

Biographie

A project to maintain & promote health in older adults

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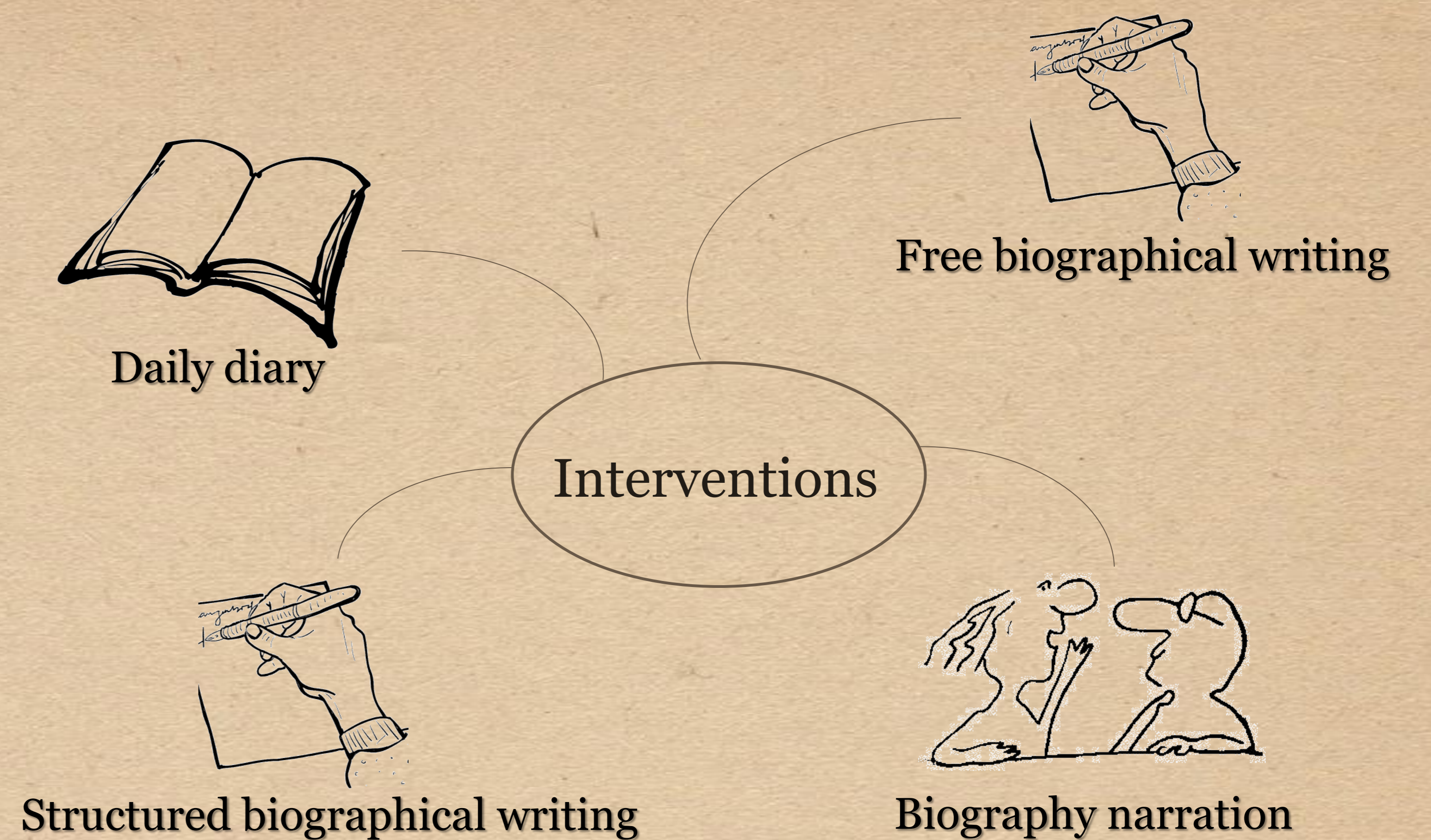
- ❖ Based on *Guided Autobiography*¹ & *Emotional Writing Paradigm*⁴
- ❖ Strong need for biographical narration in older adults
- ❖ Less scientific evidence for positive outcomes of autobiographical approaches³⁻⁵
- ❖ Biographical writing & narration only in therapeutic settings²

- ❖ Implementation of oral & written, biography-based interventions
- ❖ Preventive approach, non therapeutic, but with curative effect
- ❖ Aim is to promote well-being, self-perceived coherence, resilience and self-efficacy
- ❖ Maintenance of mental health & prevention of frailty in aged adults

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METHODS & DESIGN

- ❖ Randomized controlled trial
- ❖ 160 participants (>70 years) intended
- ❖ Bicentric implementation in 2 areas of Germany (rural /urban)
- ❖ Outcomes: quality of life, social support, resilience, depression, PTSD, anxiety, well-being, self-efficacy, health, attitudes, autonomy, sense of coherence



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- ❖ Intervention is implemented (pre, post)
- ❖ N=154: 99 female; age M(SD)= 75.9 (5.2) yrs
- ❖ High acceptance of biographical approach
- ❖ High commitment of participants in writing conditions, good feasibility of material
- ❖ High cohesion and exchange of information in oral narration group

- ❖ Finish interventions and post assessments
- ❖ Investigate effects of biographical writing and narration
- ❖ Recommendation for health prevention in aged adults
- ❖ Follow our progress on:
www.p-h-m.org/biographie
- ❖ Mail us: simone.freitag@uni-greifswald.de

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