

## IMPORTANCE TO SOCIAL WORK

This study is important to the field of social work because it:

1. Brings awareness to the large Bhutanese refugee population in Cincinnati
2. The challenges working with older refugees, like language barrier, cultural differences, and stigma towards the refugee population
3. Brings awareness to the important of researching the behavioral health of refugees

## PURPOSE

- The purpose of this study was to evaluate the mental health domains of loneliness and depression in older adult (age 60+) Bhutanese refugees
- Bhutan is a small landlocked country in the Central Himalayas surrounded by India, China & Tibet

## LIMITATIONS

- The major challenge was transportation to Twin Towers Retirement Community from the Bhutanese refugees' home and back at the end of the hour session.
  - Translating the assessments from English to Nepali and possibly altering the meaning
  - Participants were not able to consistently attend the sessions because of family issues, meetings with immigration, and other reasons

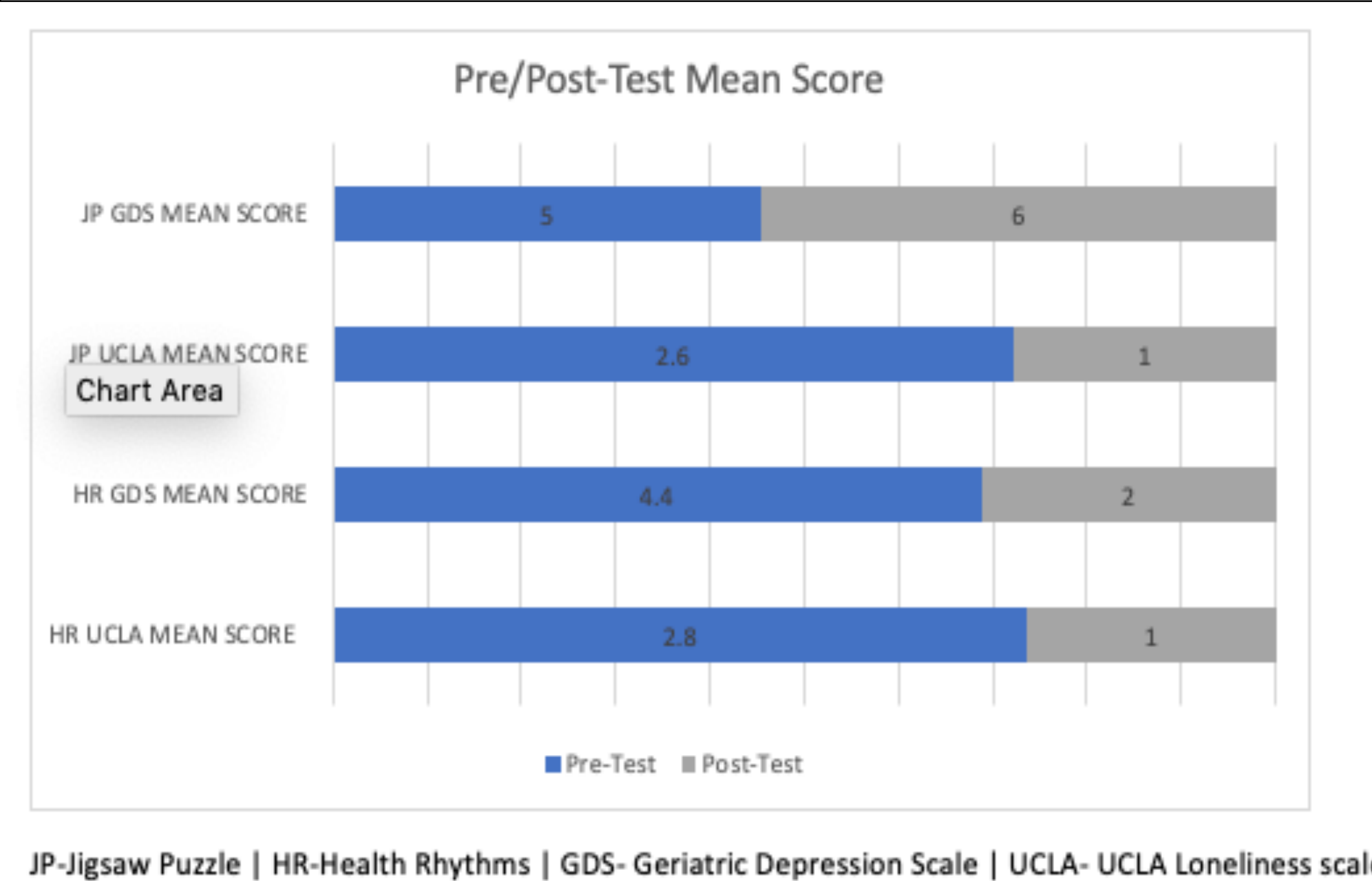
## REFERENCES

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Penning, Margaret J., et al. "Measuring Loneliness Among Middle-Aged and Older Adults: The UCLA and De Jong Gierveld Loneliness Scales." *Social Indicators Research*, vol. 118, no. 3, Jan. 2013, pp. 1147–1166., doi:10.1007/s11205-013-0461-1.

## RESEARCH QUESTIONS

- How effective is the Geriatric Depression Scale when working with a diverse population?
- How effective does the UCLA Loneliness Scale measure loneliness in the refugee population?
- What impact does *HealthRHYTHMS*® have on depression and loneliness?



## PARTICIPANTS

- Cincinnati has a population of Bhutanese refugees and this study worked with the older adults (age 60+) who are attempting to transition into the community
- 12 participants completed the pre and post test
- All participants speak Nepali, and some speak limited English



## RESULTS

- The Jigsaw Puzzle control group reported a pre-test mean score of 5 on the Geriatric Depression Scale. The same group reported a post-test mean score of 6. This is an **increase in levels of depression** among the participants
- The Jigsaw Puzzle control group reported a pre-test score of 2.6 on the UCLA Loneliness Scale and a post-test mean score of 1. This is a **decrease** in the participants levels of **loneliness**
- The HealthRHYTHMS® intervention group self-reported a pre-test mean score of 4.4 on the Geriatric Depression Scale. The group then reported a post-test mean score of 2. This indicates that they felt **less depressed** at the end of the study
- The HealthRHYTHMS® intervention group reported on the pre-test for the UCLA Loneliness Scale a mean score of 2.8 and a post-test mean score of 1. This indicates that they felt **less lonely** after the study end

## DATA ANALYSIS

- Data was collected by comparing the results of the *HealthRHYTHMS* group and the puzzle group's GDS and UCLA responses

## CONCLUSIONS AND FURTHERING THE STUDY

- Due to low number of participants, the results were not significant
  - It did indicate that the control group had increased in depression and decreased levels
- The test group indicated that they became less lonely and less depressed
- This study did help solve the logistics that will help with future studies work with the refugee population