

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

### Slide 4-5 - Depressive disorders

- American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders (5th ed.). <https://doi.org/10.1176/appi.books.9780890425596>

### Slide 6 - Major Depressive Disorder in Older Adults

- Fiske, A., Wetherell, J. L., & Gatz, M. (2009). Depression in older adults. *Annual review of clinical psychology*, 5, 363–389. <https://doi.org/10.1146/annurev.clinpsy.032408.153621>
- Blazer D. G. (2003). Depression in late life: review and commentary. *The journals of gerontology. Series A, Biological sciences and medical sciences*, 58(3), 249–265. <https://doi.org/10.1093/gerona/58.3.m249>
- Haigh, E., Bogucki, O. E., Sigmon, S. T., & Blazer, D. G. (2018). Depression Among Older Adults: A 20-Year Update on Five Common Myths and Misconceptions. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 26(1), 107–122. <https://doi.org/10.1016/j.jagp.2017.06.011>
- Thomas A. (2013). Is depression really different in older people?. *International psychogeriatrics*, 25(11), 1739–1742. <https://doi.org/10.1017/S1041610213001038>
- Mitchell, A. J., & Subramaniam, H. (2005). Prognosis of depression in old age compared to middle age: a systematic review of comparative studies. *The American journal of psychiatry*, 162(9), 1588–1601. <https://doi.org/10.1176/appi.ajp.162.9.1588>

### Slide 7 - Minor Depression

- Wittayanukorn, S., Qian, J., & Hansen, R. A. (2014). Prevalence of depressive symptoms and predictors of treatment among U.S. adults from 2005 to 2010. *General hospital psychiatry*, 36(3), 330–336. <https://doi.org/10.1016/j.genhosppsych.2013.12.009>
- T. W., Vahia, I. V., Lavretsky, H., Kulkarni, G., & Jeste, D. V. (2011). A tune in "a minor" can "b major": a review of epidemiology, illness course, and public health implications of subthreshold depression in older adults. *Journal of affective disorders*, 129(1-3), 126–142. <https://doi.org/10.1016/j.jad.2010.09.015>

### Slide 8 - Early vs. Late-Onset

- Heun, R., Papassotiropoulos, A., Jessen, F., Maier, W., & Breitner, J. C. (2001). A family study of Alzheimer disease and early- and late-onset depression in elderly patients. *Archives of general psychiatry*, 58(2), 190–196. <https://doi.org/10.1001/archpsyc.58.2.190>
- Schweitzer, I., Tuckwell, V., O'Brien, J., & Ames, D. (2002). Is late onset depression a prodrome to dementia?. *International journal of geriatric psychiatry*, 17(11), 997–1005. <https://doi.org/10.1002/gps.525>

### Slide 9 - Depression & Health Behavior

- Iovino, P., De Maria, M., Matarese, M., Vellone, E., Ausili, D., & Riegel, B. (2020). Depression and self-care in older adults with multiple chronic conditions: A multivariate analysis. *Journal of advanced nursing*, 76(7), 1668–1678. <https://doi.org/10.1111/jan.14385>
- Carney, R. M., Freedland, K. E., Eisen, S. A., Rich, M. W., & Jaffe, A. S. (1995). Major depression and medication adherence in elderly patients with coronary artery disease. *Health psychology : official journal of the Division of Health Psychology, American Psychological Association*, 14(1), 88–90. <https://doi.org/10.1037//0278-6133.14.1.88>

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

- Roshanaei-Moghaddam, B., Katon, W. J., & Russo, J. (2009). The longitudinal effects of depression on physical activity. *General hospital psychiatry*, 31(4), 306–315. <https://doi.org/10.1016/j.genhosppsych.2009.04.002>
- Walsh, J. L., Senn, T. E., & Carey, M. P. (2013). Longitudinal associations between health behaviors and mental health in low-income adults. *Translational behavioral medicine*, 3(1), 104–113. <https://doi.org/10.1007/s13142-012-0189-5>
- Vogelzangs, N., Kritchevsky, S. B., Beekman, A. T., Newman, A. B., Satterfield, S., Simonsick, E. M., Yaffe, K., Harris, T. B., & Penninx, B. W. (2008). Depressive symptoms and change in abdominal obesity in older persons. *Archives of general psychiatry*, 65(12), 1386–1393. <https://doi.org/10.1001/archpsyc.65.12.1386>

### Slide 10 - Implications

- Taylor W. D. (2014). Clinical practice. Depression in the elderly. *The New England journal of medicine*, 371(13), 1228–1236. <https://doi.org/10.1056/NEJMcp1402180>
- Unützer, J., Schoenbaum, M., Katon, W. J., Fan, M. Y., Pincus, H. A., Hogan, D., & Taylor, J. (2009). Healthcare costs associated with depression in medically ill fee-for-service medicare participants. *Journal of the American Geriatrics Society*, 57(3), 506–510. <https://doi.org/10.1111/j.1532-5415.2008.02134.x>
- Ziegelstein R. C. (2001). Depression in patients recovering from a myocardial infarction. *JAMA*, 286(13), 1621–1627. <https://doi.org/10.1001/jama.286.13.1621>
- Lin, E. H., Katon, W., Von Korff, M., Tang, L., Williams, J. W., Jr, Kroenke, K., Hunkeler, E., Harpole, L., Hegel, M., Arean, P., Hoffing, M., Della Penna, R., Langston, C., Unützer, J., & IMPACT Investigators (2003). Effect of improving depression care on pain and functional outcomes among older adults with arthritis: a randomized controlled trial. *JAMA*, 290(18), 2428–2429. <https://doi.org/10.1001/jama.290.18.2428>

