



Mental wellbeing in oldest old age: separating dimensions from determinants.

Johanna Cresswell-Smith

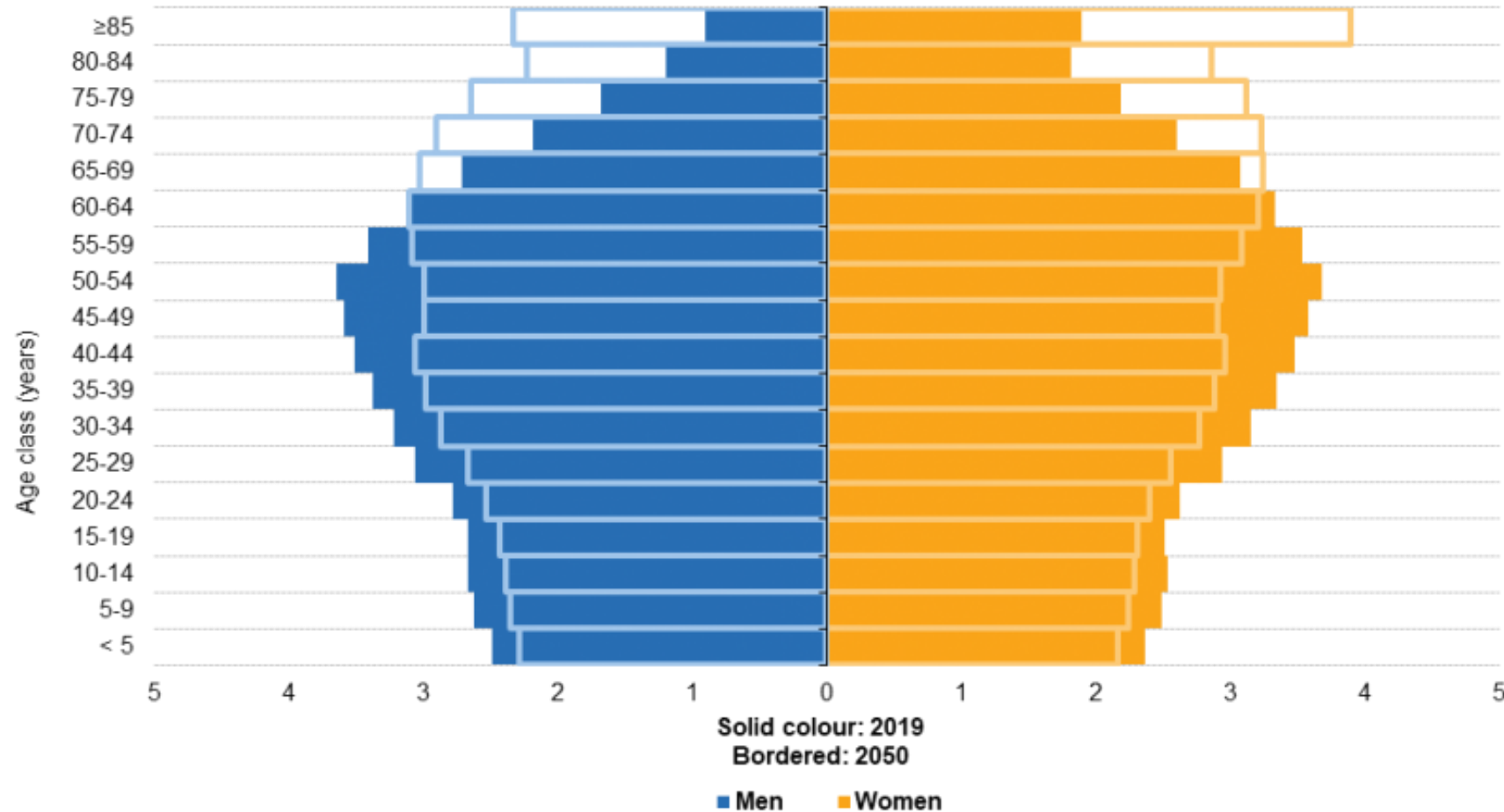
5/10/2021

Finnish Institute for Health and Welfare

EU demographics is changing

”Oldest old” age group, 80 + growing

Population pyramids, EU-27, 2019 and 2050
(% share of total population)



Note: all data as of 1 January. 2019: estimates and provisional. 2050: population according to the 2019 projections, baseline variant (EUROPOP2019).

