

## Article Review

### LIFE-REVIEW OF DEPRESSION CHANGE IN ELDERLY: LITERATURE REVIEW OF RANDOMIZED TRIALS

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#### ABSTRACT

The elderly with depression is a serious and complex mental health problem, not only due to the aging process but also other interrelated factors (Iyus Yosep, 2014). One of the benefits of therapy of life-review is to decrease depression (Setyoadi, 2011). This literature review objective is to identify the benefits of life-review of the effects on reducing depression in the elderly. Data sources were obtained from Pub Med, Medline, and Google Scholar. Data were collected through the Search String search method according to inclusion criteria, namely 1) elderly patients 2) life-review, 3) depression, full-text, 2010-2020 publication articles. Analysis studies using systematic review with appraisal studies using the Critical Appraisal Skills Program (CASP), and the synthesis method used the PICO (Population, Intervention, Compare and Outcome) approach. The results of the study found that there were 5 articles according to eligibility, which were reviewed the effect of positive reviews on depression reduction. Implications of life-review study were recommended to reduce depression in the elderly. Conclusion of the life-review affected on the decline in depression in the elderly.

**Keyword: Life-Review, Elderly, Depression**

#### Introduction

The number of elderly in Indonesia has increased from year to year. Increasing the number of elderly, it causes increasing disease problems in the elderly. One of the most diseases in emotions or moods is depression (Iyus Yosep, 2014). Depression is a mental illness that most often occurs in someone aged over 60 years (Titik Lestari, 2015). Depression results in conditions of emotional distress and decreased quality of life for the elderly. In addition, sufferers find it difficult to feel happy, easily anxious, restless, lack of confidence, sleep

disturbance and feelings of guilt (Teddy Hidayat, 2008 in Iyus Yosep, 2014).

According to the United States Population Service (1999) in Padila (2013), the population of elderly amount aged 60 years or more is to reach nearly 600 million people as estimation and projected to become 2 billion by 2050. Meanwhile according to BPS RI-Susenas 2009, the province distribution of elderly population, the elderly populations with a percentage above 10% live in Yogyakarta (14.02%), Central-Java (10.99%), East-Java (10.92%) and Bali (10.79%). Based on WHO (World Health Organization), 2007, the overall depression prevalence generally varies between 10-20% in the

elderly, this also depends on the cultural situation in each region in the world. A psychosocial factor in the elderly is a problem that weighs heavily on their lives, which in turn affects physical, social and mental disorders. Depression disorder that is often found in the elderly is a psycho geriatric problem and needs special attention. The depression prevalence in the elderly is 15.9% in 2020 in developing countries will replace infectious diseases as the top rank (Marchira, Wirasto, Sumarmi; 2007).

Some factors cause depression such as hereditary and genetic factors, physical factors, psychobiological factors, neurological factors. Physical traumas such as infectious diseases, surgery, accidents usually trigger depression, as well as psychological factors such as loss of affection, or self-esteem. In addition, early experiences in childhood that because psychological trauma can form a personality that is prone to depression and if not treated immediately there will be problems due to depression, namely feelings of guilt, sleep disturbances to decreased quality of life (Iyus Yoseph, 2014).

Appropriate treatment is very important to reduce the increased incidence of depression in the elderly. Management of depression is done through pharmacological therapy or drugs and non-pharmacologically such as psychodynamic approach therapy, cognitive approach therapy, behavioral therapy and life review therapy. Life review therapy is a therapy that can help a person to activate long-term memory where there will be a recall mechanism about events in the past life until now. In this way, the elderly will get to know who they are and with the recall, the elderly will be able to consider changing their quality of life for the better than before and can reduce the level of depression (Setyoadi, 2011).

## Method

This review aims to determine and examine the literature whether there is an

effect of life-review on reduction of elderly depression. Research conducted literature review using a randomized controlled trials design related to the effect of life-review on reducing depression in the elderly.

### 1. Protocol and Registration

In this study the method of design review analysis is used: Systematic Review and in accordance with specific inclusion indicators in the selection of documents through a comprehensive search system (Comprehensive literature search).

