



Mental Health Considerations for Older Adults

Last reviewed December 2019

Mental Health of Older Adults

<https://www.who.int/news-room/fact-sheets/detail/mental-health-of-older-adults>

This fact sheet from the World Health Organization provides key information on risk factors, dementia, depression, treatment and care of older adults. (OPEN ACCESS)

Special Considerations in the Mental Health Evaluation of LGBT Elders

<https://ajp.psychiatryonline.org/doi/full/10.1176/appi.ajp-rj.2017.120503>

This article aims to share insights on some of the history and health disparities faced by LGBT elders. A discussion of clinical considerations is included. (PAID ACCESS)

Older People, the Natural Environment and Common Mental Disorders: Cross-Sectional Results from the Cognitive Function and Ageing Study

<https://bmjopen.bmj.com/content/bmjopen/5/9/e007936.full.pdf>

The objective of this cross-sectional study was to explore the hypothesis that higher exposure to natural environments in local areas is associated with a lower odds of depression and anxiety in later life. (OPEN ACCESS)

Ageism in Mental Health Assessment and Treatment of Older Adults

https://link.springer.com/chapter/10.1007/978-3-319-73820-8_15

This chapter reviews the available literature on ageism in mental health services and aimed to examine the then current practice related to the assessment of mental health problems and barriers to optimal therapy for older adults from the social perspective of ageism. (OPEN ACCESS)

The Relationship Between Diabetes and Mental Health Conditions in an Aging Population

[https://www.canadianjournalofdiabetes.com/article/S1499-2671\(15\)00895-3/pdf](https://www.canadianjournalofdiabetes.com/article/S1499-2671(15)00895-3/pdf)

The aim of this article was to summarize the key findings of publications to disseminate knowledge about the relationship between mental disorders, aging and type 2 diabetes. The authors discuss the clinical implications of the outcomes. (OPEN ACCESS)

Mental Health and Dual Sensory Loss in Older Adults: A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4030176/pdf/fnagi-06-00083.pdf>

This systematic review sought to investigate and summarize the evidence from studies that examined the mental health of older adults with dual sensory loss. (OPEN ACCESS)

Depressive and Anxiety Symptoms in Older Adults with Auditory, Vision, and Dual Sensory Impairment

<https://www.ncbi.nlm.nih.gov/pubmed/?term=29896982>

The aim of the study described in this article was to examine the relationship of auditory, vision and dual sensory impairment with depressive and anxiety symptoms. (PAID ACCESS)

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Self-harm in a Primary Care Cohort of Older People: Incidence, Clinical Management, and Risk of Suicide and Other Causes of Death

<https://www.thelancet.com/action/showPdf?pii=S2215-0366%2818%2930348-1>

The authors aimed to investigate the incidence of self-harm, subsequent clinical management, prevalence of mental and physical diagnoses, and unnatural-cause mortality risk, including suicide in a primary care cohort of older adults. (OPEN ACCESS)

Sensory Loss and Suicide Ideation in Older Adults: Findings From the Three-City Cohort Study

<https://www.cambridge.org/core/journals/international-psychogeriatrics/article/sensory-loss-and-suicide-ideation-in-older-adults-findings-from-the-threecity-cohort-study/B8C144716389157E04B3491232CC8F22>

The authors sought to investigate the longitudinal risk of vision loss or hearing loss for experiencing suicidal ideation in older adults. (PAID ACCESS)

Promoting Wellness in Older Adults with Mental Illnesses and Substance Use Disorders: Call to Action to All Stakeholders

[https://www.ajgponline.org/article/S1064-7481\(18\)30271-9/pdf](https://www.ajgponline.org/article/S1064-7481(18)30271-9/pdf)

This article summarizes the data, identifies gaps in knowledge, and presents recommendations for a research agenda in considering promoting wellness and healthy aging. (PAID ACCESS)

Geriatric Anorexia Nervosa

<https://www.jabfm.org/content/jabfp/30/5/666.full.pdf>

The authors present a case study to illustrate the importance of timely recognition of eating disorders among older people. (OPEN ACCESS)

Challenging Aspects of Bereavement and Grief in Older Adults with Dementia: A Case Series and Clinical Considerations

<https://www.omicsonline.org/open-access/challenging-aspects-of-bereavement-and-grief-in-older-adults-with-dementia-a-case-series-and-clinical-considerations-2167-7182-1000276.pdf>

This case report aims to shed light on the unique manifestations of grief in older adults with dementia. Acute grief, distress and re-traumatization are discussed. (OPEN ACCESS)

Health Status and Treatment-Seeking Stigma in Older Adults with Trauma and Posttraumatic Stress Disorder

https://www.researchgate.net/publication/303289131_Health_status_and_treatment-seeking_stigma_in_older_adults_with_trauma_and_posttraumatic_stress_disorder

This study compared health status across four trauma/PTSD groups of older adults with depression, anxiety and/or at risk drinking who attended primary care appointments. A positive observation from the study was that the anticipated effect of treatment-seeking stigma does not seem to affect these primary care patients readiness to accept help for mental health conditions. (OPEN ACCESS)

A Meta-Analysis of Cognitive Functioning in Older Adults with PTSD

<https://www.sciencedirect.com/science/article/abs/pii/S0887618513000030?via%3Dihub>

