

The program was based on cognitive behaviour therapy and motivational interviewing strategies. A randomised controlled trial (RCT) of the program was undertaken from 2008 to 2010. 275 patients were enrolled into the RCT. All patients attended a hospital-based clinic for assessment of physiological risk factors at baseline (5 weeks after their acute event), prior to randomisation. Treatment group patients attended the 8-week group program. Control group patients received usual care. All patients re-attended the clinic for risk factor assessments at 4 and 12 months. Psychological and behavioural indicators were assessed by self-report questionnaires. Of the 275 patients enrolled into the RCT, 42 (15%) had Beck Depression Inventory-II scores >13 at baseline.. Treatment and control group comparisons were undertaken for this sub-group, using growth curve modelling and testing for group differences over time in psychological, physiological, health behaviour and self-efficacy measures. Significantly greater improvements ($p<.01$) in depression symptoms and self-rated health were reported for the intervention group, as well as significantly larger gains in confidence in managing depression ($p<.05$) and anger ($p<.01$). Trends ($.05<p<.10$) for larger treatment group improvements were also seen for anxiety symptoms and confidence in managing anxiety. A group secondary prevention program that integrates behavioural and mood management strategies leads to decreased depression, increased confidence and improved perceived health in depressed cardiac patients.

Music and ageing

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Aging of the population and health care costs related to ageing have become increasingly important in Australia. Currently the baby boomers demographic are the highest population within this country. The baby boomers birth years is from 1946 - 1960, therefore most of these people are getting closer to retirement age and more dependent on our health care system. Associated with ageing is a range of conditions ranging from deteriorating cognitive and/or psychosocial functions. Musical therapies and musical interventions can induce psychological and cognitive benefits and also have a potential to have a major contribution to the quality of life in the ageing population. Music contributes towards positive self-esteem, enhances feelings of competence and independence and can lessen the experience of social isolation. It is suggested that our ability to perceive music might be based on the same neural resources that operate other higher cognitive functions such as speech and spatial processing. Research shows that musical activity through the lifespan maintains brain plasticity and this in turn has a positive effect on preserving cognitive functioning in people as they age. This study attempts to discuss the relationship between music, psychosocial and cognitive functioning.

Friday April 5, 2013 11.00-12.30pm

Paper Session 4: INNOVATIONS AND CHALLENGES IN HEALTHCARE

CHAIR: A. Chur-Hansen

Location: Tully I

An evaluation of quality of free smartphone and iPad apps in oral health promotion