### Slide 13 - Rates of Depression in Older Adults

- Fredriksen-Goldsen, K. I., Emlert, C. A., Kim, H. J., Muraco, A., Erosheva, E. A., Goldsen, J., & Hoy-Ellis, C. P. (2013). The physical and mental health of lesbian, gay male, and bisexual (LGB) older adults: the role of key health indicators and risk and protective factors. *The Gerontologist*, 53(4), 664–675. <https://doi.org/10.1093/geront/gns123>
- Jimenez, D. E., Alegria, M., Chen, C. N., Chan, D., & Laderman, M. (2010). Prevalence of psychiatric illnesses in older ethnic minority adults. *Journal of the American Geriatrics Society*, 58(2), 256–264. <https://doi.org/10.1111/j.1532-5415.2009.02685.x>
- Hasin, D. S., Goodwin, R. D., Stinson, F. S., & Grant, B. F. (2005). Epidemiology of major depressive disorder: results from the National Epidemiologic Survey on Alcoholism and Related Conditions. *Archives of general psychiatry*, 62(10), 1097–1106. <https://doi.org/10.1001/archpsyc.62.10.1097>
- Djernes J. K. (2006). Prevalence and predictors of depression in populations of elderly: a review. *Acta psychiatrica Scandinavica*, 113(5), 372–387. <https://doi.org/10.1111/j.1600-0447.2006.00770.x>
- Thakur, M., & Blazer, D. G. (2008). Depression in long-term care. *Journal of the American Medical Directors Association*, 9(2), 82–87. <https://doi.org/10.1016/j.jamda.2007.09.007>
- Seitz, D., Purandare, N., & Conn, D. (2010). Prevalence of psychiatric disorders among older adults in long-term care homes: a systematic review. *International psychogeriatrics*, 22(7), 1025–1039. <https://doi.org/10.1017/S1041610210000608>

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

- Centers for Disease Control and Prevention, "Depression is Not a Normal Part of Growing Older," Division of Population Health, updates January 31, 2017, retrieved from: <https://www.cdc.gov/aging/mentalhealth/depression.htm>

### Slide 14 - Risk Factors: Psychosocial

- Nolen-Hoeksema, S., & Ahrens, C. (2002). Age differences and similarities in the correlates of depressive symptoms. *Psychology and aging*, 17(1), 116–124. <https://doi.org/10.1037//0882-7974.17.1.116>
- Djernes J. K. (2006). Prevalence and predictors of depression in populations of elderly: a review. *Acta psychiatrica Scandinavica*, 113(5), 372–387. <https://doi.org/10.1111/j.1600-0447.2006.00770.x>
- Kendler, K. S., Gatz, M., Gardner, C. O., & Pedersen, N. L. (2006). Personality and major depression: a Swedish longitudinal, population-based twin study. *Archives of general psychiatry*, 63(10), 1113–1120. <https://doi.org/10.1001/archpsyc.63.10.1113>
- Garnefski, N., & Kraaij, V. (2006). Relationships between cognitive emotion regulation strategies and depressive symptoms: A comparative study of five specific samples. *Personality and Individual Differences*, 40(8), 1659–1669. <https://doi.org/10.1016/j.paid.2005.12.009>
- Andrew, D. H., & Dulin, P. L. (2007). The relationship between self-reported health and mental health problems among older adults in New Zealand: experiential avoidance as a moderator. *Aging & mental health*, 11(5), 596–603. <https://doi.org/10.1080/13607860601086587>

### Slide 15 - Risk Factors: Medical

- Zhang, Y., Chen, Y., & Ma, L. (2018). Depression and cardiovascular disease in elderly: Current understanding. *Journal of clinical neuroscience : official journal of the Neurosurgical Society of Australasia*, 47, 1–5. <https://doi.org/10.1016/j.jocn.2017.09.022>
- Robinson R. G. (1997). Neuropsychiatric consequences of stroke. *Annual review of medicine*, 48, 217–229. <https://doi.org/10.1146/annurev.med.48.1.217>
- Lökk, J., & Delbari, A. (2010). Management of depression in elderly stroke patients. *Neuropsychiatric disease and treatment*, 6, 539–549. <https://doi.org/10.2147/NDT.S7637>
- Jajodia, A., & Borders, A. (2011). Memory predicts changes in depressive symptoms in older adults: a bidirectional longitudinal analysis. *The journals of gerontology. Series B, Psychological sciences and social sciences*, 66(5), 571–581. <https://doi.org/10.1093/geronb/gbr035>
- Fernandez H. H. (2012). Updates in the medical management of Parkinson disease. *Cleveland Clinic journal of medicine*, 79(1), 28–35. <https://doi.org/10.3949/ccjm.78gr.11005>
- Manber, R., & Chambers, A. S. (2009). Insomnia and depression: a multifaceted interplay. *Current psychiatry reports*, 11(6), 437–442. <https://doi.org/10.1007/s11920-009-0066-1>
- Alexopoulos G. S. (2005). Depression in the elderly. *Lancet (London, England)*, 365(9475), 1961–1970. [https://doi.org/10.1016/S0140-6736\(05\)66665-2](https://doi.org/10.1016/S0140-6736(05)66665-2)
- Carnethon, M. R., Biggs, M. L., Barzilay, J. I., Smith, N. L., Vaccarino, V., Bertoni, A. G., Arnold, A., & Siscovick, D. (2007). Longitudinal association between depressive symptoms and

