

# Depression in older age: A scoping study

**Author/s:** Haralambous, Betty Lin, Xiaoping Dow, Briony Jones, Carlyne Tinney, Jean Bryant, Christina | **Year:** 2009 | **Publication type:** Report | **Peer reviewed:** | **Topic area/s:** Mental Health

**Reference:** Haralambous, B., X. Lin, B. Dow, C. Jones, J. Tinney and C. Bryant (2009). Depression in older age: A scoping study. National Ageing Research Institute (NARI) funded by Beyond Blue.

**Key Words:**

depression, scoping study

**Research aim:**

This study aimed to identify the gaps in current knowledge about diagnosis and treatment of depression and anxiety amongst older adults (those aged over 65 years) in Australia in order to identify priority areas for Australian research into older age depression.

**Results/Conclusion:**

Literature review identified groups of older people most at risk of depression and anxiety, including older people in residential aged care, older people with multiple physical co-morbidities, older people with dementia, older people who are carers, older people in hospital, older women, older Indigenous people and older people from CALD backgrounds. Gaps in research: Also found limited validation of common screening tools in specific population groups, including older Indigenous people and older people from Culturally and Linguistically Diverse backgrounds. Prevalence of depression and anxiety in older people from Culturally and Linguistically Diverse backgrounds and older Indigenous people; Cultural factors which can influence the coping strategies older people use and their willingness to seek help;

**Implications:**

**Cultural Group(s):**

Not specific to CALD (implications discussed for CALD)

**Location of study:**

**Age group:**

65+

**Number included in study:**

N/A

**Type of participants:**

**Research approach:**

Mixed methods

**Type of data:**

**Secondary data sources used:**

**Specific scales or analytical techniques used:**

**Implications/ Recommendations:**

**Notes:**

scoping study - includes many gaps in the research relevant to understanding CALD mental health - notes link to Kuo et al. 'some indication that CALD older people experience higher rates of depression...' (international research)