

Critical Practice: Improving my area of practice through the critical appraisal of research evidence

Effectiveness of Mindfulness-Based Stress Reduction Therapy in reducing stress and improving mood among Elderly Patients

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1: Introduction (480)

Elderly population need emotional, physical and psychological support. Stress is a common mental health issue which is prevalent among individuals aged 65 years and older and it contributes to increased mortality and morbidity, and reduced quality of life along with increased healthcare costs. The global population is aging rapidly with the population aged 65 years and over growing faster than all other age groups. As per the World Health Organization (2020), the global population of persons aged 60 years and above surpassed that of children below the age of five years in 2020. It is estimated that between 2015-2050, there will be a significant increase in the proportion of the world's population aged 60 years and above, almost doubling from 12% to 22%. Similarly, Hong Kong is also experiencing a rise in the aging population. In 2018, there were approximately 1.27 million persons aged 65 and over living in Hong Kong which is about 17.9% of the whole population. The aging population is expected to double to 2.62 million by 2048 (The University of Hong Kong, 2021). The aging population poses significant challenges to healthcare systems worldwide, including the increased prevalence of mental health issues such as stress, anxiety, depression and loneliness. A survey conducted in Hong Kong during COVID-19 pandemic showed that 10% of elderly population had depressive symptoms (The University of Hong Kong, 2022). Factors such as health problems, financial difficulties, stress and lack of social engagement increases the susceptibility of elderly population to mental health issues.

As a healthcare professional in psychiatric care, I am passionate about promoting mental health and wellness. My clinical area of expertise is focused on providing care and support for individuals experiencing mental health issues. As stated in the Hong Kong Nursing Code of Conduct and Practice, we are responsible for promoting health and wellbeing, preventing illnesses, restoring health, and alleviating suffering due to ill health (The Nursing Council of Hong Kong, 2015a). Being a registered

Mindfulness-Based Stress Reduction (MBSR) therapy, for improving mental health of elderly population. MBSR focuses on promoting present-moment awareness and acceptance, potentially reducing stress, anxiety, and depression (Kabat-Zinn, 2013). I believe that exploring the effectiveness of MBSR may provide valuable insights into improving the overall care and outcomes for elderly patients in my clinical unit.

1.1: Aims

This critical practice paper is set out to improve my area of practice through the critical appraisal of research evidence. The aim of this study is to explore the effectiveness of Mindfulness-Based Stress Reduction Therapy in improving mood and reducing stress of elderly patients. The objectives of this critical analysis is to review the literature on MBSR and evaluate the effectiveness of MBSR therapy in reducing stress which leads to improved mood and mental health.

1.2: Research Questions (300)

For my research questions, I will use the PICO and PICO framework to formulate a quantitative and a qualitative research question. The two questions are as follows:

Q1: What is the impact of mindfulness-based stress reduction therapy on patients' mood in the care of male and female elderly population aged 65 years and older?

The PICO tool, commonly used in quantitative research, focuses on the Population, Intervention, Comparison, and Outcomes of a study (Methley et al., 2014). The population will be elderly adults aged

the elderly patients and the outcome will be improvement in the mood and stress reduction.

Population: elderly patients experiencing low mood

Intervention: Mindfulness-based stress reduction therapy

Context: Care of the elderly patients

Outcome: Improved mood, stress reduction

Q2: What are the lived experiences of men and women elderly patients receiving Mindfulness-Based Stress Reduction Therapy?

There is no outcome or comparison that is considered in a qualitative evidence because the reviews are focused on analyzing human experiences and social and cultural phenomena. PICO which stands for

background.

Population: Elderly patients who have received mindfulness therapy.

Phenomena of Interest: Lived experiences of elderly patients who have received mindfulness therapy.

Context: No limitations place on geographic location or cultural background.

Findings and critique (1000)

2: Methods (100)

This critical review will have four major phases: the first one is a systematic literature search for current evidence containing information on the effectiveness of MBSR therapy in improving mental health conditions such as stress, anxiety, depression and loneliness as well as those detailing the lived experiences of elderly patients who have received mindfulness therapy. Secondly, there will be a critical appraisal of the selected two articles using the Critical Appraisal Skills Programme (CASP) checklist to assess the quality of the articles. Thirdly, there will be a discussion to compare and contrast the research findings and finally, a proposed action plan to inform decision making on the various alternative psychotherapies that can be used when addressing common mental health problems in elderly population.

2.1: Search strategy and study selection (150)

A search was conducted to identify quantitative and qualitative articles related to the effectiveness of MBSR therapy in improving mental health status of elderly patients and lived experiences of elderly

patients receiving MBSR therapy. The search was conducted using two databases namely CINAHL and PubMed. I healthcare, a database is a collection of organized and structured journals and other publications allowing users to search and retrieve published information (Hong Kong Baptist University, 2023). The two databased were selected because they are commonly used in healthcare research and they provide access to a large amount of peer-reviewed literature, making it easier to find relevant

search terms, while using "OR" will retrieve articles containing either of the search terms. For the quantitative articles, the search resulted in 157 and 25 articles from CINAHL and PubMed respectively while qualitative articles were 41 articles from CINAHL and 2 articles from PubMed.