### 2. Eligibility Criteria

The eligibility criteria in this study were carried out based on inclusion criteria to eliminate and select data. Types of study used Randomized Clinical Trial Studying about the effect of life-review on reduction of depression in the elderly. There are no language restrictions, and document publications are reviewed, document publication year is 2004-2019. Respondents are elderly who experience mild to moderate depression. The type of intervention is the provision of live therapy with 4 sessions. Outcome measured is the change in depression level consisting of moderate depression and mild depression

### 3. Information Sources

This study is to identify from the search for electronic databases, and search for reference list articles; there are no language restrictions on the article. This study was taken from MEDLINE, Pub Med, Proquest and Google Scholar electronic databases, through database scanning, and article screening was conducted independently by researchers. The researcher follows the requirements in fulfilling the inclusion criteria.

### 4. Search

Researchers used the entire electronic search strategy for each electronic database, with limitations on inclusion criteria. Researchers used Search String: elderly, depression scale, life-review therapy, depression in elderly. Life-review for elderly

## 5. Data Collection Process

The Researchers identify data using extraction sheets through the PICO (Population, Intervening, compare, and outcome) approach. Researchers extracted and checked data from documented data. The data was also identified by the facilitator, for a review of the extraction results by the researchers, after which a discussion was made related to the results of the data extraction that had been carried out by the Researchers. Researchers conducted a Critical Appraisal using the Critical Appraisal Skill Program (CASP) instrument.

## 6. Data Items

Data extracted information include; 1) Characteristics of respondents include age and number of respondents, and respondent settings; 2) the type of intervention is life-review therapy; 3) the type of Outcome measured includes decreasing the level of depression

## 7. Risk of Bias in Individual Studies

Researchers validate literature by extracting data. The researchers identifies the study in the literature whether it has been carried out in accordance with the procedure, and is measured using a validated tool, and also the method of collecting data in whether the blank method is carried out. The researchers explore variability in the results of the study (heterogeneity), and the researchers determine the study objectives or hypotheses before conducting the analysis. Researchers in identifying the effect of life-review in each literature might produce different effects according to the study methodology used.

## 8. Summary Measures

The main impact in providing life-review to the elderly is to reduce depression symptoms or to reduce the level of depression. The researchers conducted a review of 5 articles with the Critical Appraisal Skill Program (CASP) to find out which journal entries to be reviewed, after which data extraction was carried out with the PICO approach to identify

indicator in the article. Systematic Review on the effect of this life-review was to analyze the effect of an intervention using the random-effects model. The Researchers also analyzed the follow-up of the life-review action taken. The main objective in this study is to know the effect of life-review on changes in the level of depression in the elderly.

## Research Result

### 1. Study Selection

Researchers get a total of 5 research articles in accordance with the inclusion criteria. 5 research studies that fit the criteria include Tracy Chippendale, Jane Bear Lehman (2012), J. Korte1 et al. (2011), Deborah, (2011), Barbara Preschi et al. (2011), Athi Linda and Afrizal (2018) and Damirchi et.al (2017). Researchers conducted a literature search strategy using the Pub Med, Medline, Proques, and Google Scholar search systems. Total data obtained by using search string premises. Initial search results on Pub Med obtained 2 data, Medline 50 data, Proques obtained 2 data, and Google Scholar obtained 11,600 data. The data is identified the possibility of duplication and conducted an abstract review whether it fits the research criteria. After identifying the data, 10 relevant data were obtained. After that, Eligibility was obtained with 8 literatures. Researchers conducted in-depth identification of articles and articles that can be used (include) totaling 5 articles.

### 2. Study Characteristics

Study characteristics of the 5 studies obtained were all analyzed using two groups of respondents namely the control group and the intervention group Tracy Chippendale, Jane Bear Lehman (2012), J. Korte1 et al. (2011), Deborah, (2011), Barbara Preschi et al. (2011), Athi Linda and Afrizal (2018) and Damirchi et.al (2017) All studies use RCTs. There are 2 studies that do not describe the follow-up intervention from life-reviews clearly (Tracy Chippendale, Jane Bear Lehman

(2012) and Barbara Preschi et al. (2011) while the other 3 studies write clear follow-up along with the steps for each session (J Korte1 et al. (2011), Barbara Preschi et al. (2011), and Damirchi et.al (2017).

