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**Introduction:** Despite the advantages of Virtual Reality (VR), the increase in anxiety caused by motion sickness makes it difficult to apply to patients with depression and anxiety. We studied correlation between skin conductance and anxiety in VR.

**Methods:** We conducted a clinical study of 81 healthy volunteers with high stress, which was defined as a score of 20 or more on the Perceived Stress Scale-10 (PSS-10). We used STAI-X-1 to measure anxiety, and Galvanic Skin Response to measure skin conductance. This study used an open, randomized, crossover design. The videos consisted of two types, less dizzying video (G1) and more dizzying video (G3). We divided into two groups with exposure order, G1 after watching G3 (Order 1), and G3 after watching G1 (Order 2).

**Results:** Anxiety significantly decreased in the Order 2 group ( $p < 0.035$ ), whereas there was no significant change in anxiety in the Order 1 group. In both groups, skin conductance significantly increased after exposure to dizzying video. The skin conductance of the Order 1 group mean (SD) was 1.61 (1.07) ( $p < 0.0001$ ), and the Order 2 group was 0.92 (0.90) ( $p < 0.0001$ ). There was no significant difference between two groups ( $p = 0.077$ ).

**Conclusion:** It is possible to reduce skin conductance and anxiety by viewing less dizzying VR video first and then viewing more dizzying video later.

## **P52: Gardening for others as meaningful activity for people living with dementia**

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**Objective:** Time in nature is increasingly recognised as beneficial for people living with dementia, with research often focusing on the benefits of physical activity, proximity to natural environments and social interactions. However, limited research has investigated the role of purpose while gardening for people living with dementia. Purposeful activities are often lacking in programs for people living with dementia, who are sometimes excluded and have their capabilities underestimated, especially those with younger-onset dementia. Yet, these purposeful activities may be key to supporting people living with dementia to retain a sense of self-worth and connection to their communities.

This project documented participants' experiences of purposeful activity in the form of volunteering at a farm producing food for community members in need.

**Methods:** Individuals living with dementia participated in farming activities over several weeks to help grow food for people in need. During this time, participants completed 'walking interviews', discussing the tasks undertaken, their perspectives on these tasks, how these activities fitted in with their own ways of being, and how they felt spending time in nature. Walking interviews provide contextual and environmental cues that may facilitate emotional and sensory connection in a way that traditional interviews do not. Their shorter and more flexible time frame provides additional adaptability for people living with dementia.

**Results:** Walking interviews were audio-recorded, transcribed and thematically analysed. These analyses describe participants' experiences at the farm, related to purpose in life. These included participants' connection to times in their lives when they provided support, assistance or service to others, and their experience of engaging with the natural environment.

**Conclusion:** This research contributes to understanding of benefits of purpose-focused time in nature, including that it provides an opportunity for people living with dementia to connect with different points in their lives when they have held other forms of purpose. Tips on setting up such a safe, enjoyable, inclusive gardening project are provided. Additional research into meaningful engagement in natural settings is warranted for people living with dementia, especially when it involves activities with benefit to communities.

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## **P59: Associations Between Smoking, Alcohol Consumption, Physical Activity and Depression in Middle-Aged Premenopausal and Postmenopausal Women**

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