

**Results:** ELSA and HRS participants were similar except for their age (67 years in ELSA and 73 in HRS) and ethnicity (98% white in ELSA and 79% white in HRS). Over eight years, we observed a decrease in loneliness in the participants of both cohorts. The overall rate of decline was -3.93 in ELSA and -2.38 in HRS. Among the ELSA participants, in the fully adjusted models, extroversion ( $\beta = 0.012$ , 95% CI: 0.004-0.021) and neuroticism ( $\beta = -0.010$ , 95% CI: -0.018-0.002) were the only personality traits associated with the loneliness rate of decline, while among the HRS participants, extroversion ( $\beta = 0.084$ , 95% CI: 0.070- 0.098), neuroticism ( $\beta = -0.095$ , 95% CI: -0.109-0.082), agreeableness ( $\beta = 0.055$ , 95% CI: 0.039-0.071), conscientiousness ( $\beta = 0.045$ , 95% CI: 0.029-0.061) and openness to experience ( $\beta = 0.031$ , 95% CI: 0.019-0.044) were associated with the loneliness rate of decline in the fully adjusted models.

**Conclusion:** There are important country differences in the relationship between personality traits and loneliness rate of decline. We hypothesised that in the absence of a social protection system and universal health care, the role of psychological factors might become even more relevant to predict loneliness. Cultural factors might also be playing a role.

## **P191: The effect of immersive reminiscence therapy on anxiety and depression in people with dementia: a pilot randomized controlled trial using virtual reality headsets**

**Authors:** Maria Soares <sup>1,\*</sup>, Tiago Coelho <sup>2,\*</sup>, Paula Portugal <sup>3</sup>

2 - CIR, ESS, Polytechnic of Porto, R. Dr. António Bernardino de Almeida, 400, 4200-072 Porto, Portugal

\* Submitting author (tfc@ess.ipp.pt)

**Objective:** This study aims to analyze the effect of reminiscence therapy using immersive virtual reality technology, in comparison with conventional reminiscence therapy, on anxiety and depressive symptoms of people with dementia.

**Methods:** This pilot study followed a randomized controlled trial design. A convenience sample of 16 people with dementia was randomly divided in experimental and control groups. Due to health-related factors, 2 participants abandoned the study before completing the intervention. Intervention consisted of 8 biweekly individual reminiscence sessions conducted by trained researchers, in which participants in the experimental group viewed 360° videos of locations with personal relevance considering their life narratives, using virtual reality headsets to promote an immersive experience. Intervention in the control group was similar, except the videos were displayed in a computer monitor. The assessment was carried out before and after the intervention, using the Geriatric Depression Scale (15 items) and the Generalized Anxiety Disorder scale (7 items).

**Results:** Intervention and control groups were compared regarding sociodemographic variables and level of dementia progression at baseline. No statistically significant differences were found. Regarding the comparison of anxiety and depressive symptoms pre- and post-intervention, a slight decrease was observed in both groups, although statistical significance was not reached ( $p > 0.05$ ).

**Conclusion:** The results of the present study do not illustrate an added value regarding the use of immersive stimuli with virtual reality technology, in reminiscence therapy programs with people with dementia. Further

research is warranted to better ascertain the cost effectiveness of using these technologies in the non-pharmacological treatment of people with dementia.

## **P192: The Unmet Needs of People with Mild to Moderate Dementia During COVID-19 Pandemic in East Jakarta**

**Author:** Tiur Sihombing

Department of Psychiatry in Duren Sawit Mental Hospital, Jakarta, Indonesia

**Background:** The number of elderly populations continues to increase as the advancement in healthcare grows, which is shown by the increase of life expectancy, the declining mortality rates, and the surge of people with dementia (PwD). This mental health issue is barely identifiable by health workers and the elderly themselves especially during COVID-19 pandemic. Therefore, it is important to evaluate and identify the unmet needs of people with dementia, especially mild to moderate dementia.

**Objective:** To describe the unmet needs of people with mild to moderate dementia during COVID-19 pandemic in 2021 in East Jakarta, Indonesia.

**Methods:** This study is using the CDR (Clinical Dementia Rating Scale) to assess severity level of Dementia, then using the CANE (Camberwell Assessment of Need for the Elderly) instrument to assess the unmet needs of people with mild to moderate dementia.

**Results:** 96 participants were assessed suffer from mild dementia (75%) and moderate dementia (25%). This study procured five substantial unmet needs proportion, which are friendship (26.0%), psychological distress (20.8%), close relationships (19.8%), memory dysfunction (16.7%), and daily activities (10.4%). During interviews in conducting unmet needs assessments, people with mild to moderate dementia and accompanying families expressed their desire for an activity that would be useful to overcome their unmet needs.

**Conclusion:** The COVID-19 pandemic for the people with mild to moderate dementia has an impact on friendships, psychological distress, memory dysfunction and daily activities so they need meaningful activities to overcome them.

## **P199: Cluster analysis dissecting cognitive deficits in older adults with major depressive disorder and the association between neurofilament light chain**

Cynthia Yi-an Chen<sup>1</sup>, Chih-Chiang Chiu<sup>2,4</sup>, Cho-Yin Huang<sup>2</sup>, Ying-Chih Cheng<sup>3,5</sup>, Ming-Chyi Huang<sup>2,4</sup>, Po-Hsiu Kuo<sup>3,6</sup>, Wen-Yin Chen<sup>2,3,\*</sup>

<sup>1</sup>Department of Psychiatry, Wan-Fang Hospital, Taipei Medical University, Taipei, Taiwan

<sup>2</sup>Department of Psychiatry, Taipei City Psychiatric Center, Taipei City Hospital, Taipei, Taiwan

<sup>3</sup>Institute of Epidemiology and Preventive Medicine, College of Public Health, National Taiwan University, Taipei, Taiwan

<sup>4</sup>Department of Psychiatry, School of Medicine, College of Medicine, Taipei Medical University, Taipei, Taiwan

<sup>5</sup>Department of Psychiatry, China Medical University Hsinchu Hospital, China Medical University, Hsinchu, Taiwan

<sup>6</sup>Department of Public Health, College of Public Health, National Taiwan University, Taipei, Taiwan