The authors conducted a meta-analysis to summarize and integrate the literature on cognitive functioning of older adults with PTSD. Their findings highlight the need for thorough evaluation of cognitive functioning in older adults with PTSD with special focus on the areas of processing speed, learning, memory and executive functioning. (PAID ACCESS)

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Preventing Falls Among Older People with Mental Health Problems: A Systematic Review

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3942767/pdf/1472-6955-13-4.pdf>

The objective of this review was to evaluate the effectiveness of fall prevention interventions for older people with mental health problems being cared for across all settings. (OPEN ACCESS)

Long-term Risk of Dementia Among People with Traumatic Brain Injury in Denmark: A Population-Based Observational Cohort Study

[https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366\(18\)30065-8/fulltext](https://www.thelancet.com/journals/lanpsy/article/PIIS2215-0366(18)30065-8/fulltext)

The authors investigated the association between traumatic brain injury (TBI) including the severity and number of TBIs, and the subsequent long-term risk of dementia. (PAID ACCESS)

Risk of Dementia Outcomes Associated with Traumatic Brain Injury Military Service

<https://jamanetwork.com/journals/jamaneurology/fullarticle/2679877>

This article describes an epidemiological study using a military cohort to validate the association between traumatic brain injury (TBI) and dementia. (OPEN ACCESS)

Clinical Practice Guidelines for Geriatric Anxiety Disorder

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5840911/>

These clinical practice guidelines aim to provide assistance in assessing anxiety disorders, treatment, and management of side-effects of medications among older adults. (OPEN ACCESS)

Risk Factors for Late-Onset Generalized Anxiety Disorder: Results From a 12-Year Prospective Cohort (The ESPRIT Study)

<https://www.nature.com/articles/tp201531>

This article describes a study aimed at identifying and characterizing incident general anxiety disorder predictors in older adults. (OPEN ACCESS)

Relationship Between Anxiety and Cognitive Performance in an Elderly Population With a Cognitive Complaint

<https://onlinelibrary.wiley.com/doi/abs/10.1111/ene.13004?campaign=wolearlyview&>

This study examined the relationship between the level of anxiety and cognitive performance in elderly patients complaining of memory difficulties. (OPEN ACCESS)

Personality Disorders in Older Adults: Diagnosis and Management

<https://www.progressnp.com/article/personality-disorders-older-adults-diagnosis-management/>

The authors summarized the available literature on assessment and management of personality disorders in older adults. (OPEN ACCESS)

Delirium, Dementia, and Depression in Older Adults: Assessment and Care

<https://rnao.ca/sites/rnao->

[ca/files/bpg/RNAO_Delirium_Dementia_Depression_Older_Adults_Assessment_and_Care.pdf](https://rnao.ca/sites/rnao-ca/files/bpg/RNAO_Delirium_Dementia_Depression_Older_Adults_Assessment_and_Care.pdf)

These RNAO best practice guidelines are intended to enhance decision making for nurses and other healthcare providers working with older adults. (OPEN ACCESS)

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A Review of Brain Stimulation Treatments for Late-Life Depression

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4938011/pdf/nihms798934.pdf>

This article describes challenges with pharmacotherapy and treatment resistance in older adults and summarizes the available evidence related to the use of brain stimulation modalities to treat late life depression. (OPEN ACCESS)

Effectiveness of Physical Exercise in the Treatment of Depression in Older Adults as an Alternative to Antidepressant Drugs in Primary Care

<https://bmcpsy psychiatry.biomedcentral.com/articles/10.1186/s12888-018-1982-6>

This study aimed to determine the non-inferiority of supervised physical exercise to antidepressant drug treatment, in terms of reducing depressive symptoms among patients 65 and over presenting with clinical criteria of a depressive episode (ICD-10), over a period of 6 months. (OPEN ACCESS)

The Relationship Between Physical Activity and Depressive Symptoms in Healthy Older Women

<https://journals.sagepub.com/doi/pdf/10.1177/2333721415626859>

The purpose of the study described was to examine the relationship between physical activity and depressive symptoms in healthy older women focusing on the framework of exercise programs and the impact of interventions. (OPEN ACCESS)

Effects of a Home-based Exercise Program on Anxiety and Mood Disturbances in Older Adults with Cancer Receiving Chemotherapy

<https://onlinelibrary.wiley.com/doi/abs/10.1111/jgs.15951>

This brief report describes the evaluation of a randomized controlled trial (RCT) involving older patients in the Exercise for Cancer Patients (EXCAP) or usual care (control) for the first weeks of chemotherapy. (OPEN ACCESS)

Impact of a Guaranteed Annual Income Program on Canadian Seniors' Physical, Mental and Functional Health

<https://pdfs.semanticscholar.org/cf0f/ad0f79214bc05f26a785c1b76858d11499c4.pdf>

The objective of this study was to determine the impact of Canadian seniors' benefits (Old Age Security/Guaranteed Income Supplement) on the self-reported health, self-reported mental health and functional health of low-income older Canadians. (OPEN ACCESS)

A Review on Healthy Ageing Interventions Addressing Physical, Mental and Social Health of Independent Community-Dwelling Older Adults

<https://www.sciencedirect.com/science/article/pii/S0197457218301423>

This study reviewed interventions and their effectiveness of multi-dimensional healthy ageing interventions at addressing physical, mental and social health among independent community-dwelling older adults. (OPEN ACCESS)