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# Mental Well-Being of Older Adults in Care Homes

A Descriptive Literature Review

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## Abstract

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The mental well-being of older adults who are residing in care homes is decisive yet often in explored areas of health and social care. Mental well-being of older adults living in care homes, focusing on lived experiences of older adults to understand the complex factors that influenced their mental well-being in care home settings. The purpose of this study was to define the mental well-being of older adults living in care homes and the study aimed to provide new knowledge about the mental well-being of older adults in care homes and identified strategies that enhanced their emotional health, reduced isolation promoted overall quality of life. A qualitative methodological approach was applied in this study and a descriptive literature review was implemented as an approach. Data was collected through a systemic search of two major healthcare databases, CINAHL and PubMed, using Boolean search techniques to enhance and broaden the results. The fourteen articles used to gather data were published between 2020 and 2025. Inductive reasoning was used to analyze data and two main categories were identified according to the participants' perspectives. The two main categories were further classified as eight generic categories, representing a variety of factors that influence mental well-being, namely family participation, social support, meaningful activities, autonomy and social connections. The results demonstrate that improving mental health in care homes takes more than just attending to residents' physical needs; it also entails developing relationships, empowering older adults and establishing emotionally supportive surroundings. This thesis adds to the widening field of study on older adults' mental health and offers useful advice for academics, policymakers and healthcare professionals who want to enhanced mental well-being of older adults in care home environments.

Keywords: Mental well-being, Older adults, Care homes

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The originality of this thesis has been checked using Turnitin Originality Check service.

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## 1 Introduction

Mental well-being is a multifaceted concept that includes emotional, psychological and social factors such as life satisfaction, autonomy and the ability to cope with stress. Research reveals that maintaining mental health is essential for physical health of older adults. Poor mental well-being can result in various negative outcomes, including increased susceptibility to chronic conditions, cognitive decline and diminished quality of life. Worldwide population aging and mental health disorders are becoming major issues; the population across the globe of individuals aged 60 years and above is predictable to reach 2.1 billion by 2050, emphasizing the expanding demand for institutional care services. (World Health Organization 2024.) With the amount of individuals above 80 years anticipated towards quadruple since 143 million in 2019 to 426 million in 2050. Mental health issues of older adults are prevalent and they are associated with considerable functional consequences, reduced health and happiness and an increased suicidal risk. Numerous research articles have reported a significant rise in case of mental disorders in elderly inhabitants of nursing homes, which can be the rate is three to four time greater in comparison to the community. (Yu, Lo, Chen and Lu 2022: 1.)

A care home provided care of individual with nursing care and assistance 24 hours a day or a combination of the two. Dependence in daily functioning, cognitive deficits, presence of multiple chronic condition, physical frailty and behavioural challenges are all very common among residents of care homes. Older adults in care home settings generally experience community isolation and loneliness due to loss of community connection, decreased health and the shift to residential living, which can affect their mental well-being. The loneliness is combined with negative outcomes such as depression, poor physical health and even suicide. (Goodman et al. 2016: 2.) In care homes, residents might face a sense of isolation compared to community-dwelling elderly individuals, as they may have low opportunities for meaningful social engagement. The person-centred care management movement seeks to reduce loneliness by giving residents more control over their preferences and daily activities, improving their sense of autonomy and can reducing feelings of loneliness. (Andrew and Meeks 2016: 184.) The purpose of this study is to define the mental well-being of older adults living in care homes. The aim of this study to produce new knowledge about the mental well-being of

older adults in care homes and identify strategies that enhance their emotional health, reduce isolation and promote overall quality of life.

## 2 Background

### 2.1 Mental well-being of older adults

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well and contribute to their community (WHO 2024). The concept of mental well-being has been defined in several ways, demonstrating the variety of its characteristics. Subjective well-being is made up of both pleasant and negative affective and cognitive feelings. However, presented a concept in which the following areas were included in mental well-being: accomplishment, meaningfulness, relationships, good emotions and engagement. (Nordmyr et al. 2020: 2.)

Worldwide, recently most individual can expect to live beyond their sixties. The age limit for older adults is generally considered to be 60 years and older. This age threshold can vary slightly depending on the context, such as in different countries or regions, but the World Health Organization commonly uses over 60 years as a reference point for defining older adults. In each country in the globe, the amount of older persons in the population is increasing along with their statistics. In 2030, one in six people on the planet will be aged 60 and above. (WHO 2024.)

Western countries are experiencing rapid population aging. As the population ages, there is an increasing need for appropriate care home options and aging raises the danger of a general decline in health, because the functional ability of newer generations is superior to that of previous generations. Non-institutional housing facilities that enable independent living by offering minimal services and a sense of community are probably going to become more and more necessary. (Lahti et al. 2021: 1-2.)

Methods to promote healthy aging will grow more important as the global population ages. Older adults are frail and tend to face raised risk of complication, including depression, cognitive impairment and hospitalization. These problems can increase healthcare expenses. 60% of care home residents suffer mental health difficulties, making mental well-being an important concern. And more than 40% of residents suffer

from depression. Physical activity can improve enhancing mental and physical health, with the adult benefit of reducing age related risk. (Frampton, Oppedijk, Hadley and Annett 2024: 1408-1409.)

