

Innovative technological tools and depressive disorders in institutionalized elderly people with cognitive disorders.



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Background : situation of institutionalized elderly people

- Depressive and cognitive disorders are highly prevalent and mutually aggravating.
- Antidepressant treatment must be supplemented by non-drug therapy.

Aims

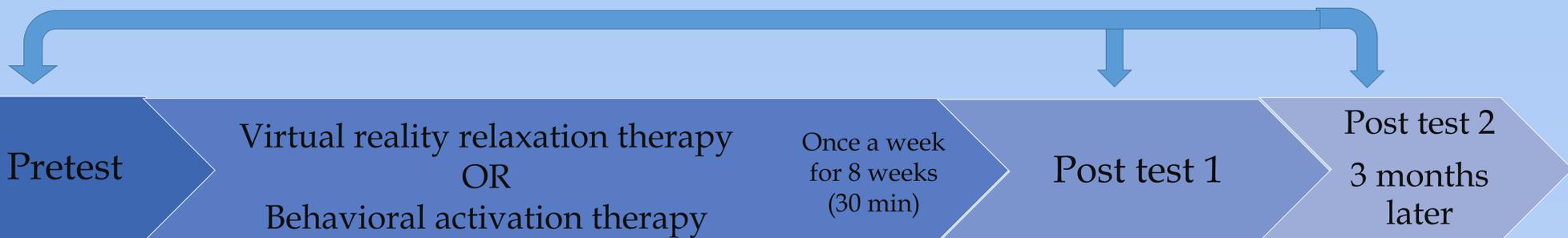
- To determine whether the use of innovative technological tools reduces the intensity of depression and behavioral disorders.
- To assess the persistence of the effect.

Population

- Residents (♀+♂) aged between 75 to 99 in a nursing home in Moselle (Eastern France).
- Depressive and cognitive disorders diagnosed.

Tools and procedure :

- **Cornell Scale for Depression in Dementia (CSDDE)** (Alexopoulos et al., 1988).
- **NeuroPsychiatric Inventory Nursing Home version (NPI-NH)** (Sisco et al., 2000).



Virtual reality relaxation therapy
virtual reality headset

« *HypnoVR®* ».

(photo crédit @ D Machot Isaac)



Expected results

- Decrease in the intensity of depressive and behavioural disorders after therapy. (1)(2)
- Persistence of therapeutic effect in the medium term. (2)



Behavioral activation therapy
« *Moto-Med®* » ou « *Bike Labyrinthe®* »
Pedal system for virtual tour of a site.

(photo crédit @ D Machot Isaac)

REFERENCES

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2. Dziubek, W., Kowalska, J., Kusztal, M., et al. (2016). *Kidney and Blood Pressure Research*, 41(1), 86-98.