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Comparing Two Ways to Treat Serious Worry among Older Adults from Underserved, Racial or Ethnic Minority Communities

REACH Dissemination Committee, Maine, USA

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Comparing Two Ways to Treat Serious Worry among Older Adults from Underserved, Racial or Ethnic Minority Communities

Compared with other older adults, those with serious worry are more likely to have **poor physical health**, and often have **depression, sleep problems, and trouble thinking clearly**.

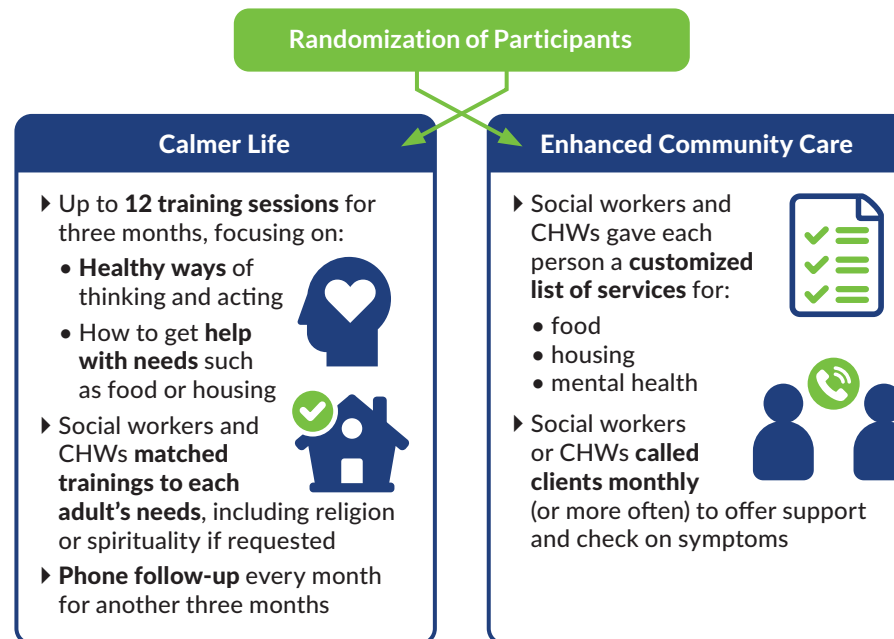
LOCATION & POPULATION

- ▶ 148 Adults
- ▶ 50+ years old
- ▶ significant worry
- ▶ live in neighborhoods with few resources
- ▶ 76% African American
- ▶ 17% White
- ▶ 5% Hispanic
- ▶ 2% Other races
- ▶ 82% Women
- ▶ Average age: 67



STUDY DESIGN

The research team compared two treatments for older adults who had serious worry. Participants either received the Calmer Life or the Enhanced Community Care treatment from social workers or community health workers (CHWs). In both programs, CHWs are trained to teach about health and link people with health and social services.



FINDINGS

▶ **Both treatments worked about the same.** At the end of the study, people receiving either treatment had:

- Less worry and anxiety
- Fewer symptoms of depression
- Better sleep
- More ability to do social activities
- More ability to do daily activities despite disability
- Better quality of life related to mental health



▶ **Physical health stayed the same with either treatment**

USED ACRONYMS

CHWs – community health workers

Key Take-Away

Social service agencies or health systems can consider using either Calmer Life or Enhanced Community Care or both approaches to help older adults with serious worry.

REFERENCES

1. Stanley MA, Wilson NL, Shrestha S, et al. Community-Based Outreach and Treatment for Underserved Older Adults With Clinically Significant Worry: A Randomized Controlled Trial. *Am J Geriatric Psychiatry*. 2018;26(11):1147-1162. doi:10.1016/j.jagp.2018.07.011
2. Stanley MA, Wilson N, Amspoker A, et al. (2019). Comparing Two Ways to Treat Serious Worry Among Older Adults from Underserved, Racial or Ethnic Minority Communities. Patient-Centered Outcomes Research Institute (PCORI). <https://doi.org/10.25302/10.2019.AD.131006824>

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