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

incident type 2 diabetes mellitus in older adults: the cardiovascular health study. *Archives of internal medicine*, 167(8), 802–807. <https://doi.org/10.1001/archinte.167.8.802>

- Bennett, S., & Thomas, A. J. (2014). Depression and dementia: cause, consequence or coincidence?. *Maturitas*, 79(2), 184–190. <https://doi.org/10.1016/j.maturitas.2014.05.009>
- Beekman, A. T., de Beurs, E., van Balkom, A. J., Deeg, D. J., van Dyck, R., & van Tilburg, W. (2000). Anxiety and depression in later life: Co-occurrence and communality of risk factors. *The American journal of psychiatry*, 157(1), 89–95. <https://doi.org/10.1176/ajp.157.1.89>

### Slide 16 - Risk Factors: Environmental

- Koster, A., Bosma, H., Kempen, G. I., Penninx, B. W., Beekman, A. T., Deeg, D. J., & van Eijk, J. T. (2006). Socioeconomic differences in incident depression in older adults: the role of psychosocial factors, physical health status, and behavioral factors. *Journal of psychosomatic research*, 61(5), 619–627. <https://doi.org/10.1016/j.jpsychores.2006.05.009>
- Areán, P. A., Gum, A. M., Tang, L., & Unützer, J. (2007). Service use and outcomes among elderly persons with low incomes being treated for depression. *Psychiatric services (Washington, D.C.)*, 58(8), 1057–1064. <https://doi.org/10.1176/ps.2007.58.8.1057>
- Akincigil, A., Olfson, M., Siegel, M., Zurlo, K. A., Walkup, J. T., & Crystal, S. (2012). Racial and ethnic disparities in depression care in community-dwelling elderly in the United States. *American journal of public health*, 102(2), 319–328. <https://doi.org/10.2105/AJPH.2011.300349>
- Borowsky, S. J., Rubenstein, L. V., Meredith, L. S., Camp, P., Jackson-Triche, M., & Wells, K. B. (2001). Who Is at Risk of Nondetection of Mental Health Problems in Primary Care? *Journal of Internal Medicine*, 15(6), 381-388
- Kohn-Wood, L. P., & Hooper, L. M. (2014). Cultural competency, culturally tailored care, and the primary care setting: Possible solutions to reduce racial/ethnic disparities in mental health care. *Journal of Mental Health Counseling*, 36(2), 173-188. <https://doi.org/10.17744/mehc.36.2.d73h217l81tg6uv3>
- Areán, P. A., & Alvidrez, J. (2001). The prevalence of psychiatric disorders and subsyndromal mental illness in low-income, medically ill elderly. *International journal of psychiatry in medicine*, 31(1), 9–24. <https://doi.org/10.2190/YGL6-N54R-08RW-1BF4>
- Krause, N., & Baker, E. (1992). Financial strain, economic values, and somatic symptoms in later life. *Psychology and aging*, 7(1), 4–14. <https://doi.org/10.1037//0882-7974.7.1.4>
- Mills, T. L., Alea, N. L., & Cheong, J. A. (2004). Differences in the indicators of depressive symptoms among a community sample of African-American and Caucasian older adults. *Community mental health journal*, 40(4), 309–331. <https://doi.org/10.1023/b:comh.0000035227.57576.46>
- Skaer, T. L., Sclar, D. A., Robison, L. M., & Galin, R. S. (2000). Trends in the rate of depressive illness and use of antidepressant pharmacotherapy by ethnicity/race: an assessment of office-based visits in the United States, 1992-1997. *Clinical therapeutics*, 22(12), 1575–1589. [https://doi.org/10.1016/s0149-2918\(00\)83055-6](https://doi.org/10.1016/s0149-2918(00)83055-6)
- Young, A. S., Klap, R., Sherbourne, C. D., & Wells, K. B. (2001). The quality of care for depressive and anxiety disorders in the United States. *Archives of general psychiatry*, 58(1), 55–61. <https://doi.org/10.1001/archpsyc.58.1.55>
- Markowitz, J. C., Patel, S. R., Balan, I. C., Bell, M. A., Blanco, C., Yellow Horse Brave Heart, M., Sosa, S. B., & Lewis-Fernández, R. (2009). Toward an adaptation of interpersonal

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

psychotherapy for Hispanic patients with DSM-IV major depressive disorder. *The Journal of clinical psychiatry*, 70(2), 214–222. <https://doi.org/10.4088/jcp.08m04100>