Source: Eurostat (online data codes: demo_pjangroup and proj_19np)



What is mental health?



A state of well-being in which the individual realises his or her **own abilities**, can cope with the **normal stresses of life**, can work **productively and fruitfully**, and is able to **make a contribution** to his or her **community**.

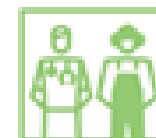
WHO 2015

Response to demographic change

- I. Understanding wellbeing: how appropriate are current measures of wellbeing across the changing life course? 
- II. Intergenerational relationships: how can welfare models distribute resources, rights and responsibilities in fair and sustainable ways?
- III. Welfare models: How can welfare models secure the health and wellbeing for older people confronted to caring needs, subject to frailty and nearing the end of life? 

MORE YEARS

BETTER LIVES





European Welfare Models and Mental Wellbeing in Final Years of Life (EMMY)

Mixed methods study 2017-2019

1. Qualitative focus group study
2. Quantitative study – ESS data
3. Policy analysis



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Understanding the Multi-Dimensional Mental Well-Being in Late Life: Evidence from the Perspective of the Oldest Old Population

Elvira Lara^{1,2,3} · Natalia Martín-María^{1,2,3} · Anna K. Forsman⁴ · Johanna Cresswell-Smith⁵ · Valeria Donisi⁶ · Marian Adnanes⁷ · Jannike Kaasbøll⁷ · Line Melby⁷ · Johanna Nordmyr⁴ · Linda Nyholm⁴ · Laura Rabbitt⁶ · Francesco Amaddeo⁶ · Marta Miret^{1,2,3}

Mental Well-Being in the Oldest Old Different from That in Younger Age Groups? Exploring the Mental Well-Being of the Oldest-Old Population in Europe

Valeria Donisi¹ · Federico Tedeschi¹ · Juan Luis Gonzalez-Caballero² · Johanna Cresswell-Smith³ · Elvira Lara^{4,5,6} · Marta Miret^{4,5,6} · Anna K. Forsman⁷ · Francesco Amaddeo¹ · Jorid Kalseth⁸

Springer Nature | Reviews

Abstract

The promotion of mental well-being is becoming a priority for individuals aged 65 and over. The focus groups on mental health in four European countries, adult content analysis, functional, social, and mental health, having close ties to mental health. Having a positive mental health is becoming a priority for individuals aged 65 and over. The focus groups on mental health in four European countries, adult content analysis, functional, social, and mental health, having close ties to mental health.

Instruments to evaluate mental well-being in old age: a systematic review

Natalia Martín-María, Elvira Lara, Johanna Cresswell-Smith, Anna K. Forsman, Jorid Kalseth, Valeria Donisi, ... show all

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Abstract

Objective: The aim of this study is to identify and appraise existing instruments to evaluate mental well-being in old age.

Method: Systematic literature searches in PubMed, PsycINFO, ProQuest Research Library, AgeLine and CINAHL databases were performed. The COSMIN guideline was used to assess the measurement properties, reported according to the Preferred Reporting Items for Systematic Reviews and meta-Analysis (PRISMA) statement. For each measurement property, results were classified as positive, negative or indeterminate. The quality level of evidence was rated as high, moderate, low or very low following the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach.

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Mental well-being among the oldest old: revisiting the model of healthy ageing in a Finnish context

Johanna Nordmyr et al. International Journal of Qualitative Studies on Health and Well-being Published online: 2 Mar 2020

Height-based model for the categorization of athletes in combat sports

Mental well-being among the oldest old: revisiting the model of healthy ageing in a Finnish context

Johanna Nordmyr^a, Johanna Cresswell-Smith^b, Valeria Donisi^c, Elvira Lara^{d,e,f}, Natalia Martín-María^{d,e,f}, Linda Nyholm^a and Anna K. Forsman^a

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This study aimed to examine how participants aged 80 years old or over describe mental well-being—exploring the suitability of the model of healthy ageing when structured focus group interviews with 28 participants were conducted in 2017. Qualitative content analysis was performed, where both manifest and latent content was considered in a process involving meaning condensation and coding. The healthy ageing model constituted a useful framework for the conceptualization of mental well-being in oldest old age, the key components being: *Capability*—functioning and independence; *Orientation*—sense of belonging; *Functional status* plays an important role for well-being. Further, many persons in this age group do not view themselves as dependent. On the contrary, they underline the importance of empowering themselves and actively creating circumstances which support their mental well-being.