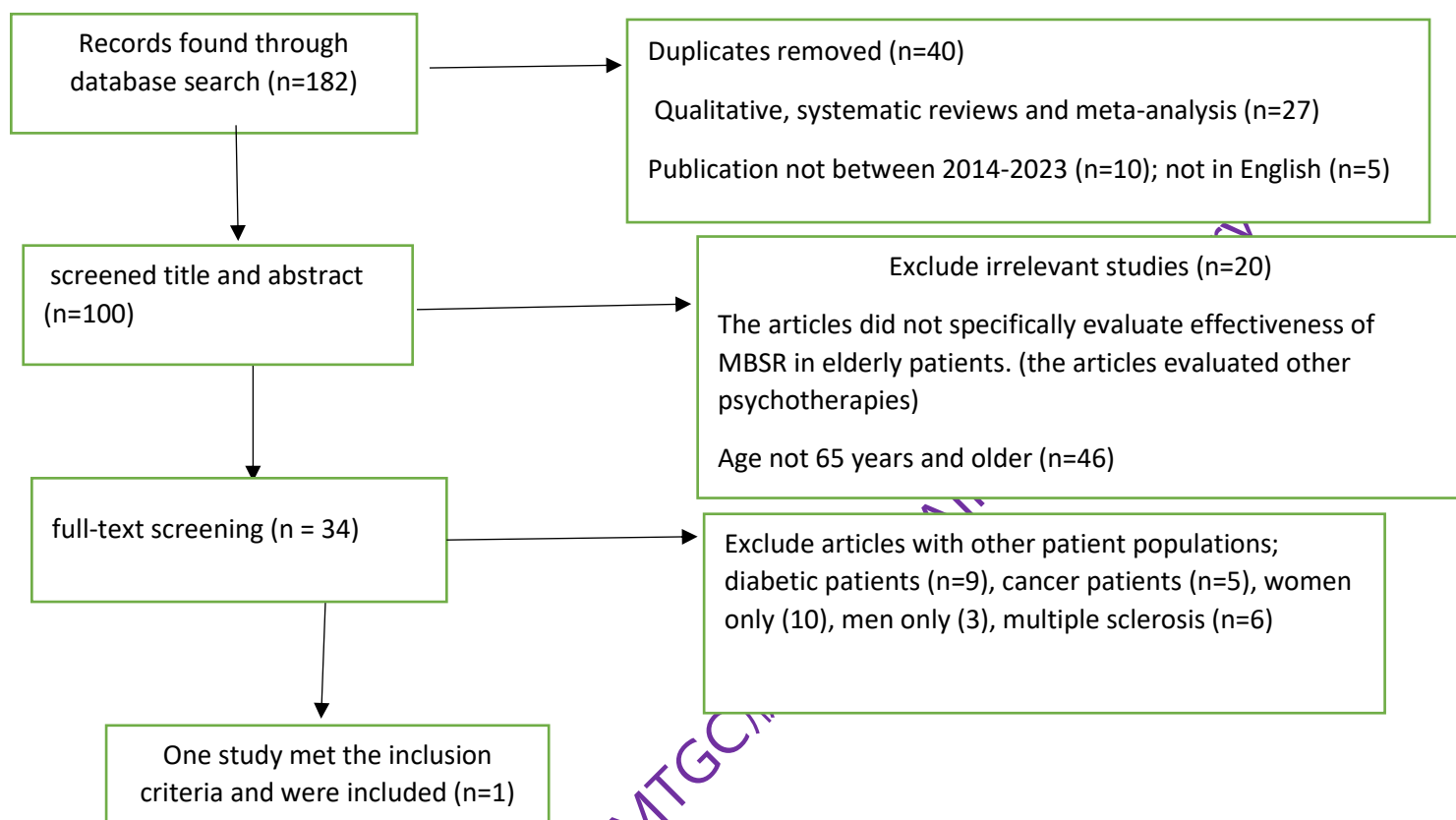
Figure 1: Boolean Operators

	Search Index	Search terms
	Title / Abstract/full text	mindfulness-based stress reduction OR mindfulness OR mbsr OR mindfulness intervention OR mindfulness program
AND	Title / Abstract/full text	elderly or seniors or geriatrics
AND	Title / Abstract/full text	Mood OR stress OR distress OR mental health

2.2: Inclusion and exclusion criteria Q1

The inclusion criteria for the selection of articles include studies that evaluated the effectiveness of Mindfulness-Based Stress Reduction (MBSR) specifically in elderly patients, aged 65 years and older. The articles should be published in peer-reviewed journals, between 2014-2023 and available in English. The exclusion criteria for this study include articles that focus on other psychotherapies, such as cognitive-behavioral therapy or relaxation therapy. Additionally, articles that are qualitative, systematic reviews or meta-analysis will be excluded. Studies that include patient populations such as diabetic patients, cancer patients, men or women only, or those with multiple sclerosis will also be excluded from this study.

