

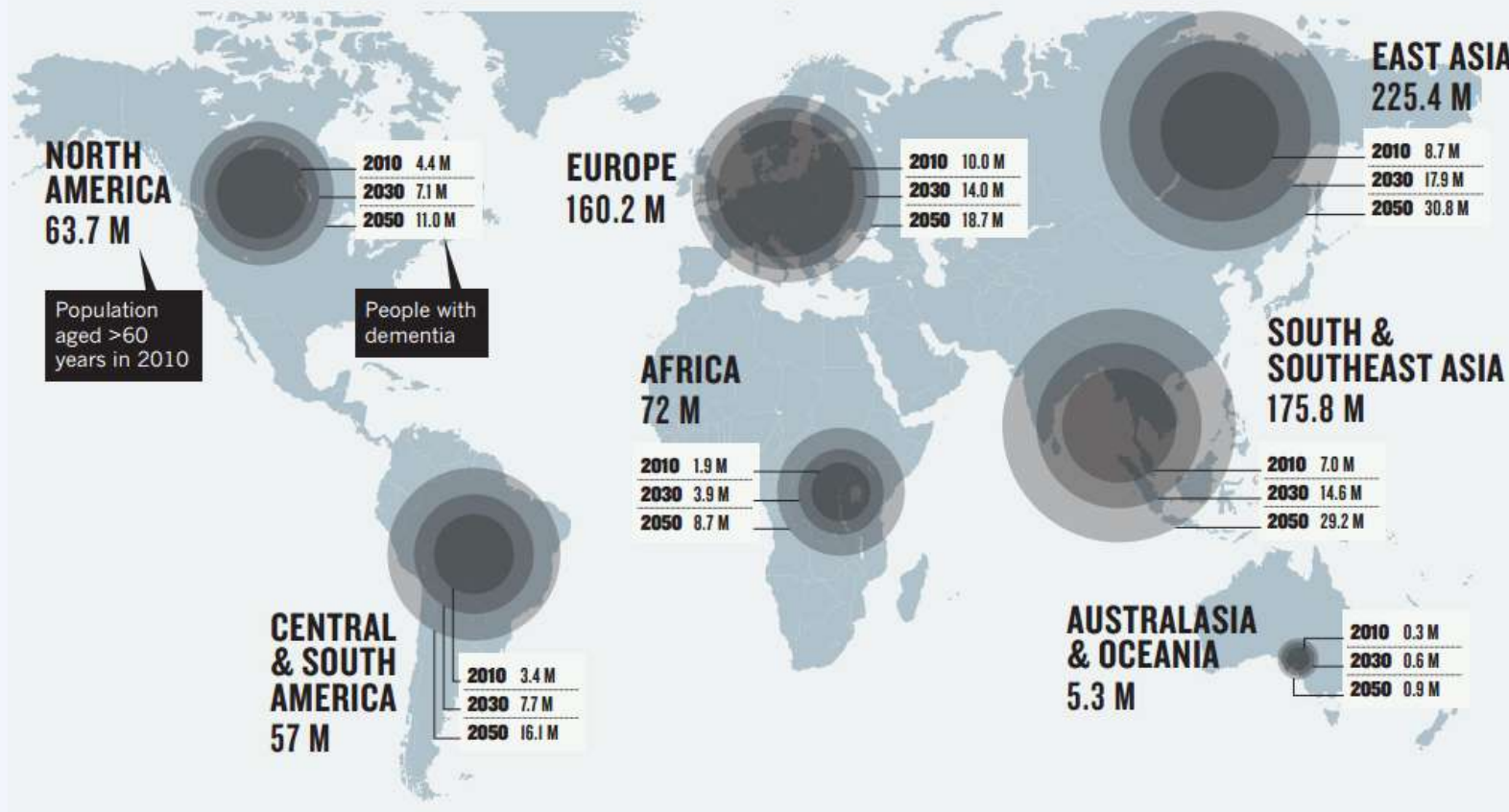
# The TaRA Project on Active Ageing

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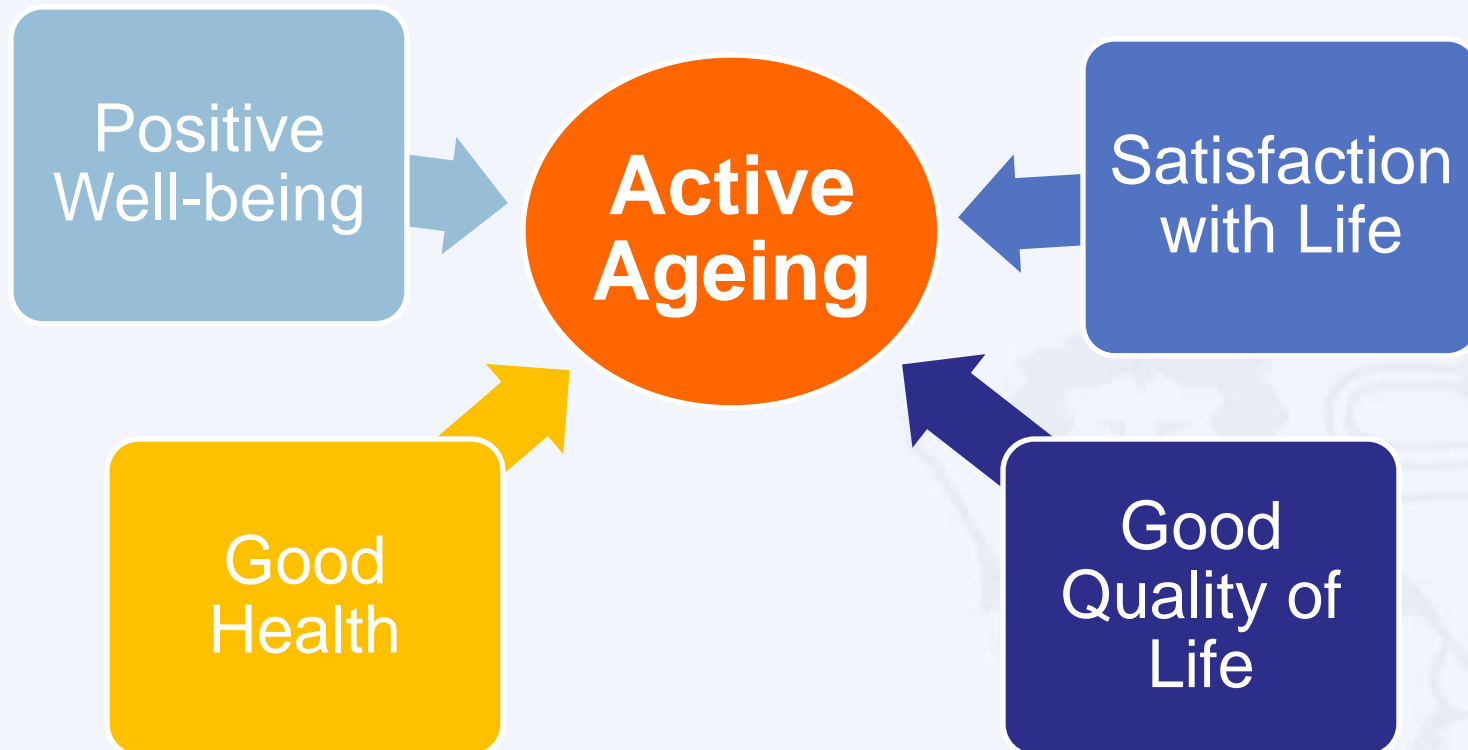
# Rising Incidence of Dementia

The number of people with dementia will roughly double every 20 years, with the biggest increases in developing countries.



- Decline in cognitive, functional, and social domains

# Active Ageing: Ageing as a Positive Process (WHO 2002)





# FINDINGS FROM THE SINGAPORE LONGITUDINAL AGEING STUDY (SLAS II)

Overview of a Jurong Elderly Cohort



## Demography (N = 1036)

	Frequency (%) or M $\pm$ SD
Age	65.2 $\pm$ 7.0
Males	349 (33)
Ethnicity	
Chinese	914 (88)
Malay	89 (9)
Indian	33 (3)
Education	
No formal	167 (16)
Primary	449 (43)
$\geq$ Secondary	420 (41)

