

POSTER PRESENTATION 3: PHYSICAL AND MENTAL HEALTH

The effects of the solitray deaths and suicide prevention project on emotional vitality among older adults Y. Kim, S. R. Noh

Purpose The purpose of this study was to examine the changes in older adults who participated in the specialized service aimed at preventing lonely deaths and suicide in South Korea. While other suicide prevention projects have emphasized preventing suicide or solitude deaths, this specialized service focuses not simply on preventing suicide or lonely death itself, but on helping the elderly at high risk to live with strength. To this end, the project details were designed to be evidence-based intervention, and a system for evaluating the effectiveness of the project was established. **Method** Based on the data of 1,631 older adults who completed the pre-post survey, the main outcomes of the specialized service project were measured in the reduction of loneliness, depression, suicidal ideation and the increase in the number of close friends. In addition, life satisfaction, meaning of life, and self-esteem were investigated to evaluate whether the specialized service project actually contributed to the improvement of the quality of life among older participants. **Results and Discussion** In loneliness, depression, and suicidal ideation of all participants, there were a statistically significant decrease from pretest to posttest, and a significant increase in the number of close friends from pretest to posttest. Compared to before the start of the service, the participants' life satisfaction, meaning of life, self-esteem, self-efficacy, social support, and positive emotions increased significantly after service completion, and negative emotions decreased significantly. Thus, the results show that participants' quality of life was significantly improved. These results imply that the specialized service centered on individual case management and therapeutic group activities are effective in reducing depression, suicidal ideation, and loneliness in the elderly, and help to establish a support system. However, it is necessary to investigate specifically which service elements affected the change of the elderly through more rigorous research, and various evidence-based practice (i.e., technology-based psychological interventions) need to be implemented so that the change of the elderly would maintain even after the end of their participation to the specialized service.

References

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