## 2.2 Role of nurses in care homes

Care homes are critical components of long-term care services for elderly populations. Globally, experts estimated that 2 to 5% of older adults living in care homes or nursing homes, with the figure anticipated to climb as the population ages. As individuals live longer, that demand for these care facilities increases, emphasising the growing need for facilities that can meet the variety of health and care professionals' needs. Care homes include nursing homes, assisted living and senior housings. Supporting aging in place and independent living is the common goal shared by all these models. The aim of care homes is to provide a safe atmosphere that promotes older adults' physical and mental well-being. These types of care homes manage health issues, help with everyday tasks and offer personal care for older adults in there. While nursing homes emphasize medical care, care home facilities are mainly concerned with physical and safety needs. (Gardiner, Laud, Heaton and Gott 2020: 749.)

Nursing home care patients depend significantly on carers to meet their physical, mental and social requirements, making them among the most at-risk cohorts within society. Furthermore, to physical and medical care, nursing homes should meet older adults' social needs to improve their mental well-being and integrity. A person-centred approach, which acknowledge and prioritises the care of needs, contribute to positive culture in nursing homes. Assisted living is another type of care services for older adults, intended for individuals who need assistance with daily task but do not need intensive medical care that nursing facilities offer. Assisted living care often provide varying level of care based the older adult's needs. These institutions vary in size, accommodating from 25 to more than 100 residents. Assisted living services may involve assistance with personal care, medication administration and supervision, but its primary goal is to promote independence than relay on medical care. (Hackman, Hult and Haggman-Laitila 2023: 33.)

People in long term care facilities, including care homes, senior housing or assisted living more often diagnosed with chronic illnesses. Nurses plays a most significant role in enabling rallies regarding older adults' future health care preferences as a part of care

planning in the care homes. Interaction with care home dwellers and their families is simplified to ensure that end of life desires is identified and acknowledged. Moreover, nurses frequently confront issues such as unclear duties and reluctance in discussing these delicate issues. (Punia, Kaasalainen, Ploeg, Strachan and Sussman 2024: 2.)

As the worldwide aged population, the expectation for the care homes, nursing homes and assisted living facilities will increase. While care homes give basic personal care and support, nursing homes address more severe medical requirements and provide variety of health care services. Assisted living facilities may provide an intermediate level of care to the older populations who require assistance with daily activities but not require extensive medical attention. All of these care services significantly support older adults' physical, mental well-being, independence and improve the life quality.

### 2.3 Mental health challenges in care homes

Care homes have a significant role in preserving physical health, treating medical disorders and contribute individual care. Although care facilities have the ideal location to fulfil these safety and physical standards. (Gardiner et al. 2020: 749.) Cognitive ability, mood, social interactions, independence and safety are only a few of the psychological, social and biological elements that contribute to older adult's mental health. Mental health might be negatively impacted by the changes that frequently occur in later life. Due to weakness, poor health, or reduced cognitive or physical ability, many older persons lose their capacity to live independently. Additionally, the death of a loved one and moving to a new place are more common among older adults. Additionally, sadness and dementia are common in the elderly. (Lotvonen, Kyngäs, Koistinen, Bloigu and Elo 2018: 2.)

A significant number of residents in residential aged care institutions suffer from symptoms of depression. A large number of residential aged care facilities' residents are socially isolated. Depression symptoms are directly connected with social isolation and loneliness. According to a recent qualitative study, residential aged care facilities explained their feelings of sadness and feeling isolated in a cluster and failing their health and functioning capabilities. (Doyle et al. 2021: 2.) Loneliness is a serious health problem that can lead to various adverse effects, including depression, dementia, heart problems, undernourishment, a lower life quality and death. Although the becoming social aspect of care home life, loneliness and unhappiness can result from losing family

and friends, not having meaningful talks with staff and other residents and not having enough time for them. (Gardiner et al. 2020: 749.)

Many older adults and their family members have difficult experience with the moving to residential aged care. It can occur unexpectedly they are getting decision under pressure, especially after hospitalization, illnesses, or the death of a partner. This unexpected change can negatively affect their sense of control and their ability to adapt new environment. As a result, the moving to residential aged care can lead to a harmful psychological impact on older adults. Older adults of residential aged care frequently suffer from mental health difficulties, including anxiety and dipression. Poor adaption of the living environment, declining health and feeling of isolation can increased the risk of suicidal ideas. However, these residents' psychological needs are rarely met. Many mental health disorders are undiagnosed or untreated and older adults have limited access to psychological support services to help them supervise with the moving to residential aged care. (Kelly, Davision and McCabe 2021: 44-45.)

### **3 Purpose, aims and research question**

The purpose of this study is to define the mental well-being of older adults living in care homes.

The aim of this study is to produce new knowledge about the mental well-being of older adults in care homes and identify strategies that enhance their emotional health, reduce isolation and promote overall quality of life.

1. What are the key factors that can affect the mental well-being of older adults living in care homes?
2. What strategies can be implemented to improve the mental well-being of older adults living in care homes?

## 4 Methodology and methods

### 4.1 Data collection method

Utilizing a descriptive literature review strategy, this study used a qualitative methodological approach. Qualitative research focuses on understanding how people make sense of their experiences and the world around them. It includes various approaches, such as ethnography, grounded theory and phenomenology, each aiming to interpret social phenomena. Researchers explore the behaviours, feelings and experiences of individuals and groups, qualitative methods are particularly useful for examining social change of conflict. The core of qualitative research is the interpretive approach to social reality and the experiences of people. (Holloway and Immy 2016: 3-43.) This approach was utilized to solution for the research questions: (1) what are the key factors that can affect the mental well-being of older adults living in care homes? (2) What strategies can be implemented to improve the mental well-being of older adults living in care homes?