	Frequency (%) or M $\pm$ SD
Housing	
1–2 Rooms	64 (6)
3 Rooms	241 (23)
$\geq$ 4 Rooms	731 (71)
Living Alone	103 (10)
Marital Status	
Single	29 (3)
Married	779 (75)
Divorced	37 (4)
Widowed	191 (18)

Measurement Score	Frequency (%) or M $\pm$ SD
Number of Active Daily Living (ADL) Disabilities	0.1 $\pm$ 0.35
Elderly with ADL Disabilities ( $\geq 0$ )	44 (4)
Number of Instrumental ADL (IADL) Disabilities	0.1 $\pm$ 0.35
Elderly with IADL ( $\geq 0$ )	61 (6)
Leisure Time Activity Score (/36)	10.7 $\pm$ 4.4
Number of Medical Comorbidities	2.1 $\pm$ 1.6
Quality of Life (SF-36)	
Physical Component Summary (/100)	50.2 $\pm$ 6.2
Mental Component Summary (/100)	54.4 $\pm$ 5.7
Mini-Mental State Examination (MMSE) Score	28.4 $\pm$ 2.2
With Cognitive Impairment (MMSE $\leq 23$ )	39 (4)
Geriatric Depression Scale (GDS) Score	0.7 $\pm$ 1.3
With Depressive Symptoms (GDS $\geq 5$ )	16 (2)

# Summary of Results from SLAS II

- Young old,
- educated,
- comfortable accommodation,
- $\frac{3}{4}$  married,
- minimal disabilities but
- high on medical co-morbidities,
- little leisure time activities and
- “average” quality of life.





# JURONG AGEING STUDY (JAS)

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# Target Group



## Health Education Talks (20 mins)

- Keeping Healthy—Control Hypertension
- Diabetes and You
- Falls Prevention
- Diet and Illnesses
- Tai Chi for Health
- Use of Over-the-Counter Medicines
- Dental and Oral Health
- Proper use of Ginseng and Ginkgo
- 40 Best Foods
- Sleep and Health
- Tai Chi and Aerobic Exercise
- Anxiety and Health



# Psychosocial Interventions (30 mins)

- Music Reminiscence
- Tai Chi
- Art therapy
- Mindful Awareness activity





# Jurong Ageing Study (JAS)

## Methodology:

- Weekly activities for 12 weeks, then bi-monthly for an additional 12 weeks;
- Assessments of anxiety and depression (at baseline, 4 weeks, 12 weeks, and 24 weeks)



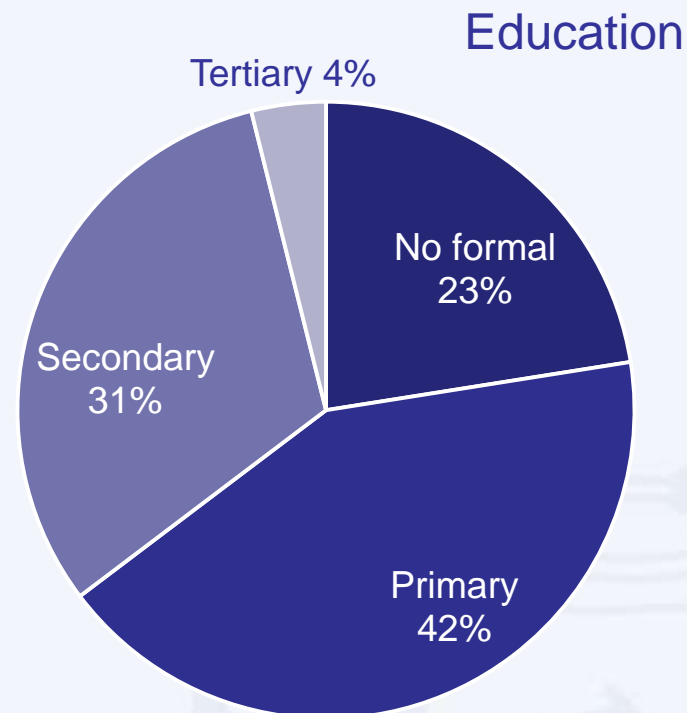
## Demography (N = 108)