### Slide 17 - Protective factors

- Strawbridge, W. J., Deleger, S., Roberts, R. E., & Kaplan, G. A. (2002). Physical activity reduces the risk of subsequent depression for older adults. *American journal of epidemiology*, 156(4), 328–334. <https://doi.org/10.1093/aje/kwf047>
- Worrall, C., Jongenelis, M. I., McEvoy, P. M., Jackson, B., Newton, R. U., & Pettigrew, S. (2020). An Exploratory Study of the Relative Effects of Various Protective Factors on Depressive Symptoms Among Older People. *Frontiers in public health*, 8, 579304. <https://doi.org/10.3389/fpubh.2020.579304>

### Slide 22 - Issues to Consider During Assessment

- Landrø, N. I., Stiles, T. C., & Sletvold, H. (2001). Neuropsychological function in nonpsychotic unipolar major depression. *Neuropsychiatry, neuropsychology, and behavioral neurology*, 14(4), 233–240.
- Dotson, V. M., Szymkowicz, S. M., Kirton, J. W., McLaren, M. E., Green, M. L., & Rohani, J. Y. (2014). Unique and interactive effect of anxiety and depressive symptoms on cognitive and brain function in young and older adults. *Journal of depression & anxiety, Suppl 1*, 22565. <https://doi.org/10.4172/2167-1044.S1-003>

### Slide 23 - Self-Report Measures for older adults

- Koenig, H. G., Meador, K. G., Cohen, H. J., & Blazer, D. G. (1988). Self-rated depression scales and screening for major depression in the older hospitalized patient with medical illness. *Journal of the American Geriatrics Society*, 36(8), 699–706. <https://doi.org/10.1111/j.1532-5415.1988.tb07171.x>

### Slide 24 – Geriatric Depression Scale (GDS)

- Yesavage, J.A., Brink, T.L., Rose, T.L., Lum, O., Huang, V., Adey, M.B., & Leirer, V.O. (1983). Development and validation of a geriatric depression screening scale: A preliminary report. *Journal of Psychiatric Research*, 17, 37-49.
- Gilley, D. W., & Wilson, R. S. (1997). Criterion-related validity of the Geriatric Depression Scale in Alzheimer's disease. *Journal of clinical and experimental neuropsychology*, 19(4), 489–499. <https://doi.org/10.1080/01688639708403739>

### Slide 25 – Patient Health Questionnaire (PHQ-9)

- Kroenke, K., Spitzer, R. L., & Williams, J. B. (2001). The PHQ-9: validity of a brief depression severity measure. *Journal of general internal medicine*, 16(9), 606–613. <https://doi.org/10.1046/j.1525-1497.2001.016009606.x>
- Lamers, F., Jonkers, C. C., Bosma, H., Penninx, B. W., Knottnerus, J. A., & van Eijk, J. T. (2008). Summed score of the Patient Health Questionnaire-9 was a reliable and valid method for depression screening in chronically ill elderly patients. *Journal of clinical epidemiology*, 61(7), 679–687. <https://doi.org/10.1016/j.jclinepi.2007.07.018>
- Phelan, E., Williams, B., Meeker, K., Bonn, K., Frederick, J., Logerfo, J., & Snowden, M. (2010). A study of the diagnostic accuracy of the PHQ-9 in primary care elderly. *BMC family practice*, 11, 63. <https://doi.org/10.1186/1471-2296-11-63>

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

### Slide 26 – Beck Depression Inventory – II (BDI-II)

- Segal, D. L., Coolidge, F. L., Cahill, B. S., & O'Riley, A. A. (2008). Psychometric Properties of the Beck Depression Inventory—II (BDI-II) Among Community-Dwelling Older Adults. *Behavior Modification*, 32(1), 3–20. <https://doi.org/10.1177/0145445507303833>

### Slide 27 - Cornell Scale for Depression in Dementia

- Alexopoulos, G. S., Abrams, R. C., Young, R. C., & Shamoian, C. A. (1988). Cornell Scale for Depression in Dementia. *Biological psychiatry*, 23(3), 271–284. [https://doi.org/10.1016/0006-3223\(88\)90038-8](https://doi.org/10.1016/0006-3223(88)90038-8)

### Slide 28 - Differential Diagnosis-Cognitive Impairment

- Leyhe, T., Reynolds, C. F., 3rd, Melcher, T., Linnemann, C., Klöppel, S., Blennow, K., Zetterberg, H., Dubois, B., Lista, S., & Hampel, H. (2017). A common challenge in older adults: Classification, overlap, and therapy of depression and dementia. *Alzheimer's & dementia : the journal of the Alzheimer's Association*, 13(1), 59–71. <https://doi.org/10.1016/j.jalz.2016.08.007>
- Olin, J. T., Schneider, L. S., Katz, I. R., Meyers, B. S., Alexopoulos, G. S., Breitner, J. C., Bruce, M. L., Caine, E. D., Cummings, J. L., Devanand, D. P., Jeste, D. V., Krishnan, K. R., Lyketsos, C. G., Lyness, J. M., Rabins, P. V., Reynolds, C. F., III, Rovner, B. W., Steffens, D. C., Unützer, J., & Lebowitz, B. D. (2003). Provisional diagnostic criteria for depression of Alzheimer's disease: description and review. *Expert review of neurotherapeutics*, 3(1), 99–106. <https://doi.org/10.1586/14737175.3.1.99>

