



Institute of Psychology
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Mental Health of Chinese Elderly and Cultural Specific Approaches

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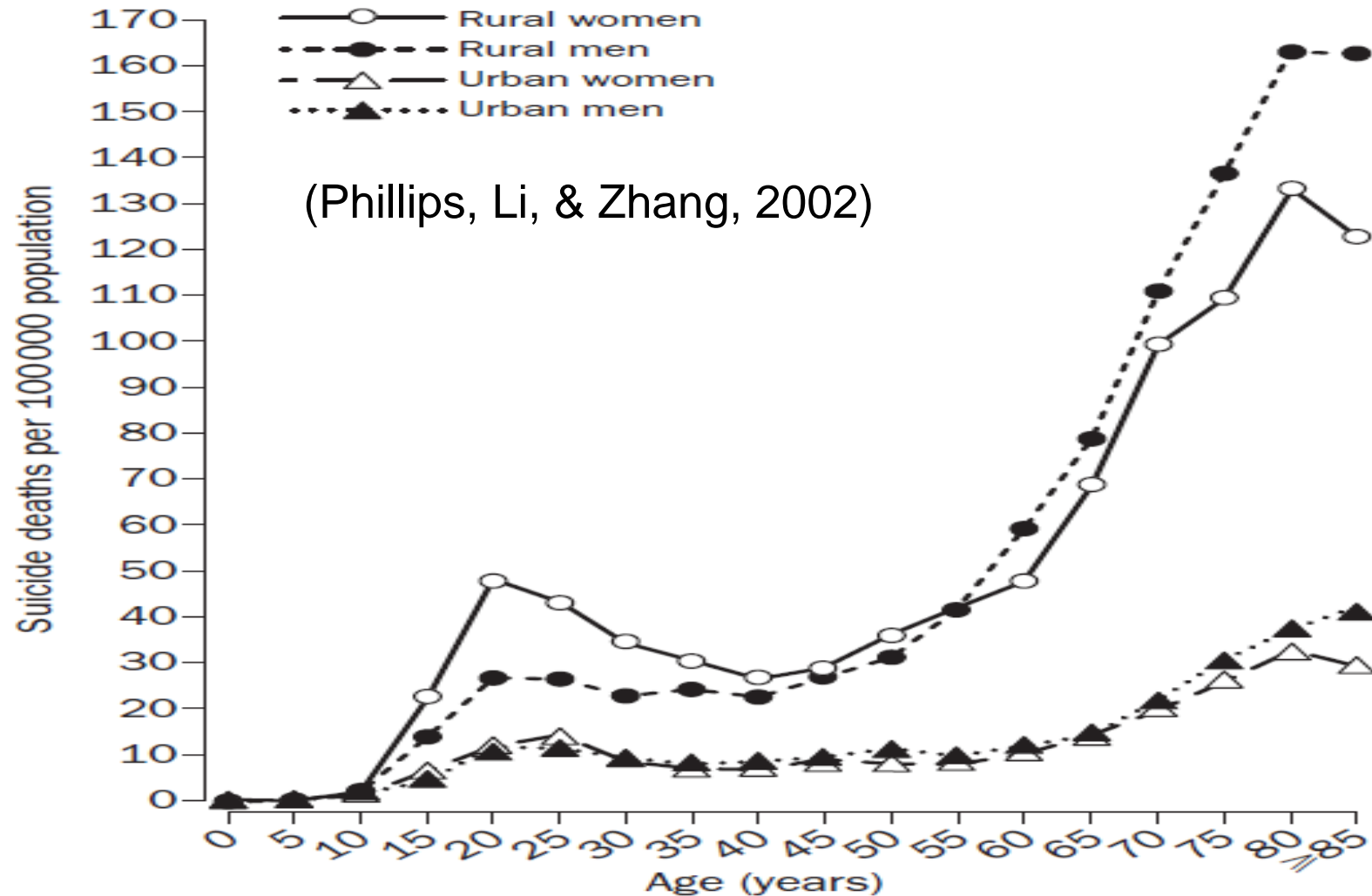
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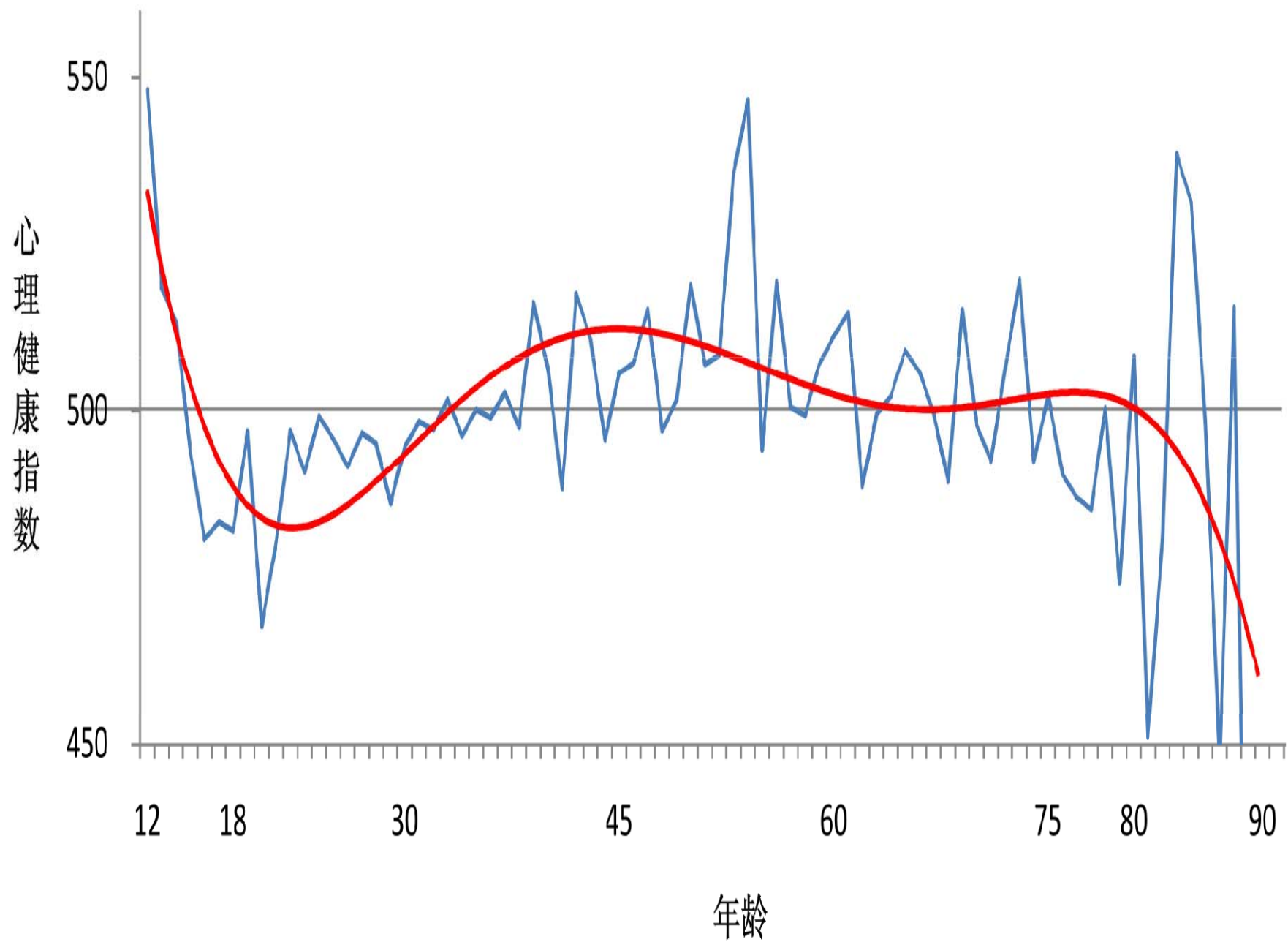
Outline



