

Department of Occupational Therapy

# The Impact of Depressive Symptoms on Social Participation in Older Adults With MCI

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# Disclosures


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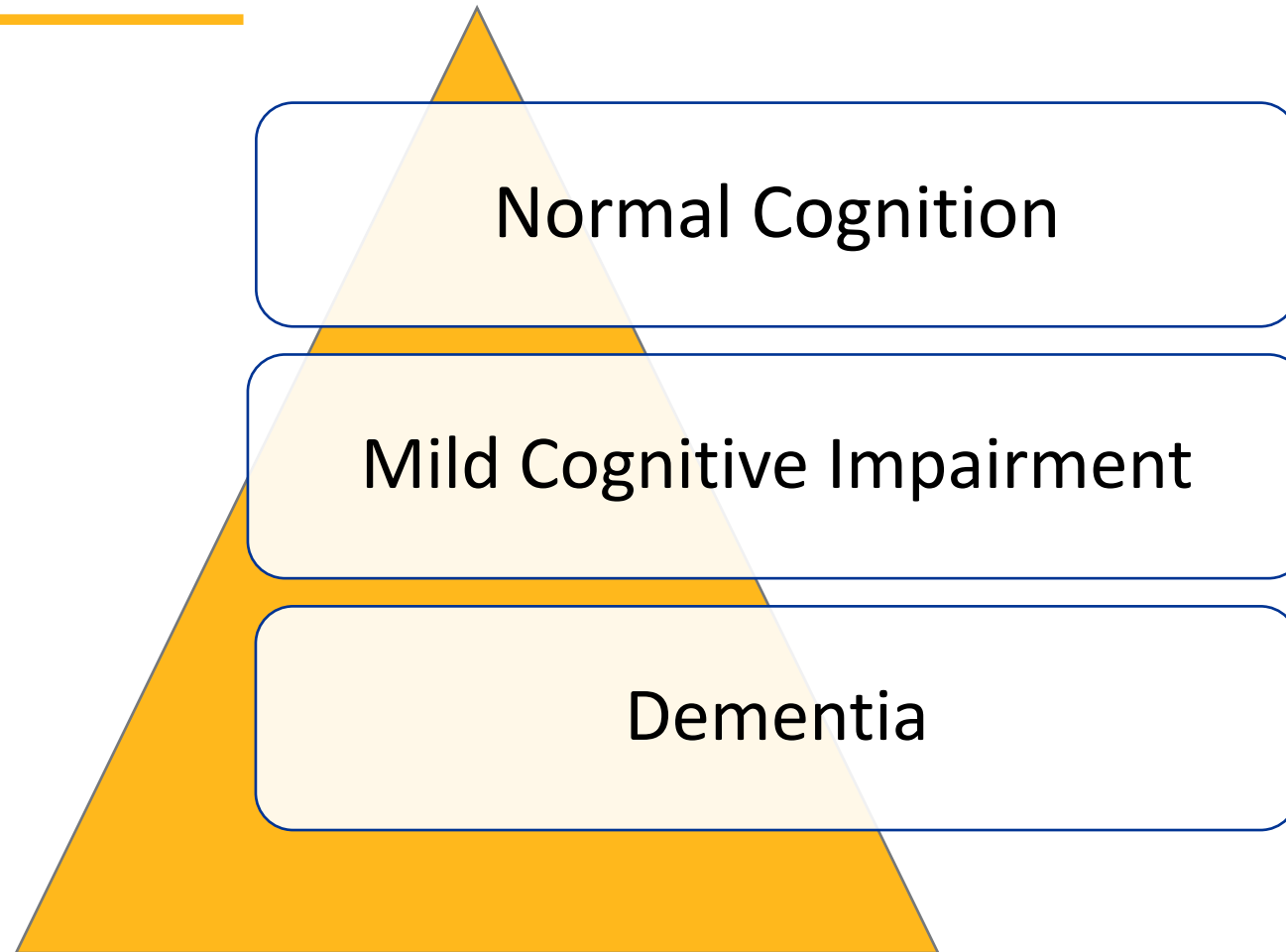
## Depressive Symptoms Associated With Social Participation in Older Adults Living With Mild Cognitive Impairment

