

Living Life to the Full for Older Adults: An Ontario Pilot Project



Nasreen Khatri¹ PhD CPsych, Michaela Hynie² PhD, Jenny Hardy³ MScOT, Felicia Zhang³ BSc, Scott Mitchell³ BA

¹Rotman Research Institute at Baycrest, ²York Institute for Health Research, ³Canadian Mental Health Association, Ontario

INTRODUCTION

Living Life to the Full

Living Life to the Full (LLTFF) is a collaborative, 12-hour, 8-week course based on cognitive behaviour therapy (CBT) principles. The course is delivered to groups of 10-15 people, and provides participants with skills to cope with life's challenges.



Each session represents a different topic, such as understanding low mood, or overcoming challenges with self-esteem. Classes are expertly moderated, and include a small, colourful booklet (shown above).

Partnership

Local partnerships were built between 15 CMHA branches and 16 older adult centres across Ontario to deliver LLTFF to older adults in community settings.

Aim

To evaluate the effectiveness of LLTFF on measures of mental well-being with older adults aged 50+.

Contact

Jenny Hardy
Project Coordinator, CMHA Ontario
jhardy@ontario.cmha.ca

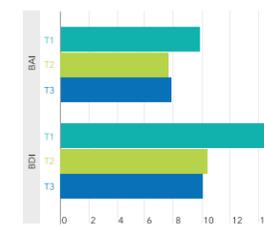
Scott Mitchell
Director, Knowledge Transfer,
CMHA Ontario
smitchell@ontario.cmha.ca

RESULTS

Key Findings

LLTFF participants demonstrated statistically significant improvements from pre to post-course on measures of mood, anxiety, cognition, mental well-being, and quality of life (QOL). Overall, these gains were maintained or further improved 3 months later.

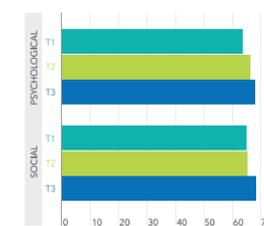
BAI & BDI-II



Depression/Anxiety: There was a statistically significant improvement in participants anxiety and depression scores from T1 to T2 (BAI: $t(55) = 2.99, p = 0.004$ BDI-II: $t(52) = 4.85, p < 0.001$), and these improvements were maintained at T3 (BAI: $t(38) = 2.81, p = 0.008$, BDI-II: $t(34) = 4.20, p < 0.001$).

Cognition: There was a statistically significant improvement in cognition scores (indecisiveness and concentration difficulty) from T1 to T2 ($t(53) = 4.59, p < 0.001$), and this improvement was maintained at T3 ($t(35) = 3.40, p = 0.002$).

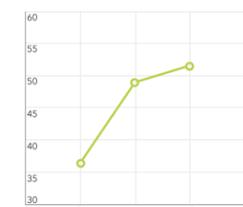
WHOQOL



QOL Psychological Domain: There was a statistically significant improvement in participants QOL psychological domain scores from T1 to T2 ($t(107) = -3.11, p = 0.002$) and this improvement was maintained at T3 ($t(97) = -3.82, p < 0.001$).

QOL Social Domain: There was an improvement in participants QOL social domain scores from T1 to T2 ($t(102) = -1.85, p = 0.067$) and this improvement became statistically significant at T3 ($t(90) = -2.56, p < 0.05$).

WEMWBS



Well-being: There was a statistically significant improvement in participants mental well-being scores from T1 to T2 ($t(175) = -3.88, p < 0.001$) and this improvement was further improved at T3 ($t(134) = -7.22, p < 0.001$).

Satisfaction (CSQ-8)

>90%

Satisfaction: More than 90% of participants said LLTFF helped them deal more efficiently with their problems, were satisfied with the service they received, and would recommend the course to a friend.

METHOD

Demographics

	Overall (n=222)	Clinical Study (n=91)
Gender	89% female	87% female
Age	73% 65-84	74% 65-84
Education	54% university degree or higher	53% university degree or higher
Marital Status	56% single/divorced/widowed	52% single/divorced/widowed
BDI-II (Depression)	N/A	Average score at baseline 14.84 (mild range)
BAI (Anxiety)	N/A	Average score at baseline 9.83 (mild range)

Measures

Study participants completed measures of QOL (WHOQOL BREF) and mental well-being (WEMWBS) before the course began (T1), immediately post-course (T2) and 3 months post (T3), and a measure of course satisfaction (CSQ-8) at T2. A clinical study was also conducted. Clinical research participants completed additional measures of depression (BDI-II), and anxiety (BAI), at T1, T2, and T3.

DISCUSSION

CBT-based group education sessions delivered in a community setting can be beneficial for an older adult population

LLTFF is an effective method for improving symptoms of depression, anxiety, quality of life and mental wellbeing for older adults when delivered in a community setting.

LLTFF course can help improve cognition (indecisiveness and concentration difficulty) in older adults with stress.

Social benefits of LLTFF are present months after course end.