71.25 ± 5.70 yrs

75% Female

MMSE Score Range = 25–30

GDS Score Range 3 - 5



# Anxiety and Depression Scores

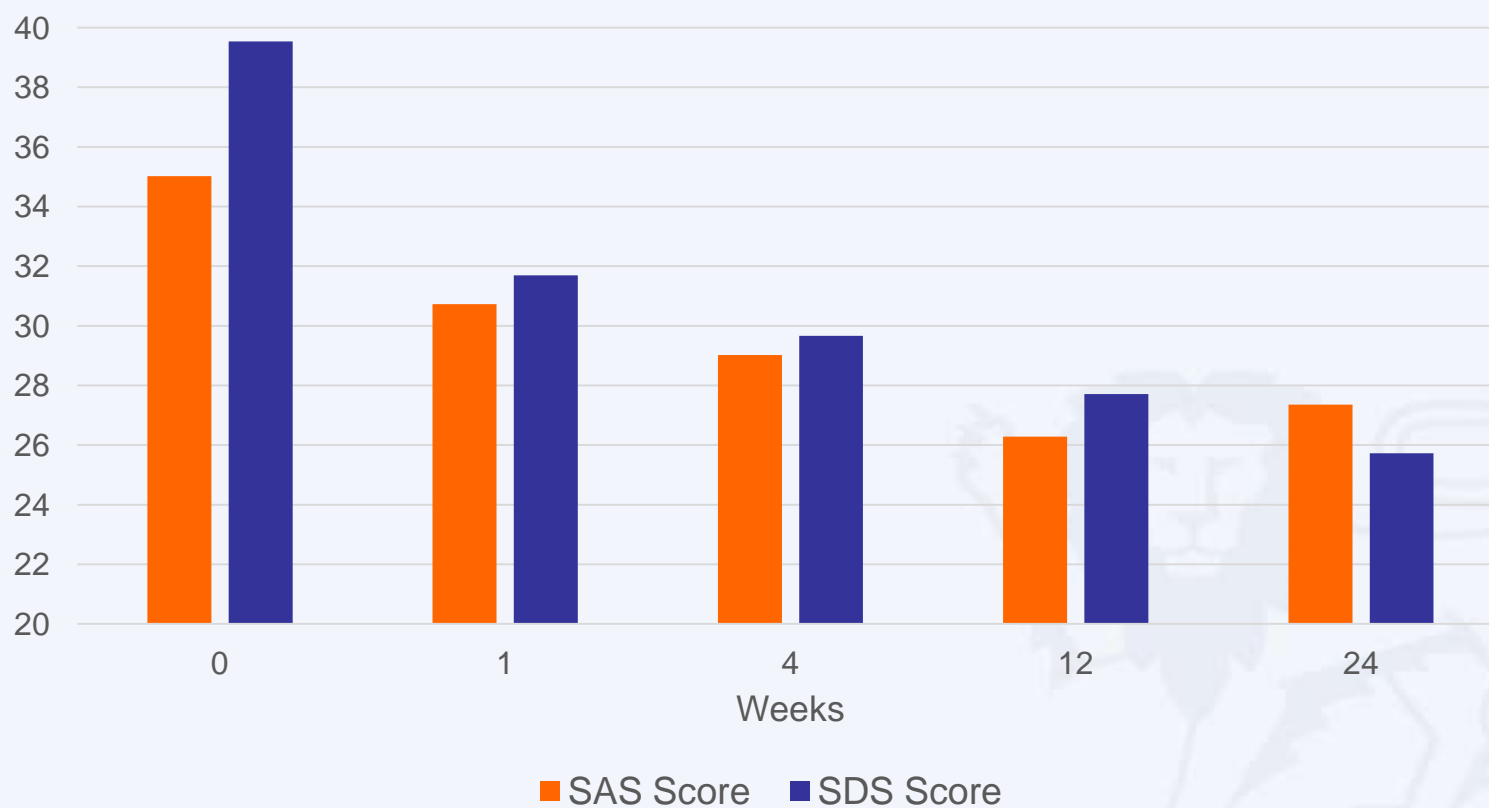
M'ment	Week 0	Week 1	Week 4	Week 12	Week 24
SAS score***	35.02 ± 1.11	30.73 ± 0.99	29.02 ± 0.87	26.28 ± 0.78	27.36 ± 6.48
SDS score***	39.54 ± 1.88	31.69 ± 1.55	29.66 ± 1.13	27.71 ± 1.38	25.73 ± 6.93