Descriptive literature review involves examining individual studies by looking at a broad database of published literature. The goal is often to generalize about the different theories, methods, or findings in the field. It can also highlight trends emerging across multiple studies. Additionally, a descriptive review might declare to signify the current as-  
sert of practice in a particular area of research. (Paré, Trudel, Jaana and Kitsiou, 2015: 188.)

Authenticity is frequently prioritised over objectivity in qualitative research, which focuses on developing theories through simultaneous data collection and analysis, where theory develops as the data does. By rejecting strict pre-fieldwork theories and aiming for tentative generalizations, researchers may modify their research design in response to preliminary findings to achieve theoretical saturation. Extensive data collection, continuous analysis and the improvement of constructs with participants' involvement can all improve internal and external validity in qualitative research. Response validation, however, needs to be done with caution because participants' descriptions of their behaviour might not always accurately represent their actual goals, beliefs, or motivations. Methodological triangulation uses multiple approaches, while data-source triangulation combines diverse data to support conclusions; yet both may challenge qualita-

tive researchers' rejection of a single, objective reality. Reflexivity in qualitative research involves researchers acknowledging how their social identities and professional roles, like a nurse-researcher's effort to disclose biases in a study, impact the research process and findings. (Gerrish 2015: 66.)

## 4.2 Data search and selection

Databases including PubMed and CINAHL were reviewed for the primary articles. These databases were selected because the search terms used to find articles focused on the aim, purpose and the two research questions of the study, which is to recognize the mental well-being of older adults in care homes. Compared to conducting a manual search, these data bases are easier and faster to obtain relevant literature. These data-bases contain journals and publication related to nursing and health.

Table 1: PICO search term

<b>Population</b>	<b>Interest</b>	<b>Context</b>
Older adults (aged 60years and above)	Mental well-being	Care homes

This thesis study has used the PICO analysis (Population, Interest and Context) tool to uphold focus on the research question and ensure this study stays attentive to its expected purpose. Above table 1 clearly describes the PICO concepts: "Older adults" "Mental well-being" and "Care homes". Below table 2 shows the searching strategy tools applies according to the PICO concept.

Table 2: Table of searching strategy tool

Population		Interest		Context
older adults		Mental well-being		Care home
OR		OR		OR
old age	AND	Psychological well-being	AND	Nursing home
OR		OR		OR
Elderly		Emotional well-being		Residential
OR				Or
geriatric				Assisted living
OR				
Aging				
OR				
Seniors				
OR				
older people				

Studies were either included or excluded according to predefined criteria. Articles were selected based on being primary nursing science articles, appeared in a peer-reviewed journals, authored in the English language and published in the previous five-year period. This demonstrated the usefulness and relevance of the material discovered through the search. Table 3 clearly defines the inclusion and exclusion criteria.

Table 3: Inclusion and exclusion criteria

Inclusion Criteria	Exclusion Criteria
Older adults living in a Care home	Older adults living in their own house
Research articles including mental well-being	Research articles not including mental well-being
Studies focus on age 60 years and older people	Studies focus on below 60 age group people
English language	Non - English language
primary studies	Not primary studies
Nursing science article	Non-nursing science article
Peer-reviewed article accompanied by an abstract	Non-peer reviewed article not accompanied by an abstract
Studies undertaken between 2020 – 2025	Studies undertaken before 2020

To identify and obtain literature for this research, the Boolean approach was applied to CINAHL and PubMed. This technique was applied together with the criteria for searching to find trustworthy research publications during the data search.

The PRISMA flow chart (Figure 1) outlines the process of how articles were identifying, screened and included research articles from the data bases. Initially, a total number of 397 articles were found from both CINAHL and PubMed according to the search terms. The 295 articles were not screened because their titles were unrelated to the study. Total 102 articles were reviewed and 71 articles were finally excluded based on their abstract. 31 abstracts were examined to determine their eligibility. The next step involved assessing the full text articles, resulted in 14 articles being including and 17 articles excluded for failing to adequately address the study questions while taking in to account the predefined inclusion and exclusion criteria. Finally, 14 research articles fulfilled all inclusion and exclusion criteria and were included in the final study.

