

회복탄성 정도에 따른 우울증 프로그램의 효과

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Objective

The aim of this study was to examine the relationship between late-life depression and resilience in the Korean community-dwelling elderly with depression.

Methods

The subjects were 102 depressed elderly people who lived in Suwon and Gwangju, Korea. Each subject was administered the questionnaires regarding the socio-demographic characteristics, Korean version of the Mini-Mental State Examination for dementia screening(MMSE-DS), Brief Resilience Scale(BRS), and Short form Geriatric Depression Scale-Korean version(SGDS-K).

Results

In a cross-sectional aspect, BRS score were negatively correlated with SGDS-K score in the Pearson's correlation test($r=-0.301$, $p=0.002$). After multivariable adjustments, linear mixed model analysis showed that subjects with baseline higher BRS score had significantly lesser SGDS-K score($\beta=-0.16$, $p=0.006$).

Conclusion

The level of resilience should be considered in predicting the change of depressive symptoms in the elderly.

Reference

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Table 1. Baseline socio-demographic and clinical characteristics of participants

Variable	Total(N=102)
Gender(female, %)	87(85.3%)
Age(year)	77.70 ± 6.67
Education(year)	4.29 ± 3.94
MMSE-DS	22.84 ± 4.22
BRS	15.80 ± 5.21
SGDS-K	11.49 ± 3.32

Data are presented as N(%) or mean ± SD.

Abbreviations: MMSE-DS: Korean version of the Mini-Mental State Examination for dementia screening; BRS: Brief Resilience Scale; SGDS-K: Short Form Korean version of Geriatric Depression Scale

Table 2. Pearson's correlation of baseline depressive symptom severity(SGDS-K) with other baseline resilience score(BRS) and other covariates

Variable	Age	Education	MMSE-DS	BRS	SGDS-K
Age	-	-0.123	-0.063	-0.039	-0.121
Education		-	0.348**	0.026	0.060
MMSE-DS			-	0.128	-0.058
BRS				-	-0.301*
SGDS-K					-

*: $p<0.01$, **: $p<0.001$

Abbreviations: MMSE-DS: Korean version of the Mini-Mental State Examination for dementia screening; BRS: Brief Resilience Scale; SGDS-K: Short Form Korean version of Geriatric Depression Scale

Table 3. Analysis of change of depressive symptom(SGDS-K) among 102 participants in three months according to resilience score and other covariates†

Variable			
	coefficients(SD)	95% CI	p value
Gender(female)	-1.06 (0.85)	-2.76 to 0.63	0.215
Age	-0.06 (0.04)	-0.14 to 0.03	0.188
Education	0.11 (0.08)	-0.05 to 0.27	0.159
MMSE-DS	-0.05 (0.07)	-0.20 to 0.09	0.476
BRS	-0.16 (0.06)	-0.27 to -0.05	0.006

†: linear mixed model analyses were conducted.

Abbreviations: MMSE-DS: Korean version of the Mini-Mental State Examination for dementia screening; BRS: Brief Resilience Scale; SGDS-K: Short Form Korean version of Geriatric Depression Scale