

POSTER PRESENTATION PP16

Mental Health Status and Acceptability of Age-Friendly Interventions Among Older Adults Attending a Primary Care Clinic

Guganesan Krishnanmoorthy¹, Muhammad Asyraf Bin Hasnan², Norazah Binti Hamsan³, Asmah Binti Johari¹, Noor Khalili Bin Mohd Ali¹, Suriyati Bt Abdul Aziz⁴, Zuraidah Binti Mohamed⁴

¹ District Health Office Seremban, 70590, Seremban, Negeri Sembilan, Malaysia

² Klinik Kesihatan Senawang, Persiaran Senawang 2, Taman Cendana, 70450, Seremban, Negeri Sembilan, Malaysia

³ Klinik Kesihatan Seremban 2, Jalan S2 D8, City Centre, 70300, Seremban, Negeri Sembilan, Malaysia

⁴ Negeri Sembilan State Health Department, 70300, Seremban, Negeri Sembilan, Malaysia

ABSTRACT

Background and Objectives: Psychological well-being is an important component of healthy ageing, yet routine mental health screening and age-friendly exercise programmes remain limited in Malaysian primary care. This descriptive pilot study aimed to describe depression, anxiety, and stress (DAS) among older adults attending a primary care clinic and evaluate the acceptability of a technology-assisted exergaming intervention. **Methods:** A descriptive pilot study was conducted among community-dwelling adults aged ≥ 60 years attending Klinik Kesihatan Senawang. Participants were recruited using convenience sampling. Psychological status was assessed using the 21-item Depression Anxiety Stress Scales (DASS-21). Participants subsequently completed a structured single-session intervention comprising orientation, warm-up, interactive exergaming using Nintendo Wii™ and FIBOD, a sensor-based smart balance board and digital platform for dynamic postural training, functional movement, and balance activities, followed by cool-down exercises. Participant satisfaction was evaluated using a standardized intervention evaluation form. Descriptive statistics were used to summarize study findings. **Results:** Twenty-seven women participated (mean age 64.9 years). Most participants had normal stress levels (96.2%), while 14.8% demonstrated mild anxiety and 3.7% moderate anxiety. No participant demonstrated depressive symptoms. Mean DASS-21 scores were low (stress 2.5 ± 2.4 ; anxiety 2.0 ± 2.3 ; depression 1.1 ± 1.5), indicating minimal psychological distress. Participant satisfaction with the intervention was high, with mean evaluation scores exceeding 5.5/6 and more than 87% of participants awarding ratings of 5 or 6. **Conclusion:** Older adults recruited into this descriptive pilot study demonstrated low levels of psychological distress and high acceptability of a technology-assisted exergaming programme incorporating Nintendo Wii™ and FIBOD. These preliminary findings support further evaluation in larger, more representative studies to determine the effectiveness of technology-assisted exergaming for promoting healthy ageing in primary care.

Keywords: older adults; DASS-21; exergaming; FIBOD; primary care; healthy ageing

Corresponding Author:

Guganesan Krishnanmoorthy

Email: kguganesan@yahoo.com