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P16: Report on a Dementia Prevention Workshop Organized through Multidiscipline Intervention: An Examination of Intervention Approach through the Evaluation of Group Reminiscence Method and Mental Aspect

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Objective: This is a report of a workshop for local residents organized by university researchers in various fields with the aim to develop a dementia prevention method. The five academic fields involved in the project are Health & Sports, Psychology, Food Nutrition, Music, and Nursing.

Methods: Dementia Prevention Workshop took place once a week between October 2021 and July 2022 except for some intervals due to surges in Covid-19 infection cases. Dual task exercises were conducted at each session, followed by groupworks by researchers of Psychology, Nutrition, Music, and Nursing Science taking turns. Psychologists facilitated the understanding of assertion, nutritionists held lectures on food life designed for dementia prevention, musicians played instruments, and nurses intervened through the Group Reminiscence Method. The Nursing Science experts conducted evaluations at the beginning and the end of each session using SF-36 and CES-D and checked the participants' mood before and after the reminiscence session with Japanese UWIST mood adjective checklist (JUMACL).

Results: 16 participants took the measurement after the workshop, and their average age (SD) was 72.9 (5.5). In the overall evaluation, the participants' motor ability improved ($p < .05$), and they retained cognitive functions. In SF-36, no statistically significant differences were observed before and after the classroom. Compared to the data from 2017, the scores in the social aspect were lower. In CES-D, the scores significantly worsened after the workshop, with some participants' scores exceeding 16 points, which is the depression cutoff point. In JUMACL, the Tense Arousal (TA) related to the arousal state and the Energetic Arousal (EA), which is supposedly related to intellectual activities, both improved after the session.

Conclusion: In a single evaluation before and after a group reminiscence session, the state of relaxed concentration with a suggested connection with intellectual activities, but the overall evaluation result throughout the workshop project suggested the need to reinforce the approach to the mental aspect because of some participants observed with decreased scores in the mental aspects with depressive tendency. We will establish an intervention plan by also incorporating the impact of Covid-19-related depression.

P19: Effects of a Post-diagnostic Support Programme on self-efficacy among persons with dementia and family members

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