Figure 2: Relevant studies Identified Q1



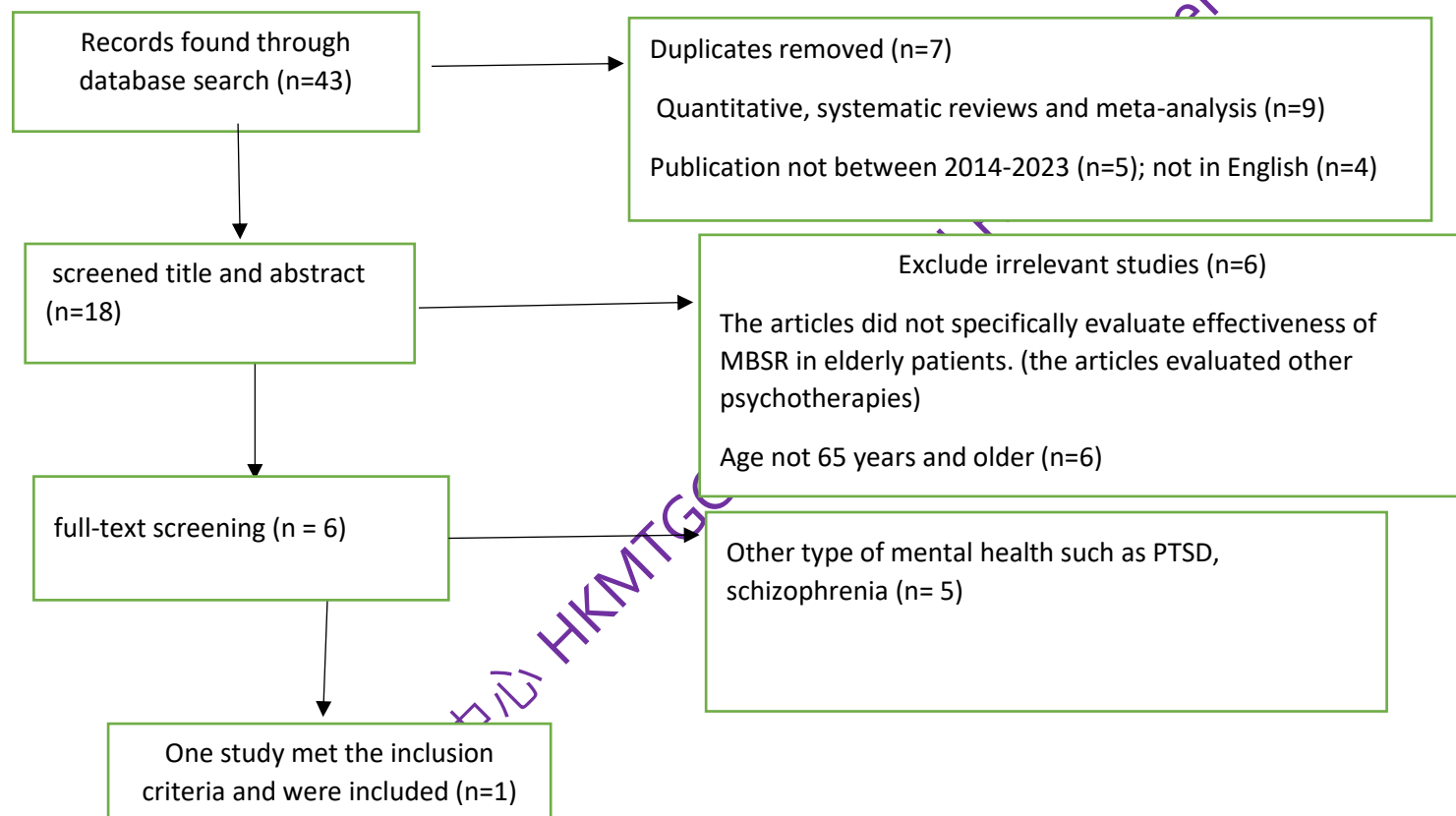
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2.3: Inclusion and exclusion criteria Q2

The inclusion criteria include articles that evaluated the effectiveness of MBSR in patients aged 65 years and older. The articles must be published between the years 2014 and 2023, and in English language.

the effectiveness of MBSR in elderly patients were excluded. Also, articles that discussed serious mental health conditions such as PTSD and schizophrenia were excluded.

Figure 3: Relevant studies Identified Q2



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