\*\*\* $p < .0001$

**SAS: Zung Self-rating Anxiety Scale**

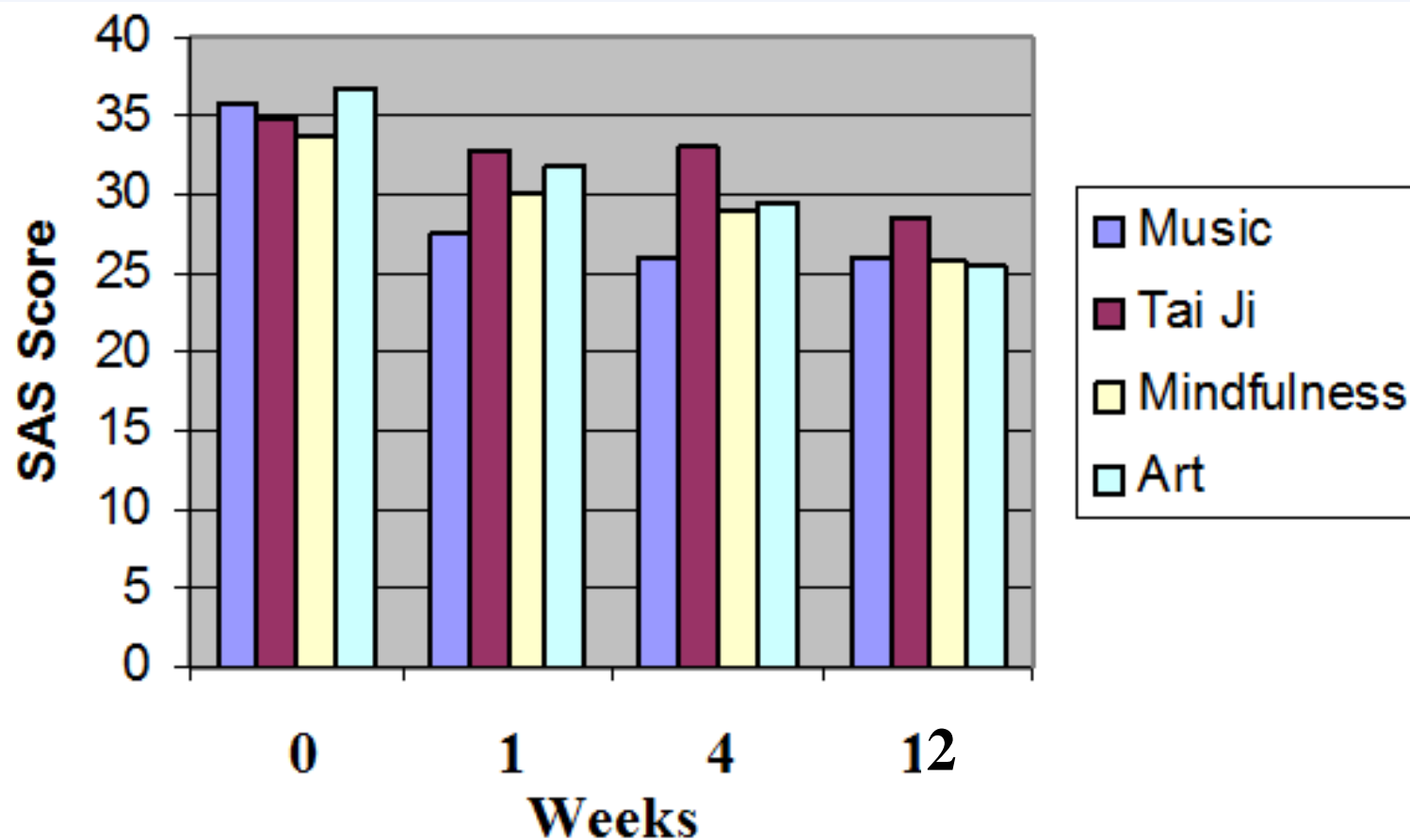
**SDS: Zung Self-rating Depression Scale**

