



# P02.121. Psychological Outcomes of a Mind Body Program for Successful Aging

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POSTER PRESENTATION

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# P02.121. Psychological outcomes of a mind body program for successful aging

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## Purpose

The biopsychosocial model of successful aging is aimed at developing a sense of well-being, high self-assessed quality of life, and a sense of personal fulfillment even in the context of illness and disability. The purpose of this study was to explore key outcomes of a new Successful Aging Mind Body program. We hypothesized the program would increase self-efficacy, which would lead to improved feelings of well-being.

## Methods

Sixteen patients completed assessments. The average age of participants was 75 (range: 66-91). The program consisted of weekly 90-minute sessions for nine weeks. Topics included a range of psychological and physical exercises including mindfulness and relaxation training. For measures, we used the Coping Self-Efficacy Scale (CSES) and Philadelphia Geriatric Center Morale Scale (PGCMS). We performed paired t-tests on pre/post data, and used the Wilcoxon signed rank test for the conservative validation.

## Results

We found that both the CSES and PGCMS increased among completers of the Successful Aging intervention (pre- to post-intervention change: CSES,  $27.6 \pm 26.6$ ,  $p=0.001$ ; PGCMS  $1.3 \pm 2.6$ ,  $p=0.06$ ), although the change for PGCMS was not quite significant. In addition, we found a moderate correlation between the pre- to post-intervention changes in CSES and PGCMS ( $r=0.4$ ,  $p=0.14$ ), although the association was not significant. The CSES change pre-post was still significant ( $p<.05$ ) after a sensitivity analysis.

## Conclusion

We found significant changes in self-efficacy after the intervention and an increase in morale with a trend towards significance. A moderate correlation was found between CSES and PGCMS, but the correlation was not significant. These results support the hypothesis that participants can develop greater self-efficacy as a result of a mind body program for successful aging. Future research is needed to explore the relationship between self-efficacy and objective health outcomes.

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