

Title	Types of Therapy Programs Affect to Reduction of Depression for Thai Elderly: Meta-Analysis
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Academic Year	2022

Abstract

A research article on types of therapy programs that have an effect on reducing depression in Thai elderly people. It can be divided into 4 groups of therapy programs: 1) alternative therapy 2) movement stimulation therapy 3) cognitive therapy. or problem-solving therapy, and 4) cognitive-behavioral therapy. The data retrieved from 3 databases, the Center for the Thai Journal Citation Index (TCI), the ASEAN Citation Index (ACI) database, and the thesis and research database (ThailIS). The samples were selected according to the system until 14 subjects and 15 effect size. Total sample size was 299 samples. The calculating of effect size and the risk of bias assessment (Risk of Bias) was assessed using Meta-Essentials program and Review Manager (RevMan) 5.4, respectively. The distribution of the effect size was high. The mean of effect size was -2.11 and the 95% confidence interval was -2.60 to -1.61 . In addition, when analyzing the mean of effect size by subgroups of types of depress therapy, it was found that 1) cognitive-behavioral therapy 2) Alternative treatment therapy 3) Movement stimulation therapy 4) Cognitive therapy or therapy by problem solving and arranged were -3.13 , -2.10 , -1.92 and -1.70 , in descending order respectively. Overall, there was a high distribution of the effect size. showed that the treatment program was effective in reducing depression for the Thai elderly Even the individual types of depression treatment programs fall into a wide range of values. The development of a treatment program with an effect size higher than the mean effect on the development of a depression treatment program in Thai elderly should be considered. It can be summarized into 3 main steps. Step 1: Assessment of the characteristics of the elderly that sample group before proceeding with the type of treatment program in step 2 , which was mainly based on the analysis of the

predictive regression equations for the effect size prediction. This is based on the mean effect size as a criterion, which is 2.11, and for step 3, it details the design of the activity in the treatment program.

Keywords: Meta-Analysis, Depression, Elderly