- Mental health of Chinese
 - Life span perspective
 - Suicide rate, Mental health
 - Longitudinal perspective
 - Munsh, GDS, CES-D
- Religion in serving a cultural society
- Conclusion

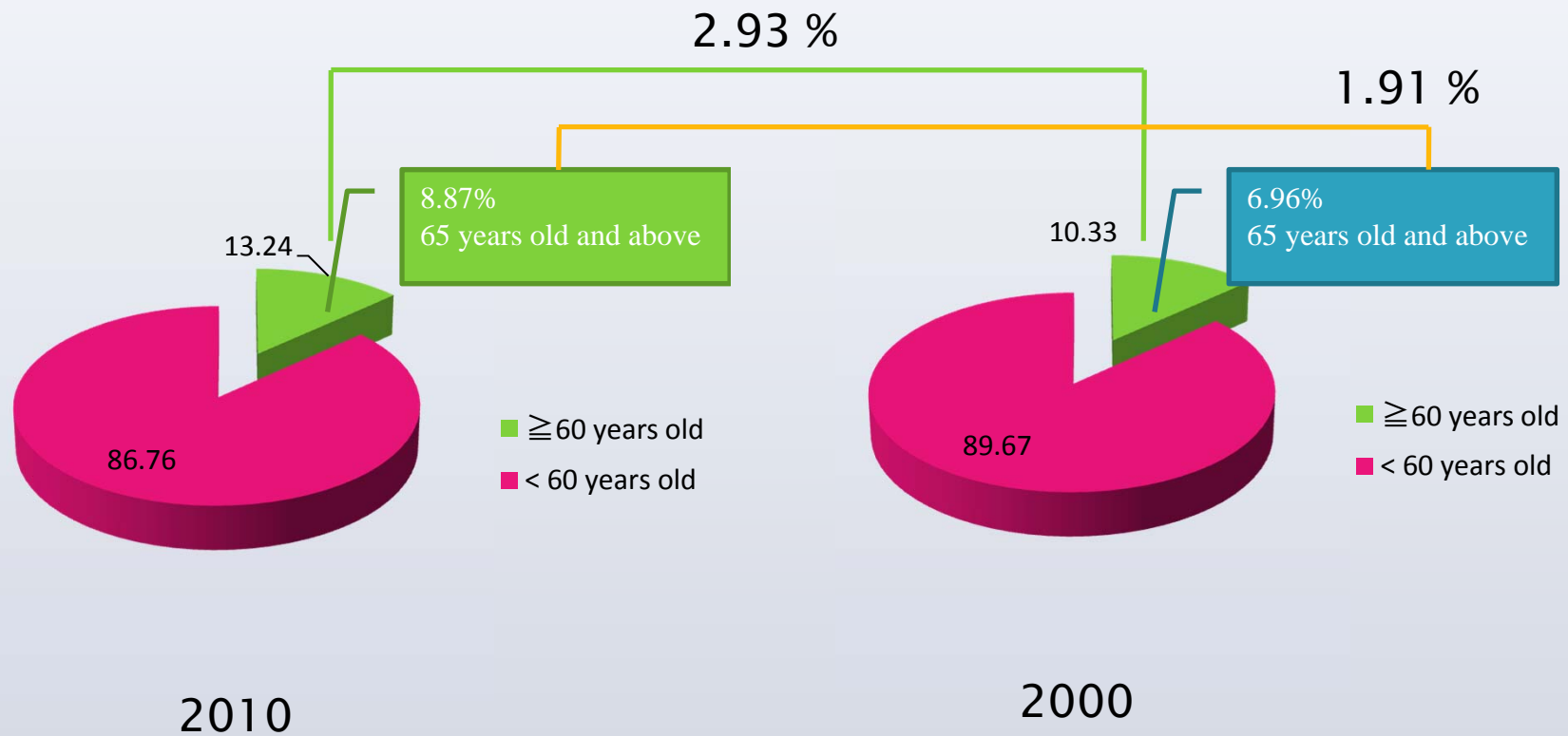
Rates of suicide in China (1995-99)





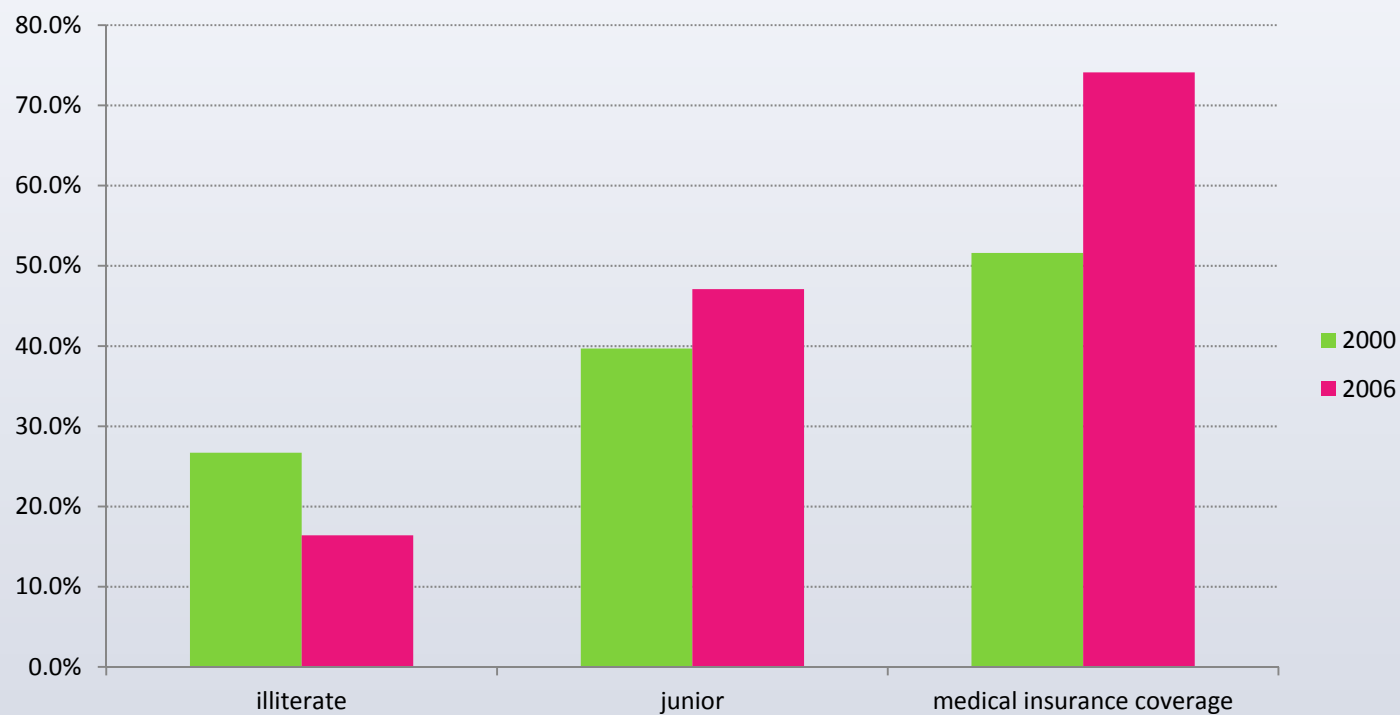
陈祉妍、吴振云、方格等，2008

The distribution of aging adults in China



Communiqué of the National Bureau of Statistics of People's Republic of China
on Major Figures of the 2010 Population Census [1] (No. 1)

The social economic status of urban elderly in recent years



National follow-up investigation (2000-2006), China Research Center on Aging



Cross-Temporal Meta-analysis

- explore the nature of **change within a set of variables over a period of time** and the possible socioeconomic factors
- 1. *select **studies using the same measurements***
- 2. *studies **conducted in the same year** are merged*
- 3. ***correlation** between year and the pooled mean values*
- (Twenge, 2000, 2001a, 2001b; Twenge & Campbell, 2001)



Number of references

	CES-D	GDS	MUNSH
1980-1997	—	—	5
1998	4	2	—
1999	1	2	1
2000	1	2	3
2001	1	1	—
2002	2	1	1
2003	2	2	2
2004	3	6	4
2005	2	6	2
2006	1	9	6
2007	2	7	4
2008	1	9	4
2009	—	4	2
2010	—	—	—
2011	—	—	—

“—” no publication



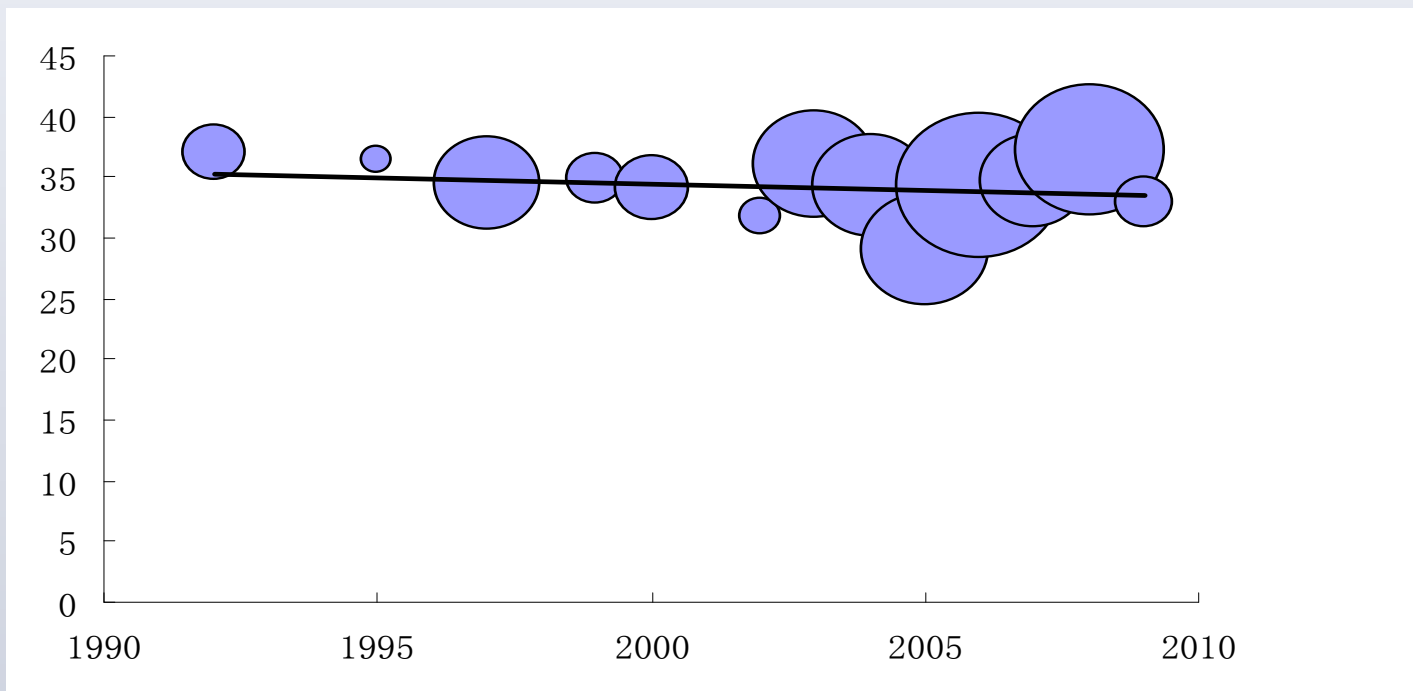
Reference retrieval

Scales	Data collection	References	Participants
MUNSH	1992-2009	35	17230
CES-D	1998-2008	20	21363
GDS	1998-2009	51	36625

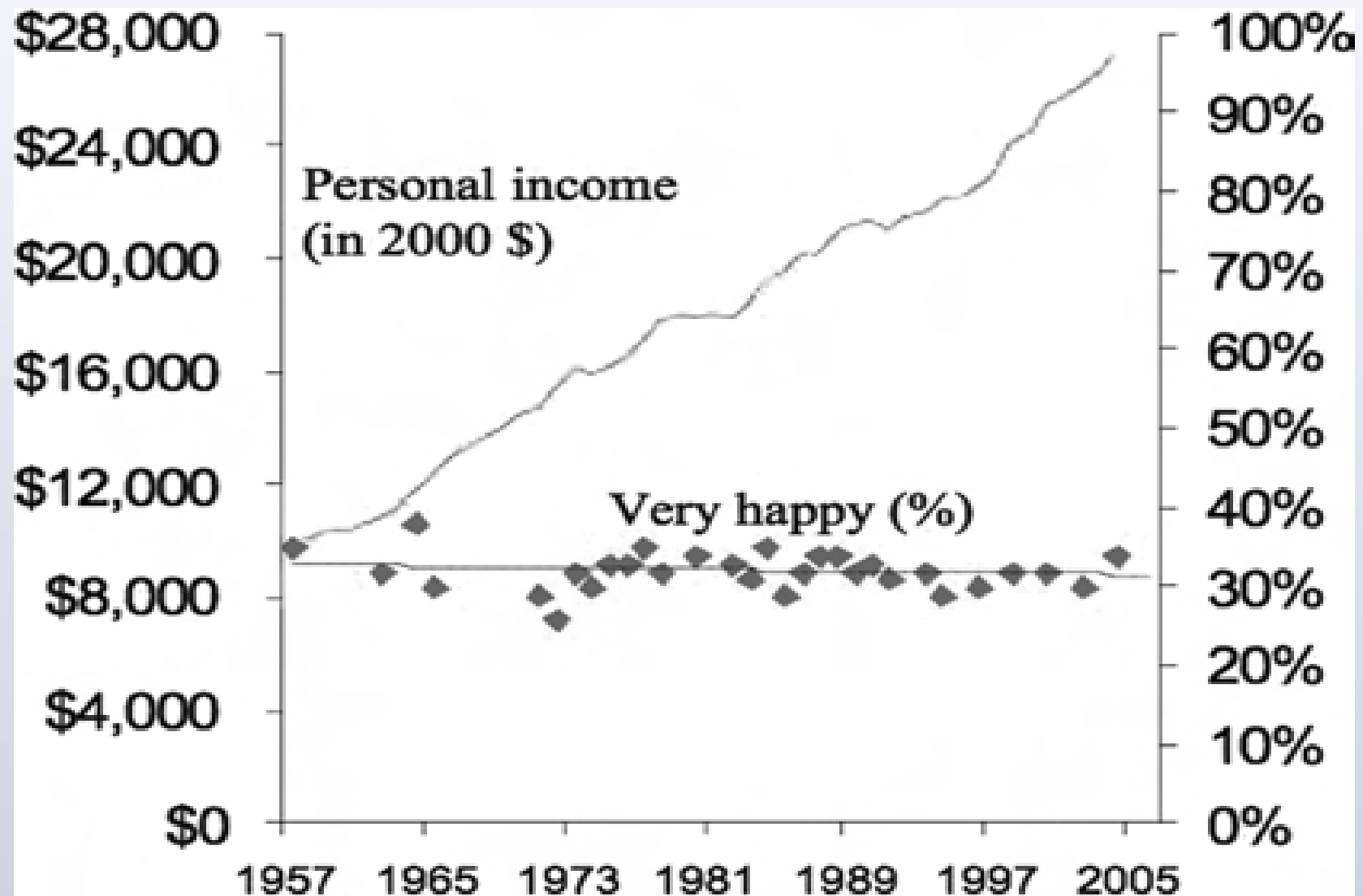
MUNSH



- No significant correlation between the year and mean weighted scores from studies in each year ($r = -0.183$, $p > 0.05$)