ARTICLE HISTORY
Accepted 19 February 2020

KEYWORDS
Older adults; oldest old; mental well-being; content analysis; focus groups; Scandinavia; Finland

Invited Review | Open Access | Published: 29 November 2018

Determinants of multidimensional mental wellbeing in the oldest old: a rapid review

Johanna Cresswell-Smith, Francesco Amaddeo, Valeria Donisi, Anna K. Forsman, Jorid Kalseth, Natalia Martín-María, Marta Miret & Kristian Walhbeck

Social Psychiatry and Psychiatric Epidemiology, 54, 135–144(2019) | Cite this article

2207 Accesses | 7 Citations | 3 Altmetric | Metrics

Abstract

Purpose
Improved life expectancy imposes new challenges for policy-makers. The growing oldest-old age group (defined as 80 and over) is often characterised by increased support needs. Greater attention to wellbeing in this population group is necessary, and may well require a shift in social policy focus. The current review seeks to explore current research on determinants of mental wellbeing for the oldest old.

Methods
An iterative rapid review approach was used to review existing literature in line with four

[EMMY website THL
https://thl.fi/en/web/thlfi-en/research-and-development/research-and-projects/european-welfare-models-and-mental-wellbeing-in-final-years-of-life-emmy](https://thl.fi/en/web/thlfi-en/research-and-development/research-and-projects/european-welfare-models-and-mental-wellbeing-in-final-years-of-life-emmy)





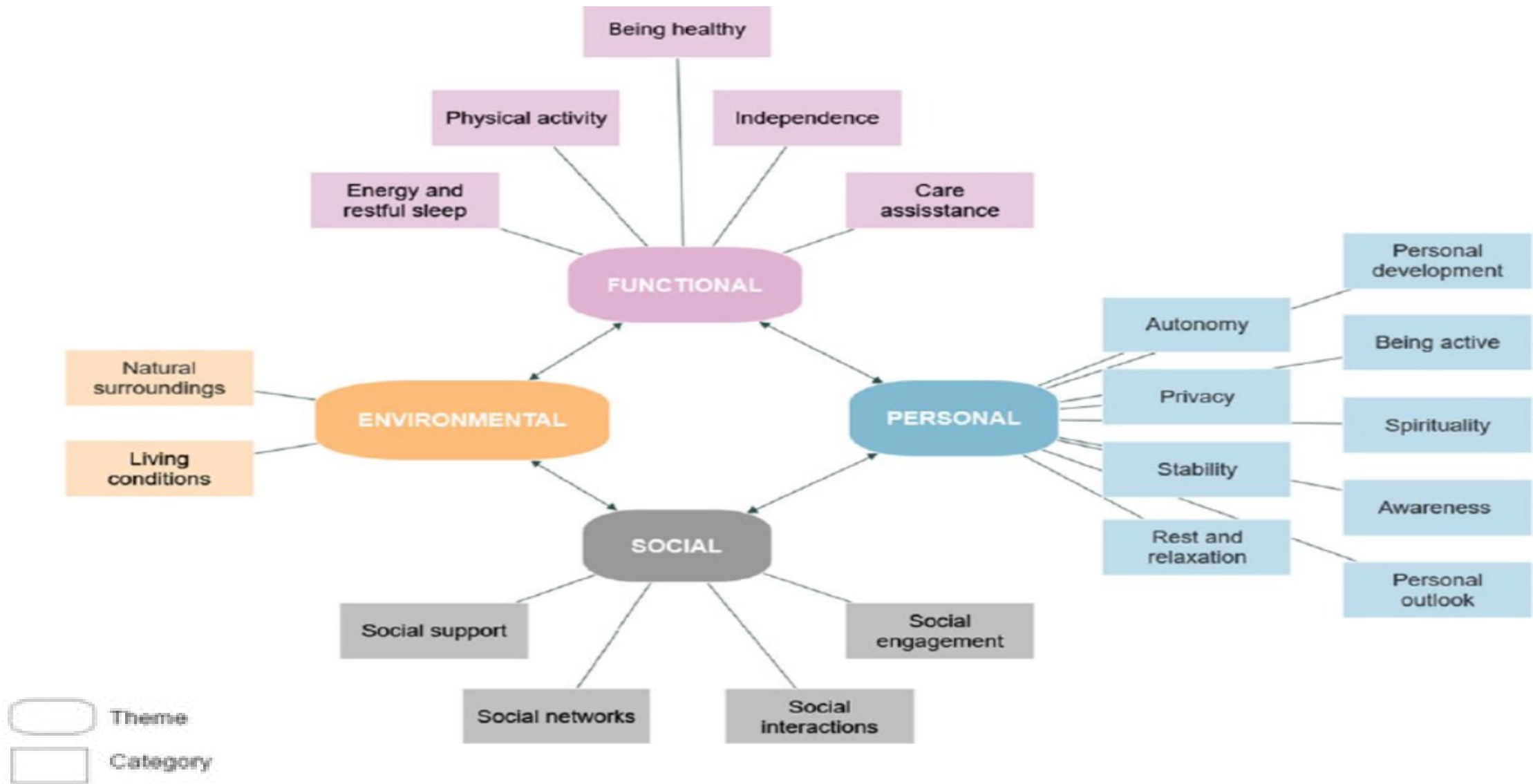
Mental Wellbeing defined via focus groups - qualitative