Juleen Rodakowski, OTD, MS, OTR/L, Jennie L. Dorris, PhD, MM , and Sarah Stahl, PhD



- Influence of Strategy Training on Mild Cognitive Impairment (R01AG056351; Rodakowski, PI)
- Promoting Independence with Compensatory Cognitive Rehabilitation: A Pilot Clinical Trial for Early-Stage Alzheimer's Disease (K23AG070185; Lanzi, PI)
- Advanced Rehabilitation Research Training on Career Advancement in Assistive Technology Practice, Research, and Policy (90ARCP0007-01-00; Ding, PI)
- Project Unmute: Intergenerational music bridging social disconnection between adults with dementia, care partners, and adolescents (Pilot; Rodakowski and Dorris, PI)

# Spectrum of Cognition



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# DSM-5 Cognitive Impairment Diagnosis

- Evidence of cognitive decline
- Deficits do not occur exclusively in the context of delirium
- Not explained by another mental disorder
- Do or do not interfere with independence in everyday activities

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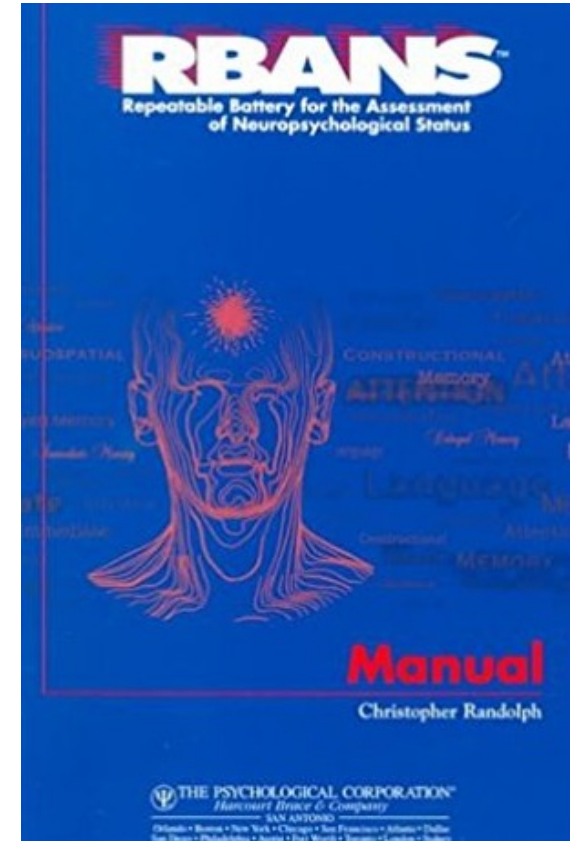
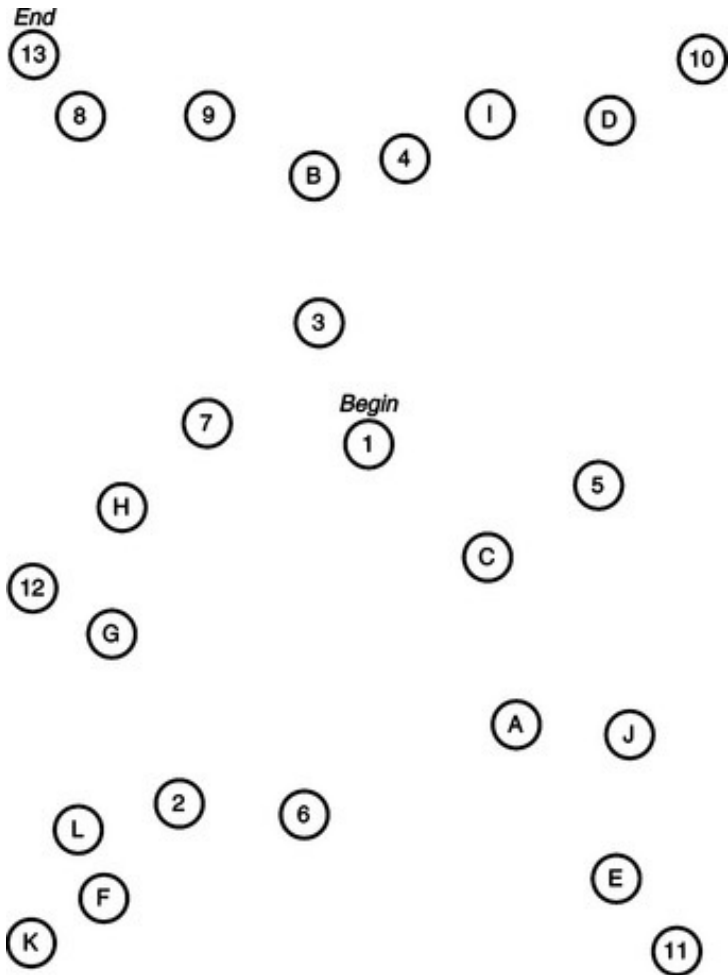
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(DSM-5, 2013)