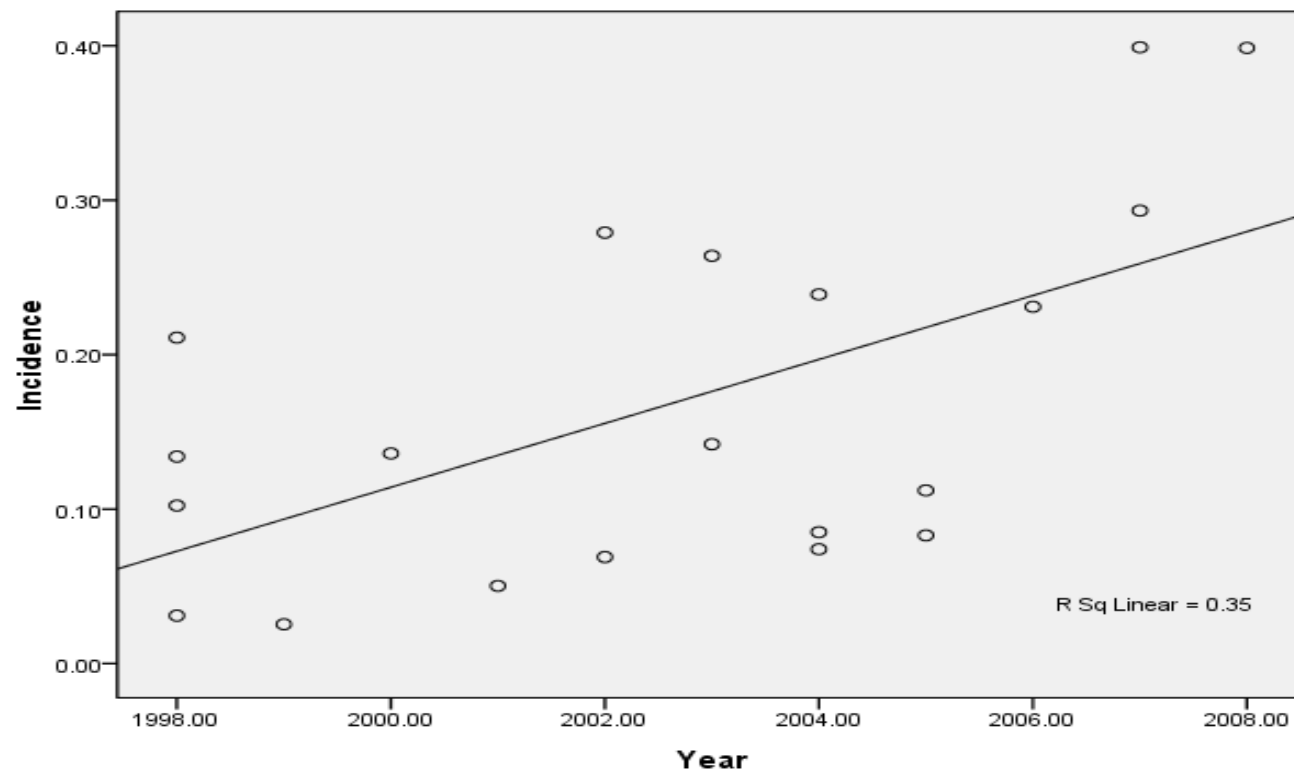
US Personal Income and Happiness, 1957–2005 (Nelson, 2009)



CES-D



- Prevalence change ($r=0.59$, $p<0.001$)



GDS



- Prevalence change ($r=0.729$, $p=0.007$)