- 23 focus groups in Finland, Italy, Norway, Spain
- 117 participants mean age 85.6 (SD=4.4) 73.5% women
- Recruited from service centres, day centres, nursing homes
- Asked our participants to define what they felt mental wellbeing to be:

“What does feeling good or feeling well mean to you? “

“When you are having a good day, why is it good? “

“Which things or activities help you having a good day? “



Lara et al. (2019)

A closer look at Finland – four dimensions

Nordmyr et al (2020)

Activities

"For me, well-being is [doing] what interests me"

Capability

"...to place both feet on the floor in the morning and get up—that feels good to me."

Orientation

"...at the age we are all in, we all have a lot of experiences.... adversities also create strength and ...you become humble. "


Connected-
ness

"When you [visit] and you see the joy in their eyes – that feels good in your heart"

Summary of main findings

- Although functional status plays an important role it is not the principal component of self-reported **mental wellbeing**
- Oldest old age group is very **heterogeneous**
- Many do not view themselves as passive or dependent
- on the contrary, participants underlined the importance of **empowering attitudes**, a **positive mind-set** and **actively creating circumstances** which support their mental wellbeing

Mental well-being among the oldest old: revisiting the model of healthy ageing in a Finnish context

Johanna Nordmyr^a, Johanna Creswell-Smith ^b, Valeria Donisi^c, Elvira Lara^{d,e,f}, Natalia Martín-María ^g, Linda Nyholm^a and Anna. K. Forsman^a

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ABSTRACT

Purpose: This study aimed to examine how participants aged 80 years old or over describe their mental well-being—exploring the suitability of the model of healthy ageing when outlining the mental well-being concept.

Methods: Six structured focus group interviews with 28 participants were conducted in Western Finland in 2017. Qualitative content analysis was performed, where both manifest and latent content was considered in a process involving meaning condensation and coding, followed by categorization.

Results: The healthy ageing model constituted a useful framework for the conceptualization of mental well-being, illustrating the links between these two constructs. The analysis resulted in a four-dimensional model of mental well-being in oldest old age, the key components being: *Activities*—enjoyment and fulfilment; *Capability*—functioning and independence; *Orientation*—awareness, shifted perspectives and values; and *Connectedness*—sense of belonging.

Conclusions: Although functional status plays an important role for well-being in general, it is not the principal component of self-reported mental well-being within the heterogeneous group of the oldest old. Further, many persons in this age group do not view themselves as passive or dependent, on the contrary, they underline the importance of empowering attitudes, a positive mindset and actively creating circumstances which support their mental well-being.