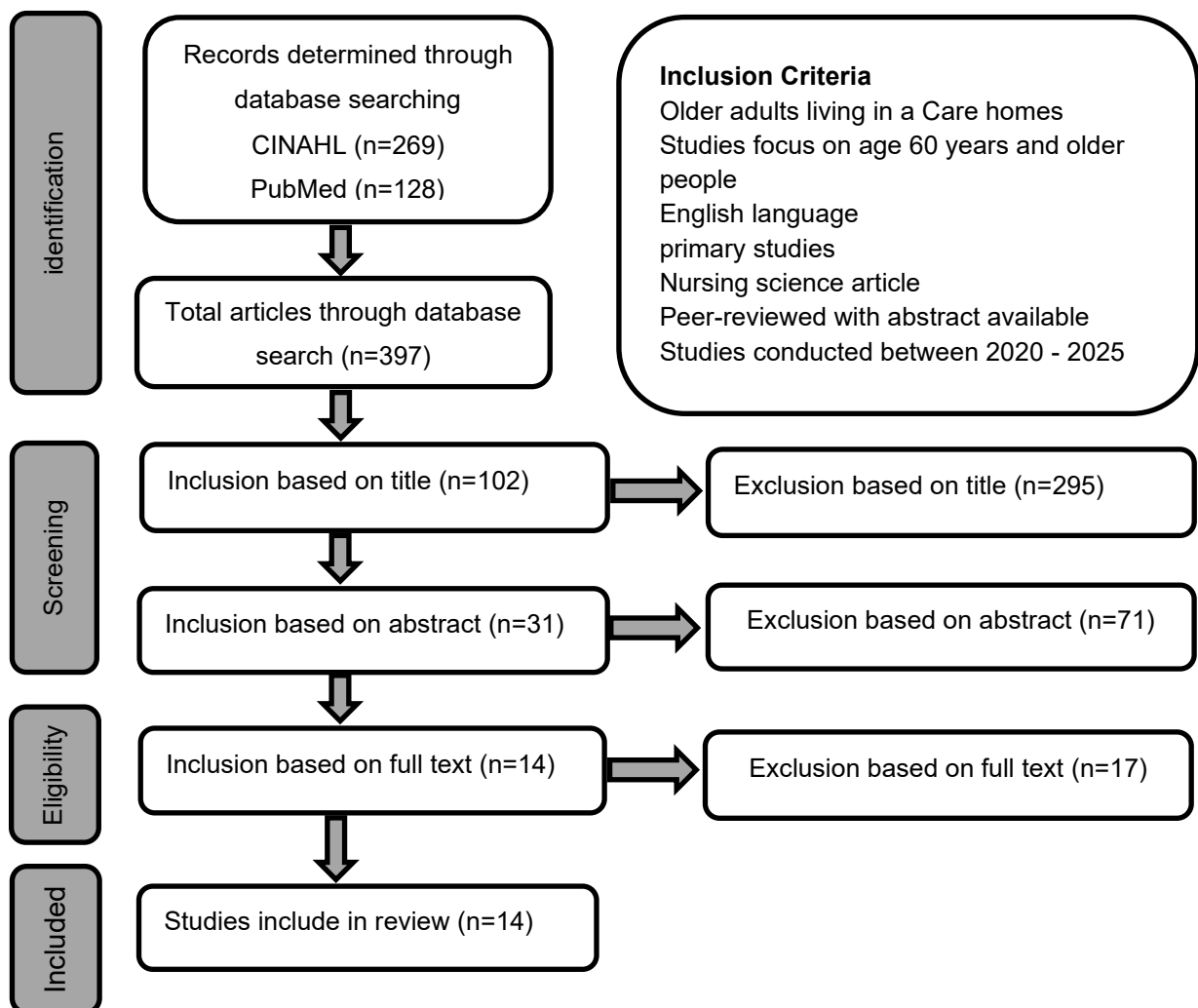


Figure 1. PRISMA flow diagram of the search strategy

### 4.3 Data analysis method

The dataset of this study was analysed using an inductive content data analysis process. This inductive content analysis is a method of qualitative data analysis method. It is appropriate for health-based research and is mostly applied to texted data, including written data in papers or records of verbal conversations. It seeks to generate knowledge about the meaning of the data set's content. Reading articles, interviews and other qualitative data sources to gain familiarity with the data is the first stage in the process. After that, a number of coding schemes are used to find themes and patterns in the data. (Vears and Gillum 2022: 111-113.) Qualitative data were organized through open coding, creating categories and abstraction within the inductive content analysis approach. To create categories, open coding involves reading materials, making summaries and headings in the margins and then transfer them to coding sheets. To minimize repetition and facilitate data comparison, categories are grouped under higher order headings. Developing categories is to produce knowledge, improve comprehension and characterize the phenomenon. Grouping subcategories and categories to create a broad description of the research issue is the process of abstraction, which continues until a suitable degree of abstraction is achieved. (Elo and Kyngas 2008: 109-111.)

The dataset was sorted derived on the two research questions during the review process. First research question was "What are the key factors that can affect the mental well-being of older adults living in care homes?" and the second research question was "What strategies can be implemented to improve the mental well-being of older adults living in care homes?" The Inductive content analysis was elected for this study since this method allows for a thorough examination of older adults' personal encounters and emotions in care homes. It promotes the certain creation of ideas directly from participants' point of view, making it appropriate for a topic with limited prior theory. This analysis method is adaptable and reflects the complexities of mental well-being, such as loneliness, identity and social isolation. It also helps to develop practical, experience-based solution for mental health and life quality.

In this study, to analyse the articles, significant data were obtained from fourteen nursing science articles. Firstly, meaning units that answered the research questions were selected and created codes for meaning units. In some cases, multiple meaning units

were extracted. The table below (Table 4) shows, example of meaning units and their codes.

Table 4: Example of meaning units and coding

Meaning unit	Code
The meaning in life score had positive relationships with transcendence, harmony with nature and total spiritual well-being scores.	Positive relationships with Spirituality Components.
	The Role of Spirituality in Life Purpose
Therefore, healthcare workers should undergo systematic training to help the elderly prepare for old age by making sense of preserving mental integrity and seeking meaning in their lives.	Healthcare Worker Training help to improve elderly Mental Well-being

After coding, the codes were divided into subcategories based on relevant trends or correlations. These subcategories were then classified into eight generic categories. Finally, the generic categories were classified into two main categories. That related directly to the research questions. The comprehensive study was methodically recorded and structured in an Excel spread sheet to ensure the transparency and uniformity. The table below (Table 5) shows, examples of the sub-categories and generic categories within a main category.