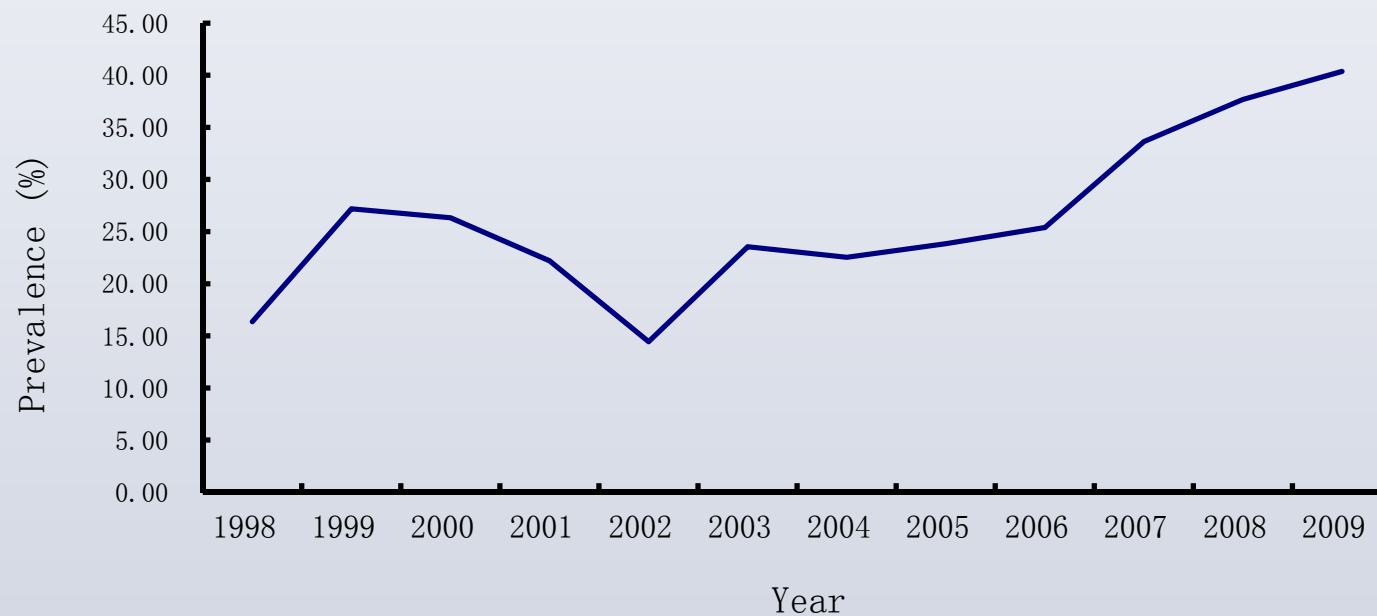
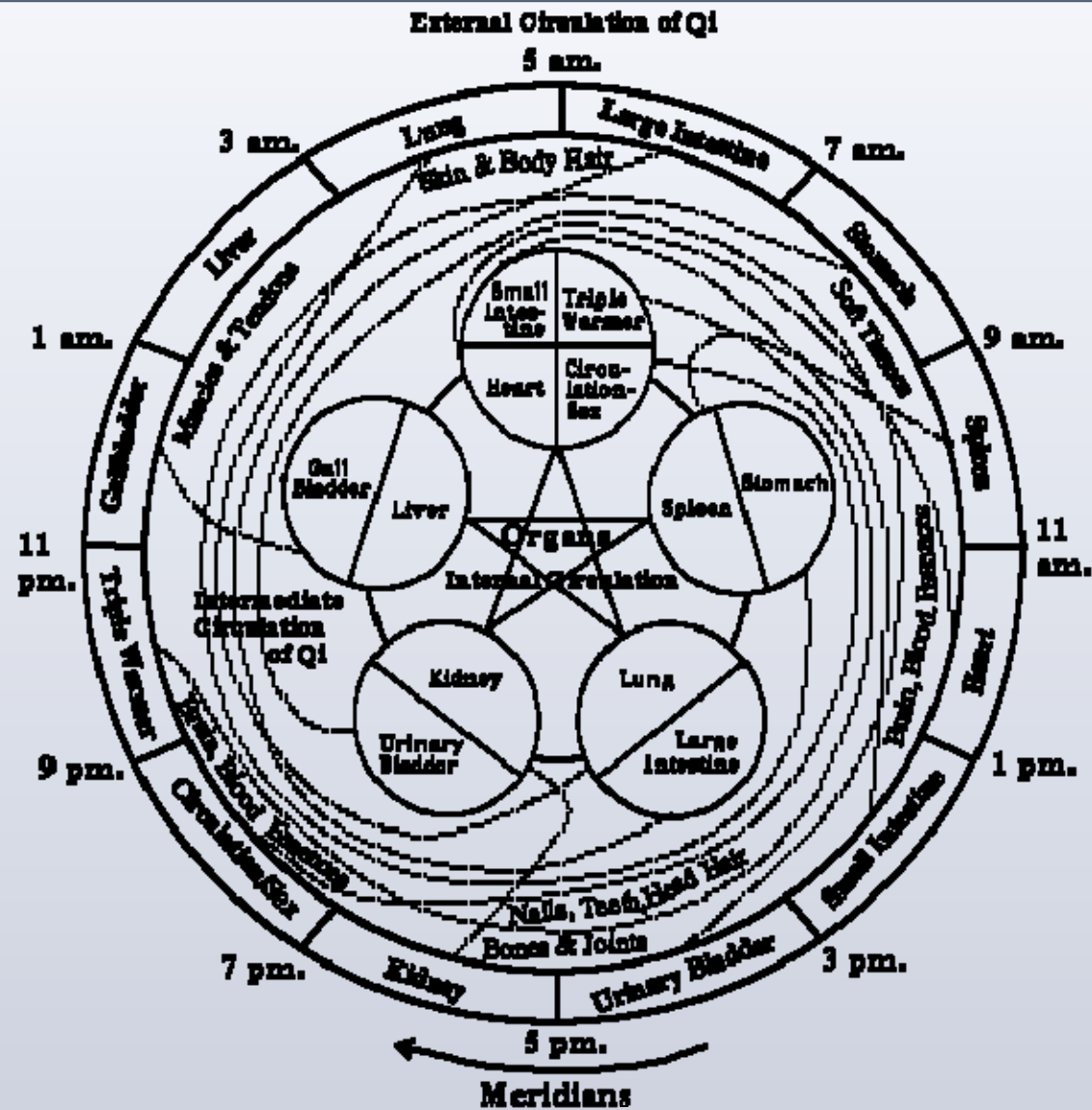




Table 3 Relationship between depression prevalence and urbanization indicators with data two years ago

Factor	variables	Depression prevalence
Population and Economic	(1) number of hospitals and health centers' beds per 1000 population	0.818**
	(2) number of practicing physicians per 1000 population	-0.212
	(3) GDP per capita	0.822**
	(4) urban percentage of total population	0.748**
	(6) number of ordinary primary and secondary school students per hundred thousand per capita	-0.672*
	(5) consumption level	0.789**
	(7) average number of persons per household	-0.793**
	(8) illiterate proportion of the population over 15 years old	-0.564
Industrial and living environment	(1) Secondary industry GDP	0.803**
	(2) Tertiary industry GDP	0.837**
	(3) number of urban basic retirement pension	0.846**
	(4) household garbage disposal capacity	0.586*
	(5) number of urban community service facilities	-0.142

Body, mind, and nature



Taoism -Dao



- History
- Doctrines
- Social



Fengyi WANG (1864-1937) -Emotional Therapy



- **Be gratitude**

- Positive emotion (Yang)
- Open the door of Heaven

- **Repent**

- Negative emotion (Yin)
- Close the door of Hell



Tai Chi Chuan (TCC)



- All the studies, both of rapid deterioration of health and of successful active aging, can be summarized in a single “prescription”: “**Use it, or lose it.**”(Jenkins, 2003)
- Just participating **physical exercises** doesn’t predict health, but **engaging in a pleasant activity and carrying on** does (Martha & Huang, 2012).