# Evidence of cognitive decline



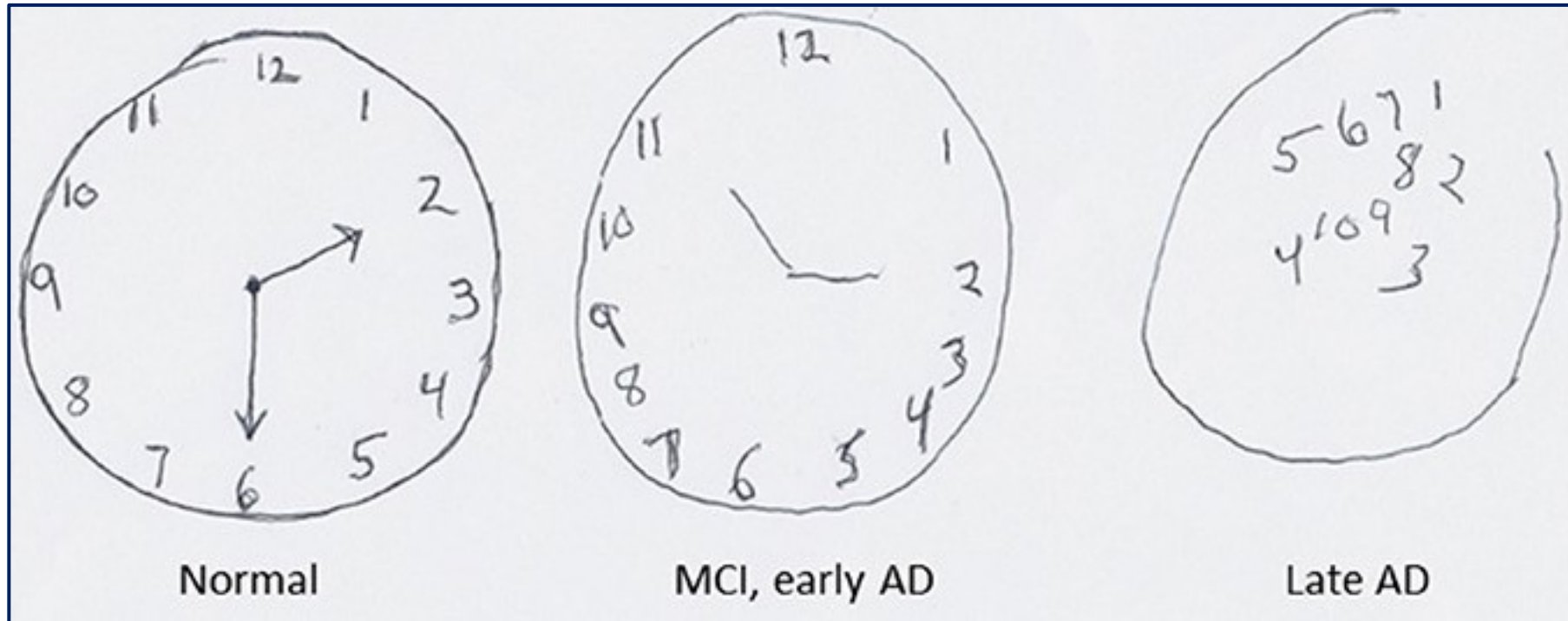
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# Neuropsychological Testing