Table 5: examples of the sub-categories, generic categories and main category.

Subcategory	Generic category	Main category
Mental well-being factors	Spiritual and mental health factors	Key factors affecting the mental well-being of older adults in care homes
Spiritual well-being and mental health		
Demographic characteristics	Sociodemographic characteristics	
Social and family factors		
Health statues and medical conditions	Physical health status	
Living environment	Environmental and lifestyle factors	
Activities and personal development		

## 5 Results

### 5.1 Summary of data use

There were fourteen (14) studies examined in this study. These studies published between 2020 to 2025 within five years and conducted between eight countries; five in China (Liu et al. 2022) and (C. Liu et al. 2024) and (Y. Liu et al. 2024) and (Zhang et al. 2024) and (Zhao et al., 2020), two in Turkey (Ergin, Yildirim, Yildiz and Usenmez 2023) and (Aydın, Işık and Kahraman 2020), two in United State America (Mueller, Van Puymbroeck, Crowe and Davis 2021) and (Upton, kramarz, Supey and Gousse 2020), one in Egypt (Khirallah Abd El Fatah, Abdelwahab Khedr, Alshammari and Mabrouk Ab-delaziz Elgarhy 2023), one in India (Sharmila, Mathias, Shivakumara and Jacob 2021), one in Iran (Abbasi, Radfar, Jafarizadeh and khalkhali 2024), one in Malaysia (Zhang et al. 2022) and one United Kingdom (O'Neill, Ryan, Tracey and Larid 2020). The studies have either the elderly individuals in elderly residents of nursing homes or community dwellings as the main participants. The research mainly targets the older adults based on mental well-being factors, spiritual well-being and mental health, demographic characteristics, health statues and medical conditions, living environment, reminiscence and Memory-based strategies, technological interventions and spiritual and existential engagement. The studies of Abbasi et al. (2024), Aydın et al. (2020), Liu et al. (2022), Y. Liu et al. (2024), Ergin et al. (2023), C. Liu et al. (2024), Zhang et al. (2024), Khirallah et al. (2023), Sharmila et al. (2021), Zhang et al. (2022) and Zhao et al. (2020) are used quantitative method approaches including questionnaires, surveys while providing a comprehensive view of older adults' experiences and outcomes. Quantitative techniques including randomized controlled trials, single-blinded, quasi experimental design and prospective observational studies are utilized as well. Qualitative methods focus detailed interviews are used in study of Mueller et al. (2021) and O'Neill et al. (2020) offering deep comprehensive details regarding old adult's mental well-being.

The study aims to produce new knowledge about the mental well-being of older adults in care homes and identify strategies that enhance their emotional health, reduce isolation and promote overall quality of life. The researcher was conducted inductive content analysis to analysis main categories and generic categories. Two (2) main categories were identified: (1) Key factors affecting the mental well-being of older adults in care homes and with four (4) generic categories: (1) Spiritual and mental health factors, (2)

Socio-demographic characteristics, (3) Physical health status and (4) Environmental and lifestyle factors and (2) Effective strategies to enhance mental well-being in older adults living in care homes including four (4) generic categories: (1) Psychological and therapeutic interventions, (2) Psychological strengthening and coping support, (3) Educational and spiritual support and (4) Social connection and environmental adjustment.

## 5.2 Key factors affecting the mental well-being of older adults in care homes

The mental health of elderly individuals in care home facilities is affected by a mix of social, emotional, physical and environmental influences. Important factors encompass the standard of community connections and interactions with caregivers, family members and peers, since loneliness and social isolation are significant contributors to anxiety and depression. Having autonomy and a feeling of control over everyday tasks is vital for self-esteem and mental well-being. The reviewed studies provide a comprehensive summary of the mental well-being of older adults in care homes with spiritual and mental health factors, socio-demographic characteristics, physical health status and environmental and lifestyle factors. Figure 2 shows the process of creating main category for research question one.

