

SYMPOSIUM PRESENTATION 3: PHYSICAL AND MENTAL HEALTH

Interventions to promote health and mental health among older adults

C. Moo-Kwon (Convenor)

This symposium 3 consists of three presentations commonly dealing with the physical and mental problems of the elderly people in South Korea which is rapidly becoming an aging society. Thus one of the most significant social issues in South Korea is how to prevent the expected social problems in the aging society with new scientific knowledge, the development of new treatment approaches, and policies. In this context, these three research funded by the National Research Foundation of Korea aims at exploring new scientific knowledge through various convergence research ideas and methodologies for solving these common social problems of the aging society. All are now at the initiating stages of their creative ideas, but they seem to be very promising for future research agendas and solutions. The first presentation(**How do communication skills influence older patients' satisfaction of health care services?: Empirical evidence from Korea**) will focus on improving the communication skills of the aged by utilizing various patient-centered care methods such as active listening, responses to patients' concerns, and the use of plain languages, developing a new patient-centered approach with convergence research method from the traditional top-down professionalist-centered treatment. The second presentation(**The Impact of Physical Health and Social Networks on Depression Symptoms of Middle and Old Ages of Korean Urban and Rural Complex City**) will focus on the reducing impact of the physical and health and social network activities on depression symptoms in the aged with the first wave data collection in an urban-rural complex city. The third presentation(**Mental well-being of the elderly mindful storytelling and physical activity**) will focus on the effect of mindful storytelling on the mental well-being of the elderly through physical activity, developing a new program to improve the quality of life of the aged by converging mindfulness and physical activities. Ultimately, these studies are expected to contribute to developing various predictive and preventive ICT devices, platforms, programs to solve the physical and mental health of the older adults in the future.

Keywords: mental health, older adults, storytelling

SYMPOSIUM PRESENTATION 3: PHYSICAL AND MENTAL HEALTH

How do communication skills influence older patients' satisfaction of health care services? - Empirical evidence from Korea

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Purpose Communication between patients and physicians is an important element of patient-centered care. It has been suggested that various communication skills such as active listening, responses to patients' concerns, and the use of plain languages help patients to adhere to their treatment, ultimately contributing to the improvement of their satisfaction. In addition, psychological communication approaches promoting social interaction between patients and healthcare providers positively influence patients' health (Stewart, 2001). The aim of this study was to examine 1) whether active communication between older patients and physicians is associated with satisfaction with healthcare services, and 2) what aspect of communication skills contributes to the improvement of older patients' satisfaction. **Method** The study used data from the Korea Survey on Healthcare Service Experience (KSHSE), conducted by the Ministry of Health & Social Welfare and the Korea Institute for Health and Social Affairs. A total of 3395 individuals from the KSHSE, over age 60, were included in the analyses. Logistic regression was conducted to assess the association between communication skills and older patients' satisfaction with healthcare services. **Results and Discussion** Our results show that older patients with a positive experience of communication with physicians were more likely to report greater satisfaction with healthcare services. In particular, physicians who were polite (OR: 2.81; 95%CI: 1.84-4.29), used plain language (OR: 1.56; 95%CI: 1.08-2.26), provided opportunities for questions (OR: 2.25; 95%CI: 1.59-3.19), and addressed patients' concerns (OR: 1.99; 95%CI: 1.44-2.75), and had enough conversation (OR: 2.11; 95%CI: 1.57-2.82) were closely related to greater satisfaction of healthcare services among older adults. Our findings confirm the importance of communication between patients and physicians in the provision of healthcare services. To provide good quality of healthcare services, the improvement of all aspects of communications skills is needed. In addition, it is considerable to develop educational programs for health professionals to improve their communication skills that ultimately contribute to improvement of health and well-being in older adults.