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# Little relationship between cognitive tests and ADL

Cognitive domain	IADL				ADL	
	B-ADL Total score		B-ADL High cognitive demand factor		B-ADL Low cognitive demand factor	
	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>	<i>r</i>	<i>p</i>
Language	-0.139	<b>&lt;0.001</b>	-0.140	<b>&lt;0.001</b>	-0.064	0.077
Executive function	-0.107	<b>0.003</b>	-0.105	<b>0.003</b>	-0.072	<b>0.048</b>
Memory	-0.122	<b>0.001</b>	-0.154	<b>&lt;0.001</b>	-0.055	0.134
Attention / Processing speed	-0.155	<b>&lt;0.001</b>	-0.123	<b>0.001</b>	-0.162	<b>&lt;0.001</b>
Visuospatial	-0.093	<b>0.010</b>	-0.090	<b>0.014</b>	-0.053	0.142

(Reppermund et al., 2011)

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# Social Participation supports brain health

- Linked to better cognitive function
- Enhances mental health and well-being
- Often declines in those with MCI



(Smith et al., 2022; Sommerlad et al., 2023)

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# Depressive symptoms are linked to health outcomes

- Depression co-occurs frequently with MCI
- May worsen cognitive symptoms
- Can reduce engagement in social activities



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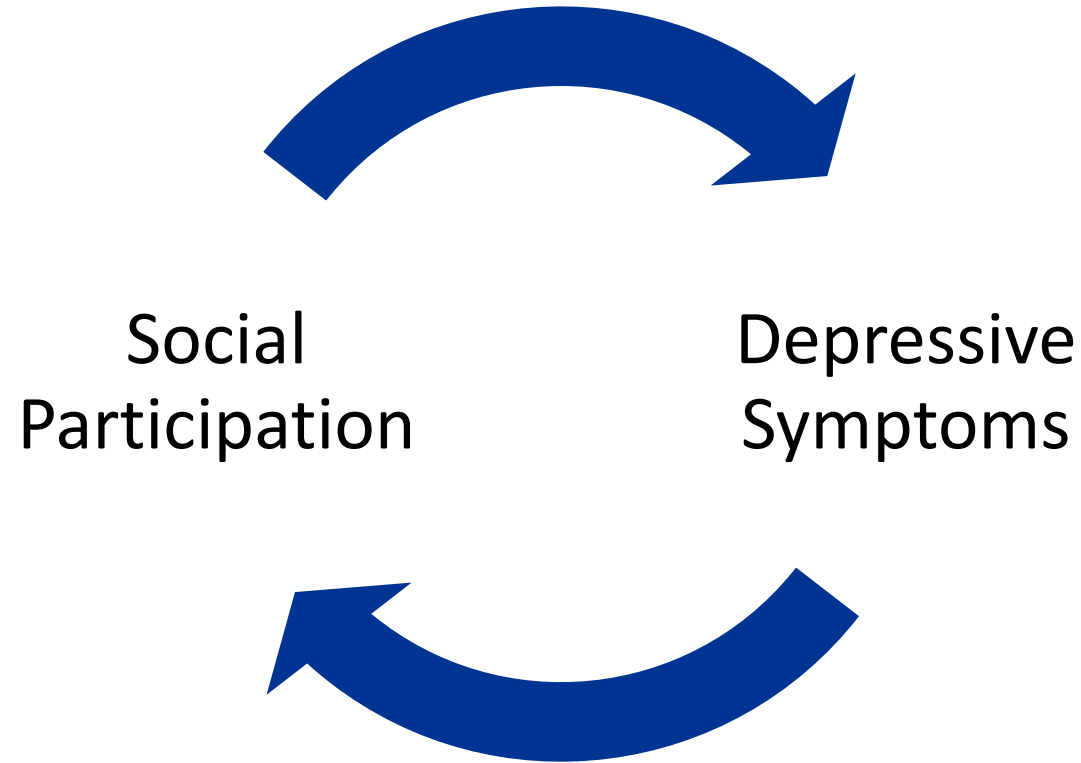
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(Reynolds et al., 2022; Ismail et al., 2017; Zhang et al., 2023)