# Anxiety and Depression Scores after 6 months of Intervention

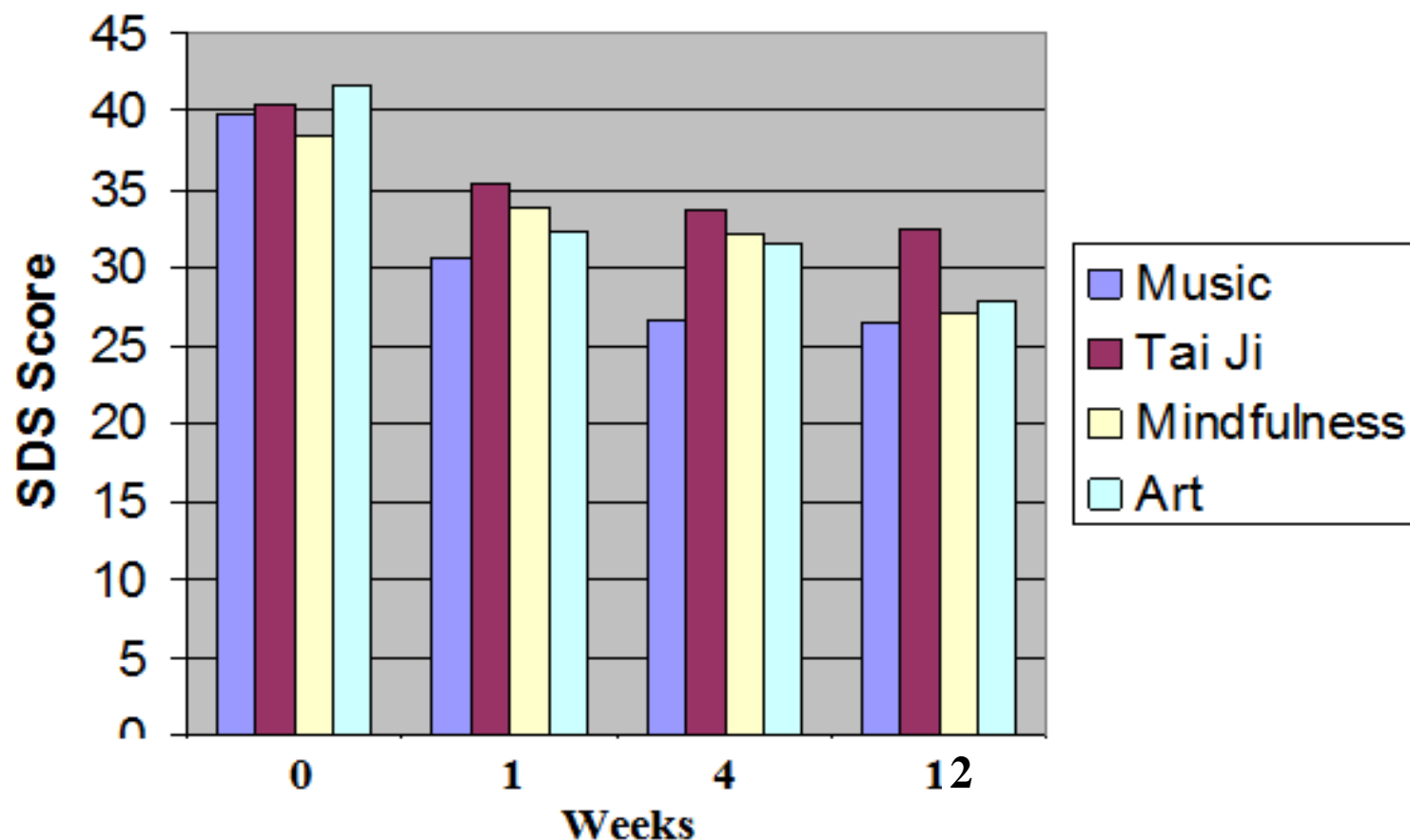




## Anxiety Scores of Therapy Groups



# Depression Scores of Therapy Groups



# Findings

1. Increased social participation and physical activity has a significantly positive impact on mental well-being
2. Greater health literacy and awareness



# Acknowledgements

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