Keywords: older adults, communication, patient's satisfaction, patient-centred care

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SYMPOSIUM PRESENTATION 3: PHYSICAL AND MENTAL HEALTH

The impacts of physical health and social networks on depression symptoms of middle and old ages of the Korean urban and rural complexity city

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ISSUE As South Korea is rapidly becoming an aging society, an increasing number of aging people are suffering from social isolation and depression as well as physical health problems. In particular, in the urban-rural complex areas where the young population is rapidly declining and the elderly one is increasing, deepening depression and the increasing suicide rate among the elderly along with the care problems for the elderly are becoming more significant social problems in South Korea. In this context, this study aims at developing a predictive model by using the physical, mental and psychological, and social network data collected with ICT devices (smart watches and phones) from the elderly people living in the urban-rural complex area and a preventive social prescription system that can be utilized in the community level. **CONTENT** The study presented in this symposia is a preliminary result of investigating the impacts of physical health and social networks on depression symptoms based on the first baseline survey data collection. It collected survey data (N = 685 participants) from middle and old ages residing in Wonju city as one of the Korean urban-rural complex cities and then examined the direct and indirect impacts of their physical health and social networks on their depression symptoms. **STRUCTURE** This study assumes a sequence of relationships in which physical environment and social networks as antecedent variables affect mediating variables such as perceived loneliness, perceived social support, stress, and anxiety disorder, which then affect depression in middle and old ages (53 ~ 88 years old) in Korean urban and rural complexity city as a dependent variable. **CONCLUSION** This study used a survey method for investigating these effects using partial least squares structural equation modeling (PLS-SEM). The empirical results of this study show that physical health and social networks have a significant impact on depression symptoms in the middle and old ages through mediating effects of perceived loneliness, perceived social support, stress, and anxiety disorder. It means that physical activity and social networks can be beneficial in preventing depression symptoms in the middle and old ages by increasing social support and decreasing loneliness, stress, and anxiety disorder. From the gerontechnology perspective, this study is expected to contribute to developing prediction algorithms, ICT devices and platforms by which depressed old aged people can be early detected and prevented from deepening depressions.

Keywords: physical health, social networks, depression, perceived social support, stress, aging society

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SYMPOSIUM PRESENTATION 3: PHYSICAL AND MENTAL HEALTH

The mental well-being of the elderly through mindful storytelling and physical activity

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ISSUE This study examines the mental well-being of the elderly through mindful storytelling and physical activity. Through this program, the elderly feel subjective happiness and feel a positive mood, stabilization of mind, and assimilation of their body with nature. This program has a positive effect on the mental well-being of the elderly by fusion of storytelling and physical activity that allows the elderly to feel themselves as they are, recall the past, and design their future. **CONTENT** The purpose of this study is to investigate the effect of mindful storytelling on the mental well-being of the elderly through physical activity. To conduct the study, a four-week mindfulness program targeted six older adults over 60 at a senior welfare center in the city C. Through in-depth interviews on the mental well-being of program participants, this study drew the following conclusions: The elderly felt improved subjective happiness by reflecting on their lives, regarding the present self, and finding a vision for the future. While listening to music, the elderly took a deep breath, recalled pleasant and happy memories, and restored a positive mood. The elderly felt the peace of mind by moving their bodies while listening to quiet music and breathing deeply. The elderly experienced closeness of their body and nature through an appreciation of the relaxing landscape and felt the preciousness of the body. **STRUCTURE** The subject of this class is the 1st class, here and now and me, the 2nd class, the memory landscape in my heart, the 3rd class, and my hope towards tomorrow. In this study, the results of the mental and psychological well-being of the elderly were analyzed after implementing a program that combines physical activity, storytelling, relaxing landscape appreciation, and breathing. **CONCLUSION** It suggests that mindful storytelling physical activity is beneficial to the mental well-being of the elderly and is closely related to the future life design of the elderly. In the future, research on developing convergence programs for the elderly will be more critical to increase the vitality and driving force of life for the elderly. In particular, this study is expected to contribute to the search for a variety of new ways to improve the quality of life in old age by merging physical education and humanities to encompass physical activity and mind care.

Keywords: mental well-being, physical activity, storytelling, relaxing landscape, relaxing soundscape, breathing

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