### Slide 29 - Differential Diagnosis-Sleep Disorders

- Norman, D., & Loreda, J. S. (2008). Obstructive sleep apnea in older adults. *Clinics in geriatric medicine*, 24(1), 151–ix. <https://doi.org/10.1016/j.cger.2007.08.006>
- Patel, D., Steinberg, J., & Patel, P. (2018). Insomnia in the Elderly: A Review. *Journal of clinical sleep medicine : JCSM : official publication of the American Academy of Sleep Medicine*, 14(6), 1017–1024. <https://doi.org/10.5664/jcsm.7172>
- Johns M. W. (1991). A new method for measuring daytime sleepiness: the Epworth sleepiness scale. *Sleep*, 14(6), 540–545. <https://doi.org/10.1093/sleep/14.6.540>
- Morin, C. M., Belleville, G., Bélanger, L., & Ivers, H. (2011). The Insomnia Severity Index: psychometric indicators to detect insomnia cases and evaluate treatment response. *Sleep*, 34(5), 601–608. <https://doi.org/10.1093/sleep/34.5.601>

### Slide 30 - Differential Diagnosis-Grief and Mental Health Issues

- Sung, S. C., Dryman, M. T., Marks, E., Shear, M. K., Ghesquiere, A., Fava, M., & Simon, N. M. (2011). Complicated grief among individuals with major depression: prevalence, comorbidity, and associated features. *Journal of affective disorders*, 134(1-3), 453–458. <https://doi.org/10.1016/j.jad.2011.05.017>
- Neimeyer, R. A. (2017). Complicated grief: Assessment and intervention. In S. N. Gold (Ed.), *APA Handbook of Trauma Psychology: Trauma Practice, Vol. 2* (pp. 343–362). Washington: American Psychological Association
- Cook, J. M., Elhai, J. D., & Areán, P. A. (2005). Psychometric properties of the PTSD Checklist with older primary care patients. *Journal of traumatic stress*, 18(4), 371–376. <https://doi.org/10.1002/jts.20038>

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

### Slide 31 - Differential Diagnosis: Medical Conditions

- Samuels M. H. (2014). Psychiatric and cognitive manifestations of hypothyroidism. *Current opinion in endocrinology, diabetes, and obesity*, 21(5), 377–383. <https://doi.org/10.1097/MED.0000000000000089>

### Slide 38 - Treatments Options

- Gum, A. M., Areán, P. A., Hunkeler, E., Tang, L., Katon, W., Hitchcock, P., Steffens, D. C., Dickens, J., & Unützer, J. (2006). Depression treatment preferences in older primary care patients. *The Gerontologist*, 46(1), 14–22. <https://doi.org/10.1093/geront/46.1.14>
- Raue, P. J., Schulberg, H. C., Heo, M., Klimstra, S., & Bruce, M. L. (2009). Patients' depression treatment preferences and initiation, adherence, and outcome: a randomized primary care study. *Psychiatric services (Washington, D.C.)*, 60(3), 337–343. <https://doi.org/10.1176/appi.ps.60.3.337>
- Kok, R. M., Nolen, W. A., & Heeren, T. J. (2012). Efficacy of treatment in older depressed patients: a systematic review and meta-analysis of double-blind randomized controlled trials with antidepressants. *Journal of affective disorders*, 141(2-3), 103–115. <https://doi.org/10.1016/j.jad.2012.02.036>
- Zivin, K., & Kales, H. C. (2008). Adherence to depression treatment in older adults: a narrative review. *Drugs & aging*, 25(7), 559–571. <https://doi.org/10.2165/00002512-200825070-00003>

### Slide 40 - Psychotherapy for Depression in Older Adults

- Huang, A. X., Delucchi, K., Dunn, L. B., & Nelson, J. C. (2015). A systematic review and meta-analysis of psychotherapy for late-life depression. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 23(3), 261–273. <https://doi.org/10.1016/j.jagp.2014.04.003>
- Gould, R. L., Coulson, M. C., & Howard, R. J. (2012). Cognitive behavioral therapy for depression in older people: a meta-analysis and meta-regression of randomized controlled trials. *Journal of the American Geriatrics Society*, 60(10), 1817–1830. <https://doi.org/10.1111/j.1532-5415.2012.04166.x>
- Egede, L. E., Acierno, R., Knapp, R. G., Lejuez, C., Hernandez-Tejada, M., Payne, E. H., & Frueh, B. C. (2015). Psychotherapy for depression in older veterans via telemedicine: a randomised, open-label, non-inferiority trial. *The lancet. Psychiatry*, 2(8), 693–701. [https://doi.org/10.1016/S2215-0366\(15\)00122-4](https://doi.org/10.1016/S2215-0366(15)00122-4)
- Cuijpers, P., Donker, T., Weissman, M. M., Ravitz, P., & Cristea, I. A. (2016). Interpersonal Psychotherapy for Mental Health Problems: A Comprehensive Meta-Analysis. *The American journal of psychiatry*, 173(7), 680–687. <https://doi.org/10.1176/appi.ajp.2015.15091141>
- Kiosses, D. N., & Alexopoulos, G. S. (2014). Problem-Solving Therapy in the Elderly. *Current treatment options in psychiatry*, 1(1), 15–26. <https://doi.org/10.1007/s40501-013-0003-0>
- Davison, T. E., Eppingstall, B., Runci, S., & O'Connor, D. W. (2017). A pilot trial of acceptance and commitment therapy for symptoms of depression and anxiety in older adults residing in long-term care facilities. *Aging & mental health*, 21(7), 766–773. <https://doi.org/10.1080/13607863.2016.1156051>
- Pinquart, M., & Forstmeier, S. (2012). Effects of reminiscence interventions on psychosocial outcomes: a meta-analysis. *Aging & mental health*, 16(5), 541–558. <https://doi.org/10.1080/13607863.2011.651434>