# Examine the role of depressive symptoms in predicting social participation in a adults living with MCI



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# Methods

## Study Design

- Secondary data analysis
- Cross-sectional design
- 30 community-dwelling older adults with MCI

## Measures

- PROMIS CAT: Social Participation
- PROMIS Depression CAT
- PHQ-9 for depressive symptoms
- Age and sex as covariates

## Analyses

- Hierarchical multiple regression
- Step 1: Age and sex
- Step 2: Depression scores added

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# Participant Demographics (n = 30)

Age, Years, (M, SD)	77.97 (8.68)	Depressive Symptoms (PhQ-9; M, SD)	5.60 (4.75)
Sex, Female, n (%)	20 (66.67)	Anxiety Symptoms (GAD-7; M, SD)	3.90 (4.16)
Race, White, n (%)	26 (86.66)	Memory (Qmci; M, SD)	57.33 (7.37)
Black or African American	4 (13.33)	Cognitive Screen (3MS; M, SD)	93.57 (3.80)
Highest Level of Education, n (%)			
High school	12 (40.00)		
Vocational	1 (3.33)		
Associates	3 (10.00)		
Bachelors	6 (20.00)		
Masters+	7 (23.33)		
Missing	1 (3.33)		

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# Correlates of Satisfaction with Social Participation

	1	2	3	4
1. Satisfaction with Participation in Social Roles				
2. Age	-.241			
3. Sex	.072	.206		
4. Depression (PhQ-9)	-.374**	-.243	-.095	
5. Depression (PROMIS)	-.619**	.223	-.056	.359*

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# Hierarchical Multiple Regression

	Satisfaction with Participation Block 1: Demographics		Satisfaction with Participation Block 2: Demographics + Depression	
	$\beta$	P	$\beta$	P
Intercept		<.001	Intercept	<.001
Age	-.280	.162	Age	.413
Sex	.190	.339	Sex	.441
			Depressive Symptoms	.001

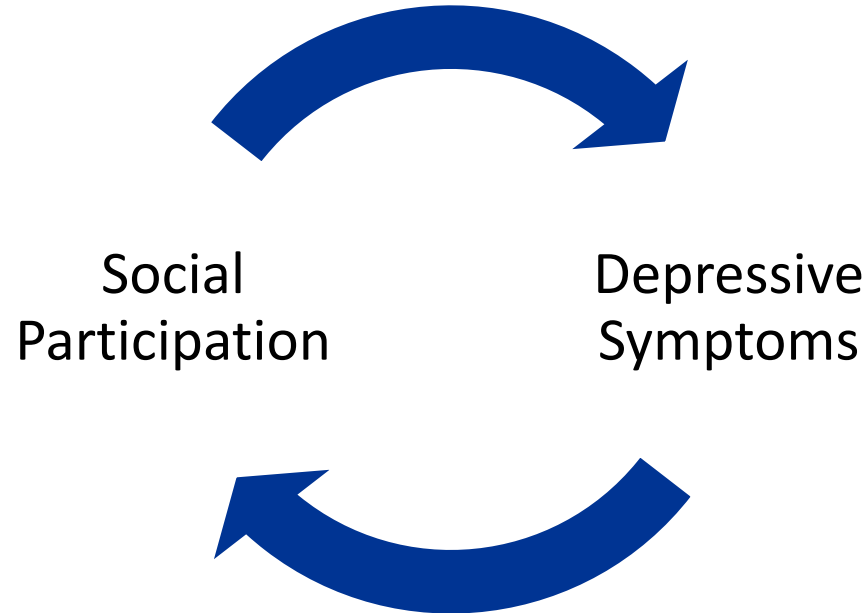
$F_{(3,24)} = 5.546; R^2_{adj} = .336, p = .005$

$\Delta R^2 = 31.6\%$



# Interpretation of Findings

- Higher depression = Lower satisfaction social participation
- Mood symptoms limit satisfaction with engagement



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# Study Limitations

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- Small sample size (N=30)
- Cross-sectional: no causation
- Reliance on self-report measures

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# Implications for Occupational Therapy

- Screen for depression in clients with MCI
- Address mood to improve engagement
- Promote social participation through OT goals



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