

## Title: Assessing Interests in Japanese Elders: A Descriptive Study

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**Major Finding:** Interests in older adults in Japan do not seem to be strongly connected with the presence of a disability, although the reasons behind the selection of given interests may be linked with impairment.

### Participants:

- 65 community-dwelling participants from social clubs (healthy group) and nursing home day-care programs (day-care group); no participants were employed

### Healthy Group:

- 28 participants (mean age=79.1, 25 female, 3 male)

### Day-Care Group:

- 37 participants (mean age=75.6, 23 female, 14 male)
- Most had impairments resulting from CVA or dementia

**Method:** Participants completed the Japanese Interest Checklist for the Elderly (JICE) and were interviewed about their interpretations of the items and why they made the selections that they did.

**Analysis:** Chi-squared analysis was used to compare interest responses between the two groups and qualitative analysis was used to determine patterns of responses and to code the reasons for interests.

### Findings:

- No significant differences were found in participation in three-fourths of the activity items and there was no evidence that the day-care group's interests had narrowed to focus on ADLs.
- The interests that differed across groups did not show a clear pattern and some may have been linked to the day-care group's higher proportion of males.
- In explaining strong interests, the day-care group emphasized competence and recall/nostalgia more while the healthy group emphasized role/obligation, value, and habit more.

**Conclusion:** Factors underlying interests may operate differently across populations of disabled and non-disabled people.

**Implications for future research:** Further research including more balanced subgroups can add to knowledge about the reasons behind levels of interest in particular activities by cohorts with and without disabilities.

### Evidence-based practice implications:

- **Some inherent limitations of checklists can be overcome by asking clients to enter additional information as appropriate.**
- **Elderly people with disabilities may not have narrowed their interests to the extent that previous research suggested and their continued interests should be taken into account in therapeutic interventions.**