

# ENHANCEMENT OF HEALTH STATUS IN 8-WEEK MINDFULNESS-BASED PROGRAM FOR COMMUNITY-DWELLING OLDER ADULTS IN TAIWAN

正念課程對身心健康之正面影響-以台灣社區健康長者為例

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**Background:** Mindfulness practices enable people to observe and attend to their present life experiences. Current literature data of mindfulness activities have also shown beneficial effects in cognitive stimulation, mindfulness interventions still considered inadequate, particularly among elderly persons.

**Objectives:** The study was to determine whether the 8-week mindfulness activity could promote physical health and mental well-being for senior adults.

**Method:** A customized 8-week mindfulness-based program, designed for healthy or mostly healthy seniors defined as people 60 years or older, modified from Mindfulness-Based Cognitive Therapy (MBCT), which includes mindfulness practice, self-awareness through the practice of body stretch, sitting meditation, body scan and breathing. Picture book, Role play, clam jar, ten-finger appreciation activities and stone mini-meditation were also included to enrich the social element of the program. A sample of 89 participants (84% women, 16% men), mean age of 71.88 years old (SD = 5.92), recruited from a community center volunteered for the present study. On average, participants attended 7.36 of the 8 classes. The changing of the quality of life, depression, and cognitive states was measured by visual analogue scale, Taiwanese Geriatric Depression Scale-5, and modified Chinese Mindfulness Awareness Attention Scale (mCMAAS), respectively.

**RESULT:** The results showed that the quality of life was enhanced after the program,  $t(88) = 3.15, p < .01$ . Both the depression state and cognitive state were remained the same ( $p = .841$  for depression,  $p = .633$  for cognitive state).

**CONCLUSION:** Our findings indicate that engaging seniors in mindfulness-based activities significantly improves the quality of life and establish a more compassionate attitude toward oneself, these outcomes results in an enhanced physical presence that promotes health and emotional well-being.