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Spiritual reminiscence therapy for older people with loneliness, anxiety and depression living in a residential aged care facility, Malaysia: A qualitative approach

By: [Elias, SMS](#) (Elias, Sharifah Munirah Syed)^[1]; [Petriwskyj, A](#) (Petriwskyj, Andrea)^[2]; [Scott, T](#) (Scott, Theresa)^[3]; [Neville, C](#) (Neville, Christine)^[2]

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Abstract

Objective To explore how older people with loneliness, anxiety and depression experience a spiritual reminiscence therapy (SRT) program and to explore its acceptability within the Malaysian population. Methods Unstructured observations and a focus-group discussion were carried out with 18 participants involved in a six-week SRT program in a residential care facility in Kuala Lumpur. Results Analysis revealed four themes: (i) Enthusiastic participation; (ii) Connections across boundaries; (iii) Expressing and reflecting; and (iv) Successful use of triggers. Conclusions The findings suggest that the process of reminiscence, on which the program was based, was enjoyable for the participants and created opportunities to form connections with other members of the group. The use of relevant triggers in the SRT program that related to Malaysian cultures, ethnicities and religions was helpful to engage the participants and was acceptable across the different religions and ethnicities.

Keywords

Author Keywords: [aged care](#); [observation](#); [psychotherapy](#); [qualitative research](#); [spirituality](#)
 KeyWords Plus: [DEMENTIA](#); [LIFE](#)

Author Information

Reprint Address: Elias, SMS (reprint author)

+ Int Islamic Univ Malaysia, Dept Special Care Nursing, Kulliyah Fac Nursing, Kuantan, Malaysia.

Addresses:

- + [1] Int Islamic Univ Malaysia, Dept Special Care Nursing, Kulliyah Fac Nursing, Kuantan, Malaysia
- + [2] Univ Queensland, Fac Hlth & Behav Sci, Sch Nursing Midwifery & Social Work, Brisbane, Qld, Australia
- + [3] Univ Queensland, Sch Psychol, Fac Hlth & Behav Sci, Brisbane, Qld, Australia

E-mail Addresses: shmunirah@iium.edu.my

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