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Accepted 19 February 2020

KEYWORDS

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Existing data from the European Social Survey (ESS) - quantitative

Impact of welfare systems on mental wellbeing in oldest old

Factor analysis found six (or alternatively 5) factors:

- Evaluative wellbeing (life satisfaction)
- Positive emotional wellbeing (positive affect)
- Positive psychological functioning (autonomy, competence, self-esteem)
- Meaning and flow (presence and engagement);
- Positive and supportive relationships (support, respect, appreciation).
- Social engagement (social activities and interactions)

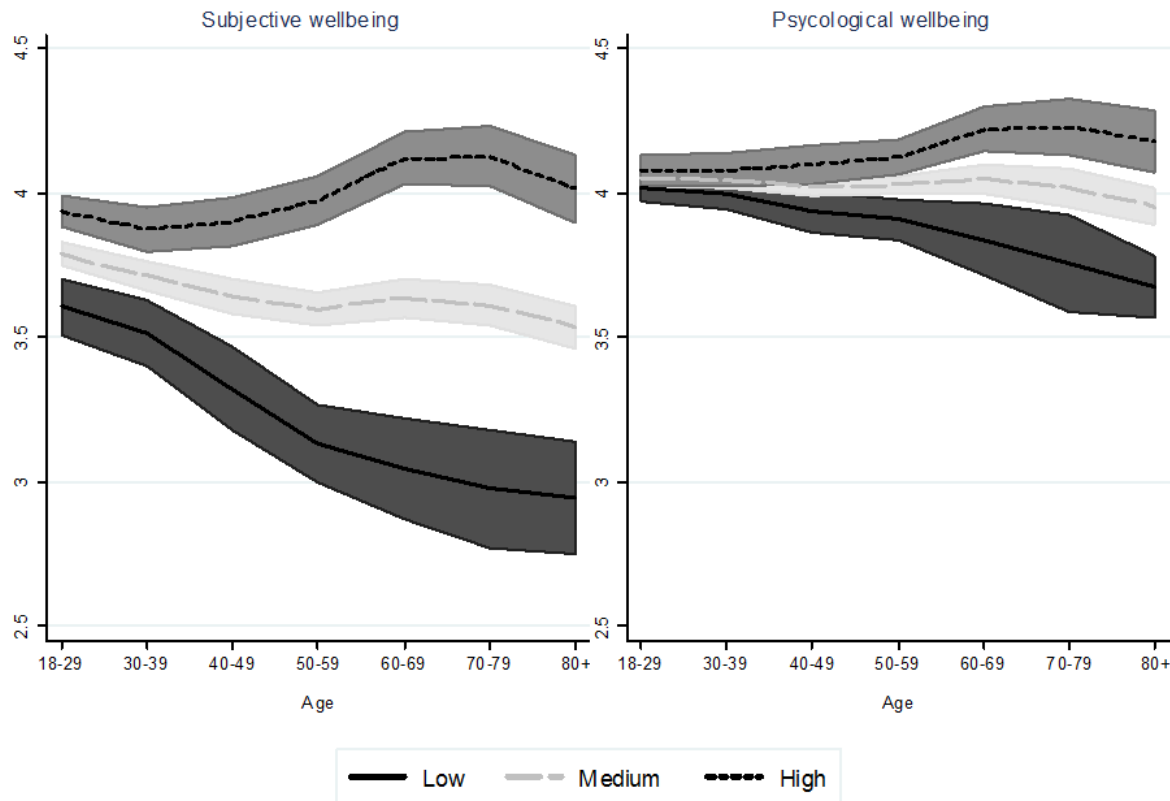


Figure 2 Predictions by age and high, medium and low value of WS Index. NB Scale from 2.5-4.5.

(Kalseth et al. unpublished 2021)

Welfare State impact on Mental Wellbeing in oldest old age

- The age pattern of mental wellbeing seems to be **context** and **policy dependent**.
- The **welfare state** has an important role in fostering mental wellbeing among its citizens, which is particularly **important for the mental wellbeing** of older people.
- The **way we define mental wellbeing** impacts on how it behaves in relation to welfare state impact

Potential mediators for Mental Wellbeing in oldest old age (ESS items)

Enhancing control

- Subjective sense of **coping on income**, subjective health, opportunities for chosen daily activities

Increasing resilience and community assets

- **Appreciation of ones surroundings** (opportunities), trust in people, trust in politicians