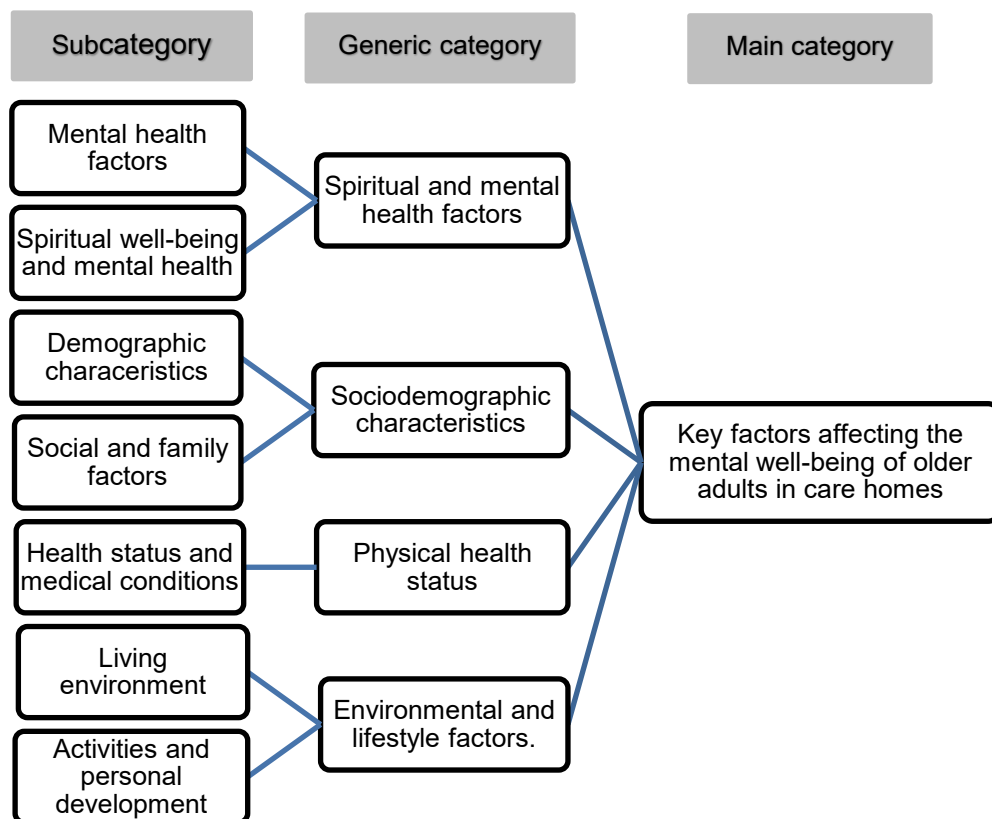


Figure 2. Research question 1 categorization

### 5.2.1 Spiritual and mental health factors

Spiritual and mental health factors is highlighted in multiple studies. According to the research of Abbasi et al. (2024), older adults need sufficient mental health to manage challenges and issues effectively. Moreover, Aydın et al. (2020) signify that, according to the mental health symptom sub dimension, the hostility levels among older adults in community settings were greater than those of their counterparts in nursing homes. In addition, Liu et al. (2022) indicated that 21.0% of elderly individuals residing in nursing facilities experienced low subjective well-being. According to the study of Upton et al., (2020) showed Programs like iN2L are crucial for improving positive results in older individuals and for fostering physical, cognitive and mental well-being in the aging community. Moreover, C. Liu et al. (2024) highlighted the important understandings of how gratitude affects the subjective well-being of older adults, emphasizing the significance of psychological and social factors in enhancing well-being. The study of Zhang et al. (2024) indicated the psychological resilience serves an important function as a contributing mediator, linking frailty and purpose in life. Khirallah Abd El Fatah et al. (2023) showed utilizing VR reminiscence or conventional RT effectively enhances cognitive abilities and mental health in older adults residing in institutions.

### 5.2.2 Socio-demographic characteristics

Another factor that has been resulted in the mental well-being of older adults in care homes is socio-demographic characteristics. As per the study of Liu et al. (2022), hopeful older individuals are more likely to uphold a favourable perspective on aging, enabling them to confront difficulties and manage age-related obstacles successfully, resulting in health and subjective well-being benefits. Moreover, Y. Liu et al. (2024), evaluated that the rate of suicidal ideation was greater than in other studies, possibly due to sociocultural and ethnic variations across nations or differing levels of resources, nursing staff quality and care standards across various NHs. In addition, Ergin et al. (2023) highlighted that not any statistically essential relationship was identified among gender and the average loneliness grade. Moreover, C. Liu et al. (2024) showed the average age was 86.01 (6.48) years, with 74.6% being women. Nearly one-third (33.3%) were wed and (48.6%) possessed an education of primary school level or less. In addition, Zhang et al. (2024) demonstrated statistically essential variations in the overall grade according to levels of education, status of marital, family monthly income per capital,

physical activity, duration of sleep, number of chronic illnesses and self-assessed healthiness.

### 5.2.3 Physical health status

Physical health status is also associated with the factor affecting the mental well-being of older adults in care homes. As reported by Y. Liu et al. (2024), adults in nursing homes with greater Activities of Daily Living (ADL) limitations might encounter more depressive manifestation and lower self-evaluations and such ADL constraints heighten the suicidal ideation (SI) risk while as well mediating SI via depressive symptoms and self-assessments. Study of Zhang et al. (2024) showed the frailty exhibited an inverse relationship with together significance in life and psychological resilience, whereas significance in life revealed direct relationship through psychological resilience. Psychological resilience showed a limited intermediary role, comprising 51.04% of the overall result among frailty and life meaning. Moreover, Liu et al. (2022) showed that optimism directly enhances subjective well-being in elderly individuals. In addition, Ergin et al. (2023) indicated the average grade of the psychological well-being scale rises, the average grade of the loneliness scale falls.

### 5.2.4 Environmental and lifestyle factors

Environmental and lifestyle factors also can be affected the mental well-being of older adults in care homes. As stated by Y, Liu et al. (2024) showed the life quality for elderly individuals in nursing homes has generated significant attention. The study of Zhang et al. (2024) showed the psychological resilience serves as a key partial mediator between frailty and life's meaning.

## 5.3 Effective strategies to enhance the mental well-being in older adults living in care homes

Valuable approaches to enhance the mental health of elderly individuals in care facilities involve encouraging significant social ties via consistent group events, family visits and interactions with peers to alleviate loneliness and enhance a feeling of community. Offering chances for independence and personal selection in everyday activities helps uphold dignity and self-esteem. The reviewed studied were provide a comprehensive summary of effective strategies to enhance mental well-being in older adults living in care homes with psychological and therapeutic interventions, psychological strengthen-

ing and coping support, educational and spiritual support and social connection and environmental adjustment. Figure 3 shows the process of creating main category for research question two.