Tracy Chippendale, Jane Bear Lehman (2012) stated a life-review of therapy for 8 weeks by writing stories about life starting at the age of 8 years. In one week life-reviews are conducted for 1 session for 90 minutes. Implementation is monitored by the team leader. J. Korte1 et al. (2011) conducted a life-review therapy for 9 months in 8 sessions with a program with details of the first core elements telling difficult events from the past, secondly the development of current life stories and new life goals, and thirdly positive memories of new life lived to date and the researcher prepares questions that help in building alternatives. Each session is conducted within 2 hours for each session. Barbara Preschi et al. (2011) conducted a life-review intervention for 6 weeks with a number of meetings of 1 session per week and the number of sessions each week was two sessions with 1-1.5 hours each. Details of the session in the first week about telling stories of negative and positive life experiences from the past or during a crisis or difficult period, and continued with life stories from childhood to old age and positive experiences for up to 6 weeks. Deborah et al (2011). Carry out life-review interventions in 8 sessions with the length of time for each session is 2 hours. The focus of conducting sessions in life-review therapy is a review of the focus on overcoming negative experiences and past conflicts, taking positive memories, and finding positive meaning for life. Patients are encouraged to develop alternative life stories, where they are responsible for past choices and formulating future goals. Esmaeil, Ghomi and Ghazi (2017) carry out life-review therapy in the experimental group with a total of 6 sessions and the amount of time each session each week. The total time for implementing the intervention is 6 weeks. The details of each session are explained as follows: 1:

creating relationships and intimacy, session 2: talking about childhood memories and resolving conflicts, session 3: recalling memories of their teen years and resolving conflicts, session 4: remembering youth and resolving conflicts, sessions 5: mention memories of middle age and resolve their conflicts, and the last session: summarize the therapy session.

After a life-review, all studies showed a decrease in the level of depression marked by a decrease in depressive symptoms in the intervention group with different results. In addition, a significant decrease can be seen in the elderly who follow the life-review procedure to completion compared to the elderly who do not complete therapy until completion. In addition, other results obtained from life-review therapy are useful for improving welfare (Barbara Preschi, 2012).

Tracy Chippendale's research results, Jane Bear Lehman (2012) used a trial design with a randomized control group of 45 participants in the age group 66-98 years with an intervention group totaling 23 participants while the control group totaling 22 participants. During the 8 weeks of writing a life story in the written way the results of depression symptoms were significantly decreased for the treatment group compared to the control group after the 8 week life review program. The results of the study by J Korte1 et al. (2011) with a pragmatic randomized study in the age group above 55 years with moderate symptoms of depression with a total of 100 intervention groups and 102 control groups found 9 months of effective interventions to reduce depressive symptoms, after treatment ( $d = 0.60$ ,  $B = x5.3$ ,  $p < 0.001$ ), at 3 months follow-up. The results of the study of Barbara Preschi are experimental randomized trials in age groups over 65. Participants numbered 36 with depressive symptoms divided randomly into two intervention and control groups. In addition to assessing changes in the level of depressive symptoms, the study also assessed participants' welfare, self-esteem

and obsessive memories. The results showed. Depressive symptoms decreased significantly over time to three months of follow-up in the intervention group compared to the control group. The results of research from Debora Cowley (2011) on a small group of 4-6 participants aged over 55 years and symptoms of moderate to severe depression. The session was conducted for 9 months with a time of 2 hours each session showed the results of a reduction in symptoms of depression since

3 months of follow-up therapy and reduced the application during the advanced stage up to 9 months. The results of research from Damirchi et.al (2017) of 15 participants with the sex of the whole woman with therapy for 6 weeks, each session was held for 1.5 hours. The study used 2 intervention groups and a control group. The results show a life-review is effective in improving the psychological well-being of elderly women.

### Synthesis Result

The results of a meta-analysis of 5 journals found that from 5 research studies using the RCTs there were 1 study that did not

show the effect of life-review on psychological health (Damirchi et.al (2017)).

