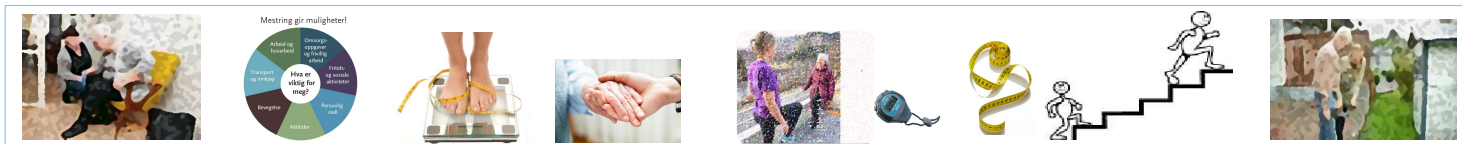


# DeMoL

## Reablement and the interaction on Depression, Motivation and Life orientation. An ongoing longitudinal study in home dwelling elderly in Norway

Jeanette Kjernsholen Berget MR stud<sup>1</sup> Inger Schou-Bredal PhD<sup>2</sup>, Rolf Kåresen MD PhD<sup>2</sup>, Åse Sagen PhD<sup>3</sup>  
Oslo MET, Norway<sup>1</sup> Departments of Cancer Treatment and Cancer Rehabilitation, Oslo University Hospital, Norway<sup>2</sup> and  
Aurskog-Holand Municipality, Department of Health and Rehabilitation, Norway<sup>3</sup>.



### BACKGROUND

The purpose of reablement intervention is to reactivate and restore coping of ADL functions in the elderly person. This is important to prevent or postpone the need for comprehensive care or hospitalization. Motivation has shown to be vital for successful reablement in home dwelling elderly. However, little is known regarding which factors predicts high or low motivation for reablement.

### OBJECTIVE

The objective of the study was to investigate possible predictors for high or low motivation for reablement.

### METHODS

This is an ongoing longitudinal study including eligible elderly (> 67 years) community-dwelling persons. Inclusion is planned finished autumn 2018. The intervention group was receiving a specialized reablement program of maximum 16 weeks by an interdisciplinary team of physical and occupational therapists and nurses. The control group was receiving standard care, including homecare and/or occupational or physical therapy. Data was collected before intervention (baseline) and at two follow-ups; the end of the intervention (when the participants have reached their goals) and at 6- months. The control group follow-up was set to 8 weeks. Both patient rated and observational measurements are used; Motivation, measured by Numeric Rating Scale (NRS)(0 - 10), Well-being/depression is measured by the WHO-5-WBQ, a dispositional optimistic or pessimistic life orientation was measured by the Life Orientation Test- Revised (LOT-R), quality of life was measured by the European Quality of life questionnaire (EQ5D5L), the participants rating of their goals for the rehabilitation was measured by the Patient Specific Functional Scale (PSFS) and physical functioning was measured by the Short Physical Performance Battery (SPPB).

The Regional Committee for Medical Health Research, Region South-East (REK South-East) has approved (2017/1616) the study.

### PRELIMINARY RESULTS

To date 37 elderly people have been recruited, 20 (aged 81 ± 8 years) in the intervention group and 17 (aged 82 ± 7 years) in the control group. Of these 37 participants, where 21 also have completed the first follow up, there are 8 (40%) men in the intervention group and 6 (35 %) men in the control group, and 12 (60 %) and 11 (65 %) women, respectively. Body Mass Index (BMI) was mean 27 ± 4 in the intervention group and mean 26 ± 5 in the control group

Physical function measured by SPPB was mean 6 ± 3 in the intervention group and mean 5 ± 3 in the control group, motivation was mean 8 ± 2 and mean 6 ± 3, as for the WHO -5-WB raw score the results were 14 ± 4 and 16 ± 4, respectively. Furthermore, two participants have dropped out of the study because of hospitalization and one has passed away.

**Table 1**  
Preliminary baseline characteristics DeMoL (ongoing recruiting)

	Intervention (n=20)	Control (n=17)
Age (yrs) mean, sd	81 ± 8	82 ± 7
Sex		
Males no (%)	8 (40)	6 (35)
Females no (%)	12 (60)	11 (65)
BMI mean, sd	27 ± 4	26 ± 5
Physical function (SPPB)* (0-12) mean, sd	6 ± 3	5 ± 3
Motivation (NRS) (0-10) mean, sd	8 ± 2	6 ± 3
Depression (WHO-5WB)** (0-25) mean, sd	14 ± 4	16 ± 4
*Short Physical Performance Battery (SPPB) difference >1 points = clinically relevant **WHO-5WB Raw-score < 13 = symptoms of depression		

### CONCLUSION

Thirty-seven elderly home dwelling participants have been recruited. More women than men participated consistent with the fact that there are more elderly women alive than men. There seems to be no clinical important differences between the intervention and control group so far. However, the preliminary result for WHO-5-WB at baseline suggests low raw-score for well being both for the intervention- and control group. If these results are representative when the data set is completed, we have found that depression possibly is more common among home dwelling elderly than the Norwegian literature previously have suggested. Depression might be a predictive factor for low or high motivation in reablement. Final results and publication of results are planned autumn 2019.

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