

# Improving mental health of older people through multidisciplinary efforts

<https://www.neurodegenerationresearch.eu/survey/improving-mental-health-of-older-people-through-multidisciplinary-efforts/>

## **Title of project or programme**

Improving mental health of older people through multidisciplinary efforts

## **Principal Investigators of project/programme grant**

<b>Title</b>	<b>Forname</b>	<b>Surname</b>	<b>Institution</b>	<b>Country</b>
Professor Knut		Engedal	University of Oslo	Norway

## **Address of institution of lead PI**

Institution	University of Oslo
Street Address	PO Box 1072 Blindern
City	Oslo
Postcode	NO-0316

## **Country**

Norway

## **Source of funding information**

The Research Council of Norway

## **Total sum awarded (Euro)**

1000000

## **Start date of award**

15-08-2009

## **Total duration of award in months**

46

## **The project/programme is most relevant to**

- Neurodegenerative disease in general

## **Keywords**

RCT, mental health, multidisciplinary

## **Research abstract in English**

We have built a multidisciplinary consortium of eight research groups in order to provide new knowledge on mental health in older people and to improve services for this group of patients. In addition, national and international partners will be involved. The study will start in 2009 and have last for four years. Three patient cohorts, known to have a high prevalence of depression, dementia and delirium, will be studied; 800 with hip fracture, 1000 attending a memory clinic, and 1000 receiving in home nursing care. Cross-sectional and longitudinal designs will be used to describe the cohorts, and randomised controlled trials will be carried out to study the effect of pharmacological and nonpharmacological interventions within them. A common set of core variables will be utilised for all patients, describing symptoms of depression, dementia, delirium, frailty and disabilities. For a subpopulation, physical activity and the influence of physical activity on mental health will be studied. For another subpopulation, serum and whole blood will be collected for analysis of proinflammatory cytokines, cytochrom P450 genotype, drug concentrations, and other biological markers. During the follow-up of all patients of at least three years, the transition to nursing home placement and in-home nursing care will be studied. The project has two phases. The first is the observational phase, where the three patient populations will be examined and followed up. The second consists of three interventional trials: a) a RCT to study the effect of physical exercise on depressive symptoms in patients with mild cognitive impairment or mild dementia combined with depression, b) a RCT that will study the effect of a comprehensive orthogeriatric unit for hip fracture patients, and c) a double blind RCT to study the effect of haloperidol in the prevention and treatment of delirium.

### **Lay summary**