

審査の結果の要旨

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This thesis aimed at improving the psychological well-being of community-dwelling senior citizens in the Philippines. I conducted an action research project entitled Project ENGAGE which stands for **E**mbracing and **N**urturing **G**lobal **A**GEing. The research project had three phases. Phase 1 measured the depressive symptoms of community-dwelling senior citizens and examined the factors associated with it. Phase 2 trained senior volunteers for leadership and peer counseling. Phase 3 conducted community-based interventions to improve the depressive symptoms of senior citizens.

Loneliness and chronic diseases were the major risk factors for depressive symptoms while a higher level of psychological resilience was the primary protective factor against it among Filipino senior citizens.

Filipino senior volunteers could be trained to serve as peer counselors in their communities. I equipped them with the proper knowledge, skills, and attitude. Our program improved their competency and well-being. Peer counselors benefited from the program concerning personal growth and opportunities gained from experience.

In this study, geriatric depression score over three months significantly improved in all intervention groups (control as reference). Significant improvements were also seen in psychological resilience and social support. Not all interventions, however, significantly improved the loneliness score. On the other hand, the combination intervention group showed the largest effect of improving depressive symptoms ($d=-1.33$) whereas the social engagement group showed the largest effect of improving psychological resilience ($d=1.40$), perceived social support ($d=1.07$), and loneliness ($d=-0.36$) among community-dwelling Filipino senior citizens.

Peer counseling, social engagement, and combination interventions were effective in improving depressive symptoms, psychological resilience, and social support among Filipino senior citizens at risk for depression. This study shows that it is feasible to identify senior citizens at risk for depression in the community and intervene effectively to improve their mental health. Further studies are required to target loneliness and investigate the long-term benefits of the interventions.