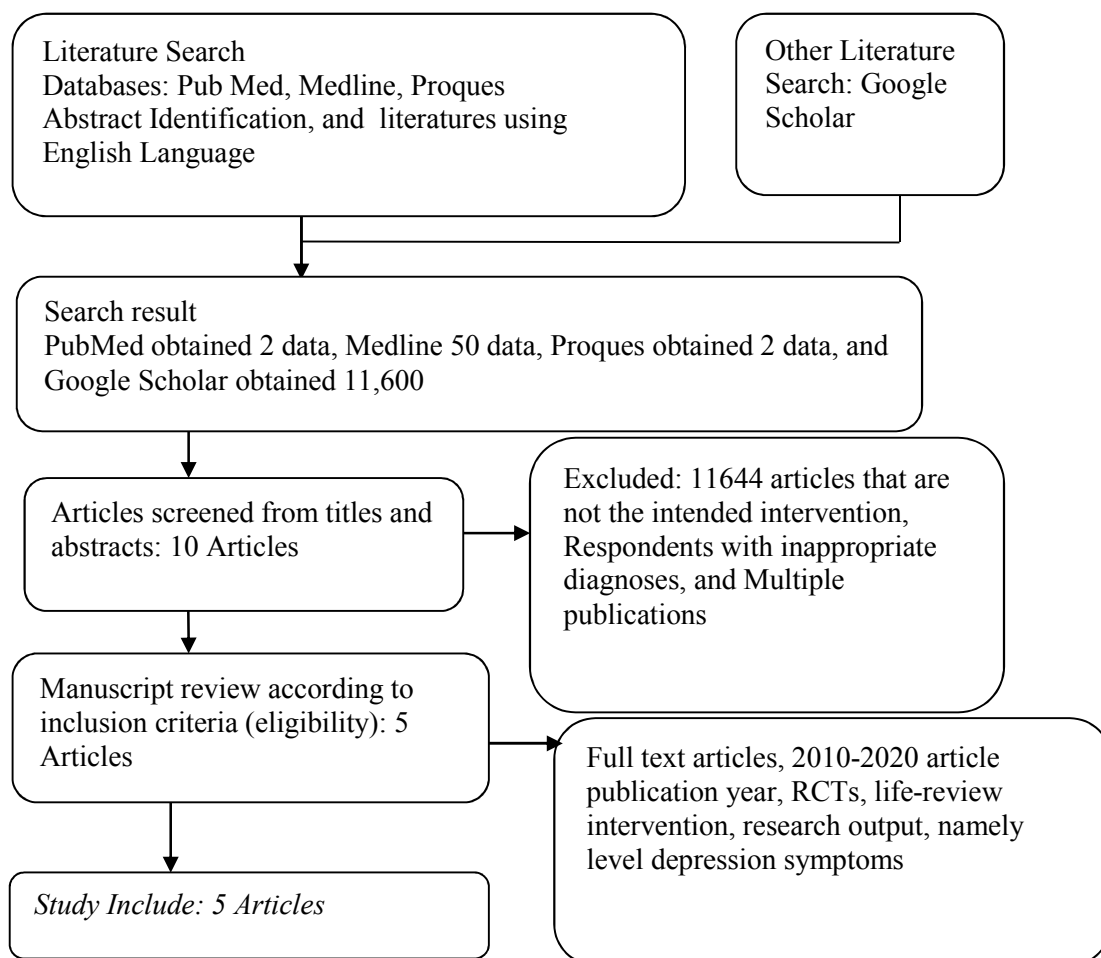


Figure 1. Systematic Review Synthesis Diagram

Table 1. Data Extraction with the PICO Approach

<i>Citations</i>	<i>N</i>	<i>Level Depression</i>	<i>Age range (Years)</i>	<i>Inclusion Criteria</i>	<i>Duration Intervention</i>	<i>Step of Life-review</i>	<i>Analysis</i>	<i>Outcome Finding</i>
Chippendale & Lehman (2012)	I: 23 C: 22	Mild-Moderate	Up to 65 years	1. Able to communicate and write well 2. Age over 65 years	8 weeks with a total of 8 sessions with a duration of 90 minutes each session	1. Writing a life story begins with the age group of children - at this time 2. Read the life story out loud led by the leader of the activity leader and other participants respond	RMAN OVA	The change in the GDS score of the treatment group was 2.70 (SD 4.09) while for the control group it was 0.32 (SD 52.41)
J Kortel, et al. (2011)	I :100 C: 102	Moderate	Up to 55 years	1. Willing to follow a therapy program for 6 months and 2 days training 2. Overcoming moderate depression	6 months therapy and 3 months continued. 8 meeting sessions with a duration of 2 hours (120 minutes) per session	1. The first 5 sessions focus on different lives: origin, youth, work and care, love and conflict, loss and difficult times. 2. The last 3 sessions of a life-review about the summary and near future.	ITT (Intention-to-treat Approach)	Significant reduction in depressive symptoms by 51.5% (SD 6.2) compared to the control group 21.7% (SD 6.8)
Barbara Preschi, et al. (2012)	I: 20 C: 16	Mild-Moderate depression	Up to 65 years	1. Willing to join the program 2. Over 65 years old 3. Experiencing symptoms of mild to moderate depression	6 weeks of therapy and 3 months of follow-up. Every week there is one session with a duration of 1-1.5 hours and each session is divided into two parts: face to face and online	1. The first session tells the negative and positive experiences of past lives from childhood to old age for up to 6 sessions 2. Each activity leader session prepares questions that lead to positive encouragement, emotional control and strategies to reduce negative effects.	Person and Cohen's	Significant decrease in depressive symptoms over time (pre SD - 1.13, before SD - 1.27, and after SD follow up = 0.72)
Deborah, (2011)	I: 100 C: 100	Moderate Depression	Up to 55 years	1. Can read and write 2. Willing to follow therapy	3 months of follow up and 9 months of follow up with a total of 8 sessions. Each session has a duration of 2 hours	The stages of the session began with personal coping when dealing with conflicts and negative experiences, positive experiences, ways to find meaning and meaning in life.	ITT (Intention-to-treat Approach)	Decreased symptoms of depression since 3 months of follow-up

<i>Citations</i>	<i>N</i>	<i>Level Depression</i>	<i>Age range (Years)</i>	<i>Inclusion Criteria</i>	<i>Duration Intervention</i>	<i>Step of Life-review</i>	<i>Analysis</i>	<i>Outcome Finding</i>
Damirchi et.al (2017)	I: 15 C: 15	Moderate Depression	65 years	1. All elderly women living in nursing homes 2. Experiencing symptoms of depression	6 weeks with 90 minutes each session	1. Session 1: creating relationships and intimacy, 2. Session 2: talking about childhood memories and resolving conflicts, 3. Session 3: recall memories of their teen years and resolve conflicts, sessions 4. Session 4: remembering youth and resolving conflicts, 5. Session 5: mentions middle age memories and resolves their conflicts, and 6. Session 6: summarize the applied session	Mancova	The results show the significant influence of the intervention on the components of psychological well-being and life expectancy in elderly women. Therefore, this finding is consistent with this study: the effectiveness of therapy for life management in depression therapy

Note: N: Sample, I: Intervention group, C: Control group

Table 2. Measuring the Quality of Randomized Controlled Trials to Meet Validity

<i>Citations</i>	<i>Randomization</i>	<i>Patients Blinded</i>	<i>Health Care Providers Blinded</i>	<i>Data Collectors Blinded</i>	<i>Outcome Assessors Blinded</i>
Chippendale & Lehman (2012)	Yes	Yes	No	No	No
J Kortel, et al. (2011)	Yes	Yes	No	No	No
Barbara Preschi, et al. (2012)	Yes	Yes	No	No	No
Deborah, (2011)	Yes	Yes	No	No	No
Damirchi et.al (2017)	Yes	Yes	No	No	No

## Discussion

Based on Pico analysis the results can be described as follows:

### 1. Age

Studies show that the ages selected in the study are all above the age limit of 55 years, this age shows that all life-review therapy participants are included in the elderly group. According to WHO and Law No. 13 of 1998 in Padila (2013) concerning the welfare of the elderly in

article 1 paragraph 2 which states that the age of 60 years is the age of the beginning of old age. Aging is not a disease, but it is a process that gradually results in cumulative changes, a process of decreased endurance in the face of stimuli from inside and outside the body that ends in death. The aging process consists of theories about aging, the biological aspects of the aging process, the aging process at the cellular level, the aging process according to the body's system, and the

psychological aspects of the aging process (Padila, 2013). Elderly is also closely related to the aging process which is one of the triggering factors for depression. Although depression is not only experienced by the elderly, depression has a high risk of aging by the elderly (Iyus Yosep, 2014). According to Erikson the elderly are a stage of the aging process which with increasing age of the elderly goes through stages that are very difficult to pass. Elderly who successfully passed it, then the elderly will be able to adapt to these changes. Older people cannot get through it, if the elderly can accept changes as they age, the elderly will be able to pass through life peacefully and wisely. Elderly who can not pass it, then the elderly will feel that life is too short and can not accept changes according to age. The elderly will make rebellion, anger, despair, and feel sadness. This condition will cause the elderly to experience depression (Lestari, 2015)

## 2. Depression level

Studies show that levels of depression are at mild to moderate levels. There are no studies that show criteria for severe depression (Barbara et al., 2011). According to Erikson (2010) the elderly are a stage of the aging process with increasing age of the elderly through the stages that are very difficult to pass. Elders who succeed through it, the elderly will be able to adapt to these changes. Older people cannot get through it, if the elderly can accept changes as they age, the elderly will be able to pass through life peacefully and wisely. Elderly who can not pass it, then the elderly will feel that life is too short and can not accept changes according to age. The elderly will make rebellion, anger, despair, and feel sadness. This condition will cause the elderly to experience depression (Lestari, 2015). Based on this, it is in line with the results of studies that state that the highest levels of depression in the elderly are mild and moderate. Mild and moderate depression occurs because factors that can influence other than that are related to the function of elderly adaptation to the aging process.

Management of Depression is one of them with life-review therapy but a study states that life-reviews are not appropriate in conditions of severe depression, dementia (Barbara, et al, 2011). The condition of severe depression and dementia becomes an obstacle in conducting Life-review because the implementation involves cognitive activity and memory. People with severe depression and dementia have cognitive disorders that can interfere with the course of a life-review therapy. So that severe depression and dementia are included in the exclusion criteria.

## 3. Duration

Studies show differences in the timing of interventions. The shortest duration is 6 weeks and the longest duration is 9 months. According to (Sharma, Atri, Branseum, 2013) the implementation of life review therapy must be structured based on the stages of life development that is the stage of children, adolescents, adults and the elderly. Burnside and Haight (1992) in Wheeler (2014) suggest using photographs, books, self-written autobiographies or journals, cassettes or videos and letters to bring back memories. Based on literature studies, the use of time and duration of life-review varies greatly. There are no studies that indicate the duration of the duration of the life-review, but Sharma, Atri, Branseum (2013) stated that life-reviews are conducted weekly with a minimum duration of implementation of 25-30 minutes and a minimum of 2 weeks. The results of the literature study show that the implementation of life-review therapy has been carried out over a span of 2 weeks.

## 4. Step of life-review

The steps of the steps and session sessions of each study show different authority, but the whole tells the story of life from the child to the current age by sharing negative and positive experiences and efforts to formulate life strategies. In theory, an ideal life-review is done by retelling the life story starting from childhood to old age. In addition it tells the most important experiences in life as well



as pleasant events experienced. For depressed sufferers, due to methodological differences, it is difficult to know the general benefits of life-review therapy. However, some researchers use this type of life-review therapy to treat elderly depression and have found a positive effect. This positive effect is comparable to antidepressants or cognitive behavioral therapies (Wasmer, 2010).

### 5. Outcome

All studies show that life-review of therapy has an effect on decreasing depressive symptoms. This is in line with the theory that Life-review provides the benefits of reducing depression, increasing self-confidence, increasing the ability of individuals to carry out daily activities, Improving life satisfaction of Sukoadi (2011). The results of the research journal College of Nursing, University of South Carolina by Barbara (2016) also mentioned that the results mentioned the benefits of life review therapy that is increasing life satisfaction and psychological satisfaction. Based on this review the Life-review is recommended as one of the therapies to reduce depressive symptoms in elderly

### Conclusion

Life-review enhances positive effects comparable to antidepressants or cognitive behavioral therapies that can be applied to the elderly to reduce depression improve quality of life and improve the ability of daily activities.

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