

Successful Mental Health Aging: Results From a Longitudinal Study of Older Australian Men

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Key Words:

health ageing, mental health, men, factors, characteristics

Research aim:

The authors investigated the associations of medical and lifestyle factors with the mental health of men in their 80s. Successful mental health aging was defined as reaching age 80 years with Mini-Mental State Examination score (MMSE) of 24 or more and Geriatric Depression Scale-15 items (GDS-15) score of 5 or less.

Results/Conclusion:

Successful mental health aging was inversely associated with age (hazard ratio [HR]=0.87; 95% confidence interval [CI]: 0.81-0.94), non-English-speaking background (HR = 0.42; 95% CI: 0.21- 0.85), and the consumption of full-cream milk (HR = 0.63; 95% CI: 0.45- 0.89), and directly associated with high school or university education (HR=1.92; 95% CI: 1.34-2.75) and vigorous (HR=1.89; 95% CI: 1.17- 3.05) and nonvigorous physical activity (HR = 1.50; 95% CI: 1.05-2.14).

Implications:

Three in four men who reach age 80 years undergo successful mental health aging.

Cultural Group(s):

Not specific to CALD (implications discussed for non-English speaking background)

Location of study:

Western Australia (Perth)

Age group:

80+

Number included in study:

601

Type of participants:

men aged 80+ who completed the Mini-Mental State Examination (MMSE) and the Geriatric Depression Scale (GDS-15) after a mean follow-up period of 4.8 years

Research approach:

Quantitative

Type of data:

Primary

Secondary data sources used:

Specific scales or analytical techniques used:

Implications/ Recommendations:

Notes: