

## Can psychological therapies effectively treat depression in older adults in assisted living?

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<b>Clinical Question</b>	Are psychological therapies effective for treating depression in older people living in long-term care (LTC) facilities?
<b>Bottom Line</b>	<p>Psychological therapies (including cognitive behavioural therapy, behavioural therapy, and reminiscence therapy) compared to non-therapy comparators, may be very effective for reducing depressive symptoms in older adults who live in LTC facilities, with large effect sizes at end-of-intervention and up to three months postintervention. However, there is currently no evidence to show this effect was maintained long-term.</p> <p>In the short-term psychological therapies were also effective for improving quality of life and psychological well-being in older adults who live in LTC facilities.</p>
<b>Caveat</b>	There were several common participant exclusion criteria in studies in this review, including impaired hearing, vision, or communication difficulties; a range of comorbid conditions or physical inability to participate in therapy; and recent admission to the LTC facility. Thus, the findings of the effectiveness of psychological therapies may not apply equally to LTC residents with more complex presentations.
<b>Context</b>	Depression is common amongst older people residing in LTC facilities. Currently, most residents treated for depression are prescribed antidepressant medications, despite the potential availability of psychological therapies that are suitable for older people and a preference amongst many older people for non-pharmacological treatment approaches.
<b>Cochrane Systematic Review</b>	Davison TE, Bhar S, Wells Y, Owen PJ, You E, Doyle C, Bowe SJ, Flicker L. Psychological therapies for depression in older adults residing in long-term care settings. Cochrane Database of Systematic Reviews 2024, Issue 3. Art. No.: CD013059. DOI: 10.1002/14651858.CD013059.pub2. This review contains 19 trials with a total of 873 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD014960.pub2/full>