Taichi-induced improvements (Wei et al, 2013)



Table 1. Participant characteristics.

	Age (years)	Gender	Education (years)	Practice Duration (years)	Practice Intensity (hours/week)	Intracranial Volume (ICV) (mm ³)
TCC	52±6	7 M; 15 F	12±3	14±8	11±3	1165183±221749
Controls	54±6	8 M; 10F	12±3	—	—	1114497±170647

doi:10.1371/journal.pone.0061038.t001

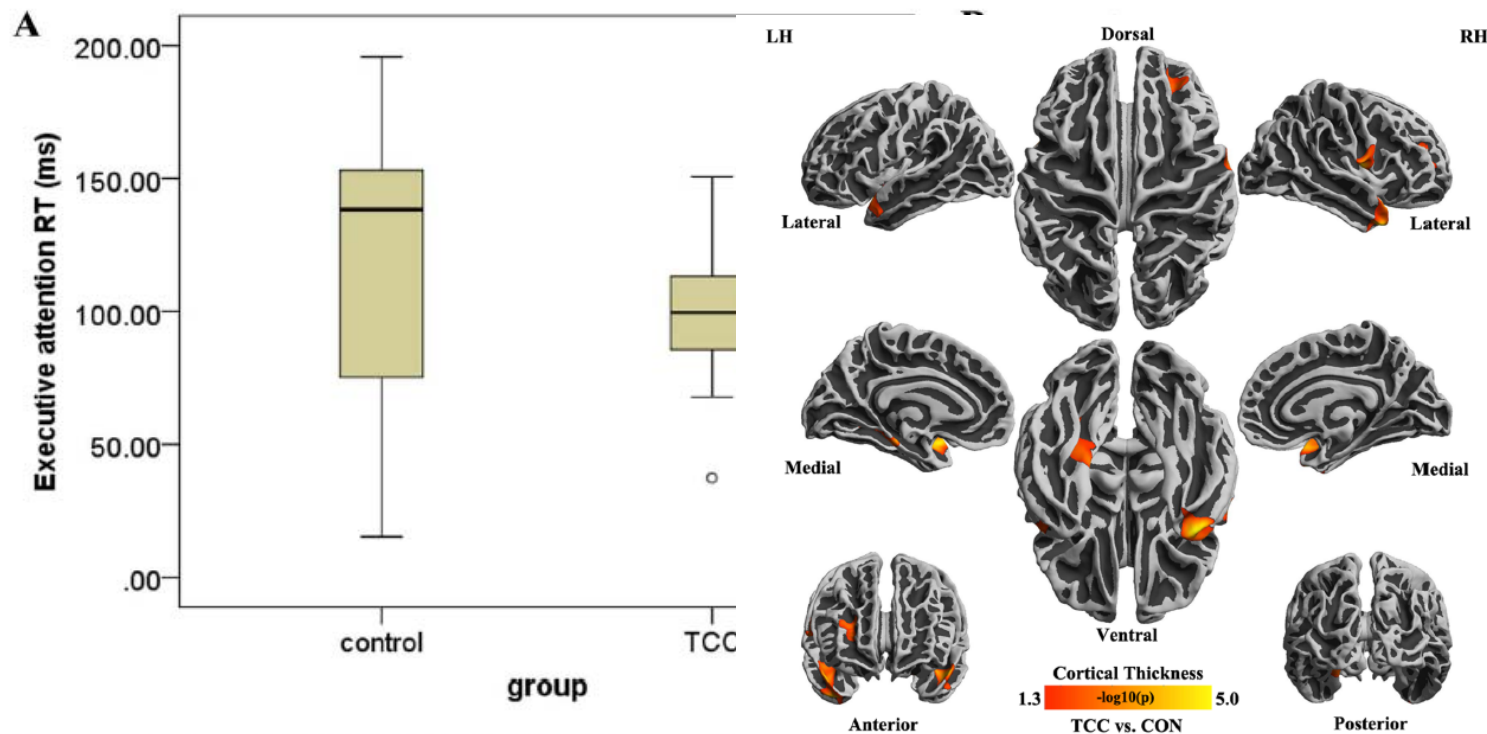


Figure 2. Group differences in behavioral task performance and control group; B) scatter plot of the association between executive attention RT (ms) and group (control vs TCC).
doi:10.1371/journal.pone.0061038.g002

Figure 3. Cortical regions thicker in TCC practitioners than in controls. Statistical map depicting between-group differences in thickness across various cortical regions (Lateral, Medial, Anterior, Posterior, Dorsal, Ventral) for LH and RH hemispheres. All points meeting a $p < 0.05$ (corrected) threshold are displayed to better illustrate the anatomic extent of the areas and relative specificity of the findings.
doi:10.1371/journal.pone.0061038.g003

Conclusion

**SWB of elder Chinese are stable in past 15 years,
In spite of the increasing negative affection
and experience in the period.**

**Approaches based on Chinese Taoism philosophy
Could be of help.**

Thanks