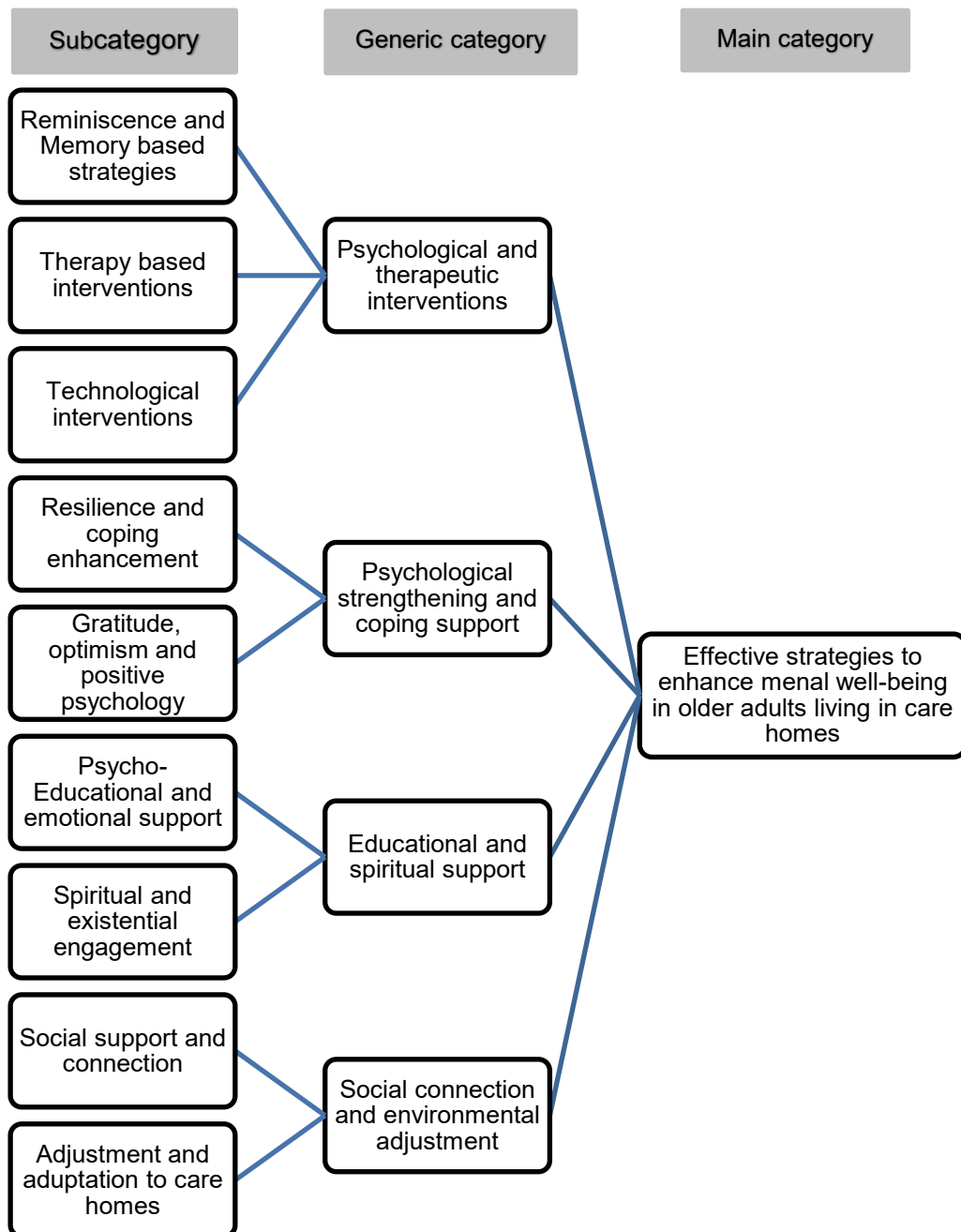


Figure 3. Research question 2 categorization

### 5.3.1 Psychological and therapeutic interventions

Systematic literature review first identified in second phase, “psychological and therapeutic interventions” that contribute effective strategies to enhance mental well-being in older adults living in care homes. According to the study of Abbasi et al. (2024) showed elderly individuals often develop positive perceptions and deeper self-understanding while they reflect on times when they were energetic and engaged socially. Moreover, Mueller et al. (2021) evaluated that interacting in daily practices that encourage mental health by cognitive-based treatment sessions and brain-stimulating activities positively influenced contributors in the process of transition into the assisted living facility. In addition, Sharmila et al. (2021) highlighted the 7th day (post-test 1) after familiarising art therapy and further decreased to 63.3% (n=38) by the 14th day (post-test 2). Furthermore, the results express that the prevalence of severe cognitive deficiency decreased significantly from 58.3% (n=35) to 15%. Moreover, Zhao et al (2020) showed upon completion of the eight sessions of humour intervention, the humour group contributors exhibited meaningfully decreased depression symptoms. The study of Upton et al., (2020) revealed greater difference was recognised on the distress level scale. On the pre-test, 83% of the participants’ specified an average intensity of distress, with 6% specifying a minimal intensity of distress. In addition, Khirallah Abd El Fatah et al. (2023) showed adults’ psychological well-being was enhanced more effectively through VR reminiscence than through traditional RT.

