

Effects of Life-Story Review on Quality of Life, Depression, and Life Satisfaction in Older Adults in Oman: A Randomized Controlled Study

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Abstract:

Background: Healthcare providers need to develop life-story review interventions to enhance older adults' mental well-being and quality of life. This study aims to investigate the impact of sharing life stories and creating a life-story book intervention on the quality of life, depressive symptoms, and life satisfaction in a community of elderly individuals in Oman.

Methods: A repeated-measures randomized controlled design was conducted in Oman. A total of 75 older adults (response rate=40.1%) were randomly assigned to the intervention (n=38) or control (n=37) groups. Demographic data were collected as the baseline. Depression, life satisfaction, and quality of life scores were collected from each participant at weeks 1, 2, 3, 4, and 8.

Results: Their average age is 67.3±5.5 years (range 60–82 years). There are more women (n=50, 66.7%) than men. Over the 8 weeks, the intervention group exhibited a notable decrease in depression (intervention: 2.5±1.2 vs. control: 5.3±2.1, p< .001) but an increase in life satisfaction (24.6 ± 3.1 vs. 21.9 ± 6.1, p< .001) and quality of life (physical: 76.2 ±12.7 vs. 53.6 ± 15.5, p< .001; psychological: 76.4 ± 12.1 vs. 59.9 ± 21.5, p< .001; social relation: 78.3 ± 11.7 vs. 61.8 ± 16.6, p< .001; environment: 70.8 ± 10.2 vs. 58.6 ± 16.1, p< .001) compared to the control group.

Conclusion: The life story review intervention was effective in reducing depression and increasing life satisfaction and quality of life among the older participants in the 8-week study. Healthcare providers can utilize these interventions to enhance older adults' mental health and well-being.

Keywords:

Life-story review, Older adults, Life satisfaction, Quality of life, Depression.