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

- Renn, B. N., & Areán, P. A. (2017). Psychosocial Treatment Options for Major Depressive Disorder in Older Adults. *Current treatment options in psychiatry*, 4(1), 1-12.

### Slide 41 - Cognitive Behavioral Therapy

- Beck, A. T. (1970). Cognitive Therapy: Nature and relation to behavior therapy. *Behavior Therapy*, 1(2): 184–200.
- Ellis, A. (1962). *Reason and emotion in psychotherapy*. Lyle Stuart.
- Laidlaw, K., Thompson, L. W., & Gallagher-Thompson, D. (2004). Comprehensive conceptualization of cognitive behaviour therapy for late life depression. *Behavioural and Cognitive Psychotherapy*, 32(4), 389–399. <https://doi.org/10.1017/S1352465804001584>
- Gallagher-Thompson, D., & Thompson, L.W. (2009). Treating Late Life Depression: A Cognitive-Behavioral Therapy Approach, Therapist Guide.
- Cox, D., & D'Oyley, H., (2011). Cognitive-behavioral therapy with older adults. *BC Medical Journal*, 53(7): 348-352.

### Slide 42 - CBT: Behavioral Activation

- Polenick, C. A., & Flora, S. R. (2013). Behavioral activation for depression in older adults: theoretical and practical considerations. *The Behavior analyst*, 36(1), 35–55. <https://doi.org/10.1007/BF03392291>
- Martell, C. R., Dimidjian, S., & Herman-Dunn, R. (2010). Behavioral activation for depression: A clinician's guide . New York, NY: The Guilford Press.
- Solomonov, N., Bress, J. N., Sirey, J. A., Gunning, F. M., Flückiger, C., Raue, P. J., Areán, P. A., & Alexopoulos, G. S. (2019). Engagement in Socially and Interpersonally Rewarding Activities as a Predictor of Outcome in "Engage" Behavioral Activation Therapy for Late-Life Depression. *The American journal of geriatric psychiatry : official journal of the American Association for Geriatric Psychiatry*, 27(6), 571–578. <https://doi.org/10.1016/j.jagp.2018.12.033>
- Swantek S., Fairchild M., Smith M., & Gollan J. (2013) Innovative Treatment of Geriatric Depression: A Feasibility Study. *The American Journal of Geriatric Psychiatry*; 21(3): S132 <https://doi.org/10.1016/j.jagp.2012.12.176>.
- Gallagher-Thompson, D., Steffen, A.M., & Thompson, L.W. (2008). Handbook of Behavioral and Cognitive Therapies with Older Adults. Moss, K.S. & Scogin F.R. Behavioral and Cognitive Treatments for Geriatric Depression: And Evidence-Based Perspective. Pages 1-15

### Slide 43 - CBT: Cognitive Restructuring

- Paukert, A. L., Phillips, L., Cully, J. A., Loboprabhu, S. M., Lomax, J. W., & Stanley, M. A. (2009). Integration of religion into cognitive-behavioral therapy for geriatric anxiety and depression. *Journal of psychiatric practice*, 15(2), 103–112. <https://doi.org/10.1097/01.pra.0000348363.88676.4d>

### Slide 44 - CBT: Relapse Prevention & Termination

- Qualls, S. H., & Knight, B. G. (2006). Psychotherapy for Depression in Older Adults (1st ed.). Wiley.
- Laidlaw, K., Thompson, L. W., Gallagher-Thompson, D., Dick-Siskin, L., & Beck, A. T. (2003). Cognitive Behaviour Therapy with Older People (1st ed.). Wiley.

