

Reducing anxiety, geriatric depression and worry in a sample of older adults through a mindfulness training program [Reducción de la ansiedad, la depresión geriátrica y la preocupación en una muestra de adultos mayores a través de un programa de entrenamiento en mindfulness]

Franco C.

Amutio A.

Mañas I.

Gázquez J.J.

Pérez-Fuentes M.D.C.

This study aimed to analyze the effects of a mindfulness training program on anxiety, worry, and geriatric depression in a sample of older adults. A randomized controlled trial with pretest-posttest measurements was used on an experimental group (n = 42) and a control group (waiting list; n = 45). Participants in the experimental group completed the Short Cognitive Examination, the Penn State Worry Questionnaire (PSWQ), and the Geriatric Depression Scale. Analyses showed significantly stronger reductions in geriatric depression, anxiety and worry in the experimental group than in the control group, confirming the effectiveness of mindfulness techniques in reducing these conditions and, especially, for the trait-worry variable, followed by important changes in anxiety, depression and meta-worry. This is one of the few studies examining the effects of mindfulness training in the elderly. Results are especially noteworthy because traits are quite resistant to change. Implications for future research and intervention are underlined. © 2017 by Sociedad Chilena de Psicología Clínica.

Anxiety

Geriatric Depression

Mindfulness

Older adults

Worry

aged

anxiety disorder

Article

controlled study

female

Geriatric Depression Scale

geriatric patient

health program

human

late life depression

male

mental disease assessment

Meta-worry Scale

mindfulness

Mini Mental State Examination

patient worry

Penn State Worry Questionnaire

randomized controlled trial

Short Cognitive Examination

therapy effect

training

Worry and Anxiety Questionnaire