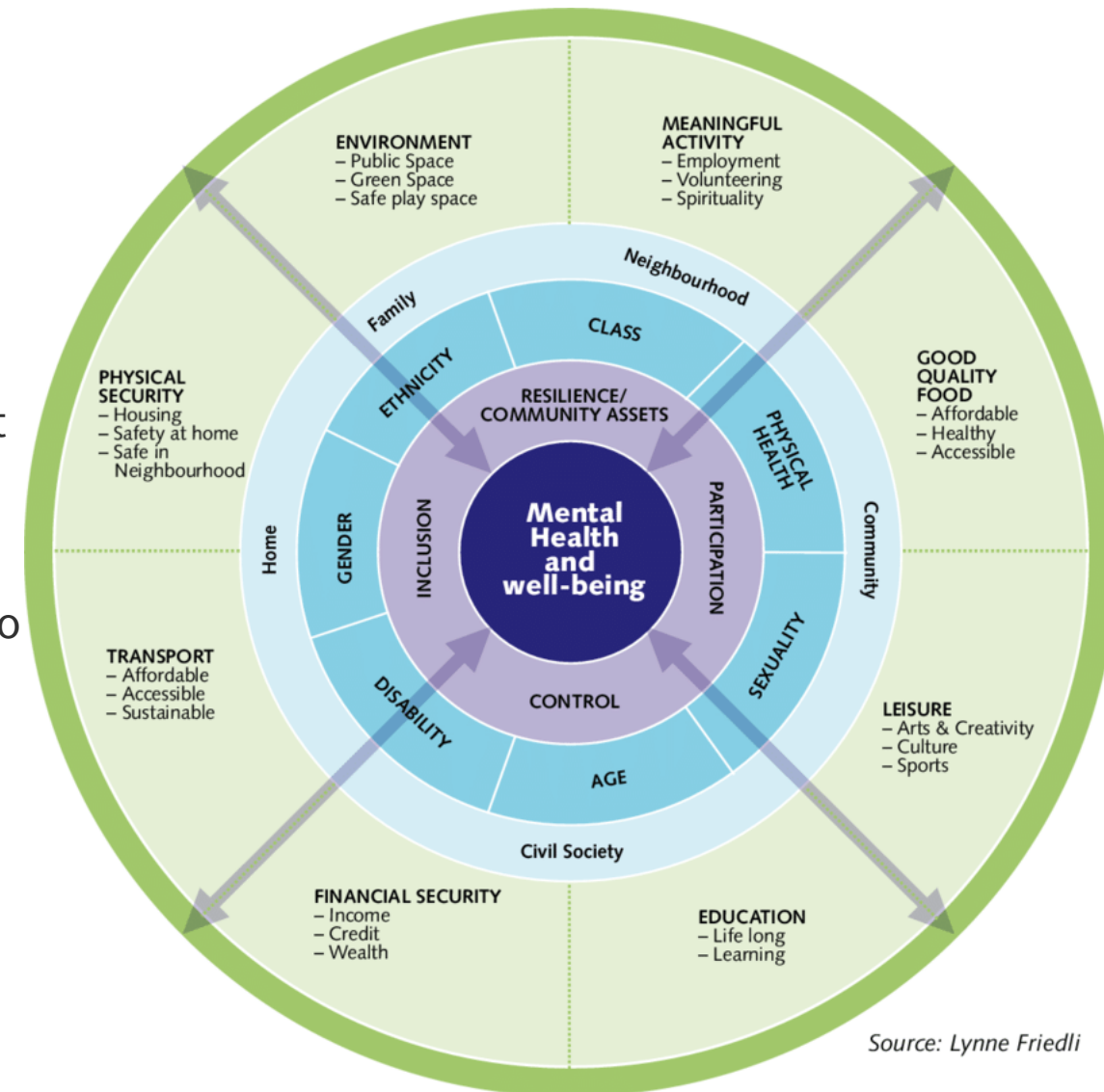
Facilitating participation

- **Time to do things you really want to do**, opportunities to participate in elections, involvement in voluntary or charitable organisations, social activities

Promoting inclusion

- Subjective **place in society**, **learn new things in life**, opportunities for being active, opportunities for showing capabilities

(Cresswell-Smith et al unpublished, 2021)



Source: Lynne Friedli

Take home messages from EMMY

- Welfare system matters – generally **Nordic welfare state models** are associated with higher mental wellbeing in oldest old.
- **Welfare state impacts MWB** by improving health outcomes and reducing inequalities and enhancing social trust
- The oldest old age group **needs to be included** in mental wellbeing promotion actions as well as research actions.
- Actively **improving opportunities** for older adults to promote their mental wellbeing can produce benefits to society
- **Improving knowledge and measures** of mental wellbeing in oldest old age will improve likelihood of it being **included within policy development**
- Further attention is needed to make **evidence more accessible** to those in decision making positions, especially in terms of oldest old population.

MANY THANKS FROM ALL OF US!



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