### Slide 45 - CBT Outcomes with Older Adults



# Foundational Competencies in Older Adult Mental Health

## Depression

## References

- Piquart, M., Duberstein, P. R., & Lyness, J. M. (2007). Effects of psychotherapy and other behavioral interventions on clinically depressed older adults: a meta-analysis. *Aging & mental health, 11*(6), 645–657. <https://doi.org/10.1080/13607860701529635>
- Xiang, X., Wu, S., Zuverink, A., Tomasino, K. N., An, R., & Himle, J. A. (2020). Internet-delivered cognitive behavioral therapies for late-life depressive symptoms: a systematic review and meta-analysis. *Aging & mental health, 24*(8), 1196–1206. <https://doi.org/10.1080/13607863.2019.1590309>
- van't Veer-Tazelaar, P. J., van Marwijk, H. W., van Oppen, P., van Hout, H. P., van der Horst, H. E., Cuijpers, P., Smit, F., & Beekman, A. T. (2009). Stepped-care prevention of anxiety and depression in late life: a randomized controlled trial. *Archives of general psychiatry, 66*(3), 297–304. <https://doi.org/10.1001/archgenpsychiatry.2008.555>

### Slide 46 - Interpersonal Psychotherapy (IPT)

- Klerman, G. L., & Weissman, M. M. (1994). *Interpersonal psychotherapy of depression: A brief, focused, specific strategy*. Jason Aronson, Incorporated.
- Hinrichsen, G. A., & Clougherty, K. F. (2006). *Interpersonal psychotherapy for depressed older adults*. Washington, DC: American Psychological Association.

### Slide 47 - Conducting IPT with Older Adults

- Klerman, G. L., & Weissman, M. M. (1994). *Interpersonal psychotherapy of depression: A brief, focused, specific strategy*. Jason Aronson, Incorporated.
- Hinrichsen, G. A., & Clougherty, K. F. (2006). *Interpersonal psychotherapy for depressed older adults*. Washington, DC: American Psychological Association.

### Slide 48 - IPT Outcomes with Older Adults

- Cuijpers, P., Donker, T., Weissman, M. M., Ravitz, P., & Cristea, I. A. (2016). Interpersonal psychotherapy for mental health problems: a comprehensive meta-analysis. *American Journal of Psychiatry, 173*(7), 680-687.
- Heisel, M. J., Talbot, N. L., King, D. A., Tu, X. M., & Duberstein, P. R. (2015). Adapting interpersonal psychotherapy for older adults at risk for suicide. *The American Journal of Geriatric Psychiatry, 23*(1), 87-98.
- Van Schaik, D. J., Van Marwijk, H. W., Beekman, A. T., De Haan, M., & Van Dyck, R. (2007). Interpersonal psychotherapy (IPT) for late-life depression in general practice: uptake and satisfaction by patients, therapists and physicians. *BMC family practice, 8*(1), 1-7.
- Martire, L. M., Schulz, R., Reynolds III, C. F., Karp, J. F., Gildengers, A. G., & Whyte, E. M. (2010). Treatment of late-life depression alleviates caregiver burden. *Journal of the American Geriatrics Society, 58*(1), 23-29.

### Slide 49 – Problem Solving Therapy (PST)

- D'zurilla, T. J., & Goldfried, M. R. (1971). Problem solving and behavior modification. *Journal of abnormal psychology, 78*(1), 107.
- Nezu, A. M., Nezu, C. M., & D'Zurilla, T. (2012). *Problem-solving therapy: A treatment manual*. Springer publishing company.
- Kirkham, J. G., Choi, N., & Seitz, D. P. (2016). Meta-analysis of problem solving therapy for the treatment of major depressive disorder in older adults. *International journal of geriatric psychiatry, 31*(5), 526-535.

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

### Slide 50 - PST Adaptations

- Kiosses, D. N., Arean, P. A., Teri, L., & Alexopoulos, G. S. (2010). Home-delivered problem adaptation therapy (PATH) for depressed, cognitively impaired, disabled elders: a preliminary study. *The American Journal of Geriatric Psychiatry*, 18(11), 988-998.
- Kirkham, J. G., Choi, N., & Seitz, D. P. (2016). Meta-analysis of problem solving therapy for the treatment of major depressive disorder in older adults. *International journal of geriatric psychiatry*, 31(5), 526-535.
- Alexopoulos, G. S., Raue, P. J., Kanellopoulos, D., Mackin, S., & Arean, P. A. (2008). Problem solving therapy for the depression-executive dysfunction syndrome of late life. *International journal of geriatric psychiatry*, 23(8), 782-788.
- Alexopoulos, G. S., Raue, P. J., Kiosses, D. N., Mackin, R. S., Kanellopoulos, D., McCulloch, C., & Areán, P. A. (2011). Problem-solving therapy and supportive therapy in older adults with major depression and executive dysfunction: effect on disability. *Archives of general psychiatry*, 68(1), 33-41.
- Wilkins, V. M., Kiosses, D., & Ravdin, L. D. (2010). Late-life depression with comorbid cognitive impairment and disability: nonpharmacological interventions. *Clinical interventions in aging*, 5, 323.
- Beaudreau, S. A., Karel, M. J., Funderburk, J. S., Nezu, A. M., Nezu, C. M., Aspnes, A., & Wetherell, J. L. (2022). Problem-solving training for Veterans in home based primary care: an evaluation of intervention effectiveness. *International Psychogeriatrics*, 34(2), 165-176.
- Nezu, A. M. and Nezu, C. M. (2014). Problem-Solving Training Home Based Primary Care: Treatment Manual. Washington, D.C.: Mental Health and Suicide Prevention Services, VA Central Office and US Department of Veteran Affairs.

### Slide 51 - PST Outcomes with Older Adults

- Kiosses, D. N., & Alexopoulos, G. S. (2014). Problem-Solving Therapy in the Elderly. *Current treatment options in psychiatry*, 1(1), 15–26. <https://doi.org/10.1007/s40501-013-0003-0>
- Kirkham, J. G., Choi, N., & Seitz, D. P. (2016). Meta-analysis of problem solving therapy for the treatment of major depressive disorder in older adults. *International journal of geriatric psychiatry*, 31(5), 526-535.
- Sharpe, L., Gittins, C. B., Correia, H. M., Meade, T., Nicholas, M. K., Raue, P. J., McDonald, S., & Areán, P. A. (2012). Problem-solving versus cognitive restructuring of medically ill seniors with depression (PROMISE-D trial): study protocol and design. *BMC psychiatry*, 12, 207. <https://doi.org/10.1186/1471-244X-12-207>
- Areán, P. A., Raue, P., Mackin, R. S., Kanellopoulos, D., McCulloch, C., & Alexopoulos, G. S. (2010). Problem-solving therapy and supportive therapy in older adults with major depression and executive dysfunction. *The American journal of psychiatry*, 167(11), 1391–1398. <https://doi.org/10.1176/appi.ajp.2010.09091327>
- Unutzer J, Katon W, Callahan CM, et al. Collaborative care management of late-life Unützer, J., Katon, W., Callahan, C. M., Williams, J. W., Jr, Hunkeler, E., Harpole, L., Hoffing, M., Della Penna, R. D., Noël, P. H., Lin, E. H., Areán, P. A., Hegel, M. T., Tang, L., Belin, T. R., Oishi, S., Langston, C., & IMPACT Investigators. Improving Mood-Promoting Access to Collaborative Treatment (2002). Collaborative care management of late-life depression in the primary care setting: a randomized controlled trial. *JAMA*, 288(22), 2836–2845. <https://doi.org/10.1001/jama.288.22.2836>

# Foundational Competencies in Older Adult Mental Health

## Depression

## References

- Arean, P., Hegel, M., Vannoy, S., Fan, M. Y., & Unutzer, J. (2008). Effectiveness of problem-solving therapy for older, primary care patients with depression: results from the IMPACT project. *The Gerontologist*, 48(3), 311–323. <https://doi.org/10.1093/geront/48.3.311>
- Ciechanowski, P., Wagner, E., Schmalting, K., Schwartz, S., Williams, B., Diehr, P., Kulzer, J., Gray, S., Collier, C., & LoGerfo, J. (2004). Community-integrated home-based depression treatment in older adults: a randomized controlled trial. *JAMA*, 291(13), 1569–1577. <https://doi.org/10.1001/jama.291.13.1569>
- Choi, N. G., Marti, C. N., Bruce, M. L., Hegel, M. T., Wilson, N. L., & Kunik, M. E. (2014). Six-month postintervention depression and disability outcomes of in-home telehealth problem-solving therapy for depressed, low-income homebound older adults. *Depression and anxiety*, 31(8), 653–661. <https://doi.org/10.1002/da.22242>
- Beaudreau, S. A., Karel, M. J., Funderburk, J. S., Nezu, A. M., Nezu, C. M., Aspnes, A., & Wetherell, J. L. (2022). Problem-solving training for Veterans in home based primary care: an evaluation of intervention effectiveness. *International psychogeriatrics*, 34(2), 165–176. <https://doi.org/10.1017/S104161022000397X>

### Slide 52 - Care Management

- World Health Organization, & World Health Organization. (2014). Calouste Gulbenkian Foundation. *Social determinants of mental health*. Geneva: World Health Organization, 191.
- Areán, P. A., Gum, A., McCulloch, C. E., Bostrom, A., Gallagher-Thompson, D., & Thompson, L. (2005). Treatment of depression in low-income older adults. *Psychology and Aging*, 20(4), 601–609. <https://doi.org/10.1037/0882-7974.20.4.601>

### Slide 54 - Neuromodulation

- Verònica, G., Kerrie-Anne, H., Alonzo, A., Martin, D., Duncan, G., & Loo, C. K. (2015). Neuromodulation Therapies for Geriatric Depression. *Current Psychiatry Reports*, 17(7).
- Gardner, B. K., & O'Connor, D. W. (2008). A review of the cognitive effects of electroconvulsive therapy in older adults. *The journal of ECT*, 24(1), 68–80. <https://doi.org/10.1097/YCT.0b013e318165c7b0>
- Tielkes, C. E., Comijs, H. C., Verwijk, E., & Stek, M. L. (2008). The effects of ECT on cognitive functioning in the elderly: a review. *International journal of geriatric psychiatry*, 23(8), 789–795. <https://doi.org/10.1002/gps.1989>

### Slide 56 - Depression Prevention

- Westerhof, G. J., Bohlmeijer, E. T., van Beljouw, I. M., & Pot, A. M. (2010). Improvement in personal meaning mediates the effects of a life review intervention on depressive symptoms in a randomized controlled trial. *The Gerontologist*, 50(4), 541–549. <https://doi.org/10.1093/geront/gnp168>