### 5.3.2 Psychological strengthening and coping support

Another factor that has been resulted in the effective strategies to enhance mental well-being in older adults living in care homes is the psychological strengthening and coping support. The study of Abbasi et al. (2024) showed hope increases while loneliness, anxiety and depression decrease. Hope inspires people to adopt healthier lifestyles and prioritize both their mental and physical health. According to the study of Zhang et al. (2024) indicated that the utilizing the possible reversal of frailty, health awareness programs can help cultivate a positive health mindset in older adults living in care amenities. Moreover, Zhang et al., (2022) highlighted that the materials in the DBMD can aid older adults begin a well expectant tendency in life, develop their optimistic affect and experience, decrease their adverse effect and experience and improve their subjective well-being. In addition, Zhao et al., (2020) showed the decreased anxiety meaningfully in the humour group than the control group in post intervention and follow-

up period. Moreover, C. Liu et al (2024) indicated that subjective well-being among Chinese older adults is significantly influenced by optimism, gratitude and community support. These relationships are independently mediated by self-efficacy and community support, emphasizing the important contributions of individual confidence and social bonds to well-being in later life. As per study of Y. Liu et al. (2024) showed the correlation amongst hopelessness and suicidal ideation was revealed incomplete mediation by resilience and the indirect role of resilience is significant in mediating on suicidal ideation through hopelessness.

### 5.3.3 Educational and spiritual support

Educational and spiritual support is also associated with the in the effective strategies to enhance mental well-being in older adults living in care homes is the psychological strengthening and coping support. According to the study of Aydın et al. (2020) showed healthcare personals should undertake methodical training to assistance the elderly in preparing for the challenges of aging by promoting mental coherence and encouraging them to find meaningful purpose in their lives. Furthermore, Zhang et al (2024) highlighted at 8 weeks, the humour cluster exhibited significantly greater level of subjective well-being compared to the baseline group. Mueller et al. (2021) showed the participants also state how involving in spiritual practices positively influenced their process of transition

### 5.3.4 Social connection and environmental adjustment

Social connection and environmental adjustment also can be affected the effective strategies to enhance mental well-being in older adults living in care homes is the psychological strengthening and coping support. Moreover, O'Neill et al., (2020) highlighted the interactions with relatives and close associates were imperious in defining the life quality for contributors and these interactions heightened their continuous emotional well-being and feeling of satisfaction within the care home. In addition, Mueller et al. (2021) showed either via knowing present dwellers and/or the facility arrangement, some contributors defined their previous familiarity with the ALF before their transfer directed to a more positive process of transition.

## 6 Discussion

### 6.1 Discussion of the results

This study is designed to address two (2) main research questions: (1) Key factors affecting the mental well-being of older adults in care homes (2) Effective strategies to enhance mental well-being in older adults living in care homes.

The mental well-being of older adults is predisposed by a variety of psychological, biological and social elements, including cognitive function, emotional state, social connections, autonomy and security (Lotvonen et al., 2018). Examples for spiritual and mental health factors are self-acceptance, positive relation with others, autonomy, environmental mastery and personal growth. These factors frequently act as safeguards against depression and loneliness, especially when people uphold a robust sense of purpose and psychological strength. Examples for socio-demographic characteristics are gender, marital status, education, pension, number of children, child visit frequency and number of chronic diseases and nature of eight nursing homes. These factors frequently influence the degree of social support and interaction a person encounters, which subsequently impacts mental health results. Moreover, the examples of the physical health status are duration of residence, self-rated financial status, self-rated sleep quality, satisfied with nursing home, kinds of chronic disease and kinds of medicine taken. In addition, examples for lifestyle factors are environmental factors and lifestyle factors are contentedness, distress, gratitude, subjective well-being, self-efficacy, social support and frailty. Deteriorating physical health is frequently associated with greater frailty, reliance and emotional suffering, emphasizing the necessity for holistic care that considers both physical and mental requirements. Frailty, specifically, was identified as a major contributor to cognitive decline, whereas positive lifestyle factors namely social engagement and perceived support improve overall wellness.

In order to identify the effective strategies to enhance mental well-being in older adults living in care homes; supporting newly admitted residents acclimate to their new surroundings by implementing customized approaches that address their psychological needs for self-determination, connection and capability is central to effective psychological and therapeutic interventions (Kelly, Davison and McCabe, 2021). Such interventions can enhance self-esteem, lessen feelings of isolation and strengthen a sense of identity. Examples for the psychological and therapeutic interventions are positive

reminiscence, recalling and reviewing past memories, immersive virtual reality reminiscence therapy and traditional reminiscence therapy. These measures decrease frailty, improve life satisfaction and tackle critical issues like hopelessness and thoughts of suicide. In addition, examples of psychological strengthening and coping support are hope motivate individual's psycho-emotional well-being, resilience strengthen the emotional stability, less frailty and more resilience improve life quality, editing role of resilience in hopelessness and suicidal thoughts, optimism, gratitude and social support. Positive spiritual connections and activities demonstrated the ability to bolster psychological resilience and improve feelings of fulfilment. Moreover, the examples of educational and spiritual support are engaging in spiritual practices, positive relationships with spirituality components and the role of spirituality in life purpose. Practical measures involve adjusting living environments to improve comfort and safety, as well as organizing community events to boost engagement and lessen social isolation.

This study highlights the intricate interaction of personal, social, physical and environmental influences on the mental health of elderly individuals in care facilities. Equally crucial is the requirement for multifaceted and tailored interventions that address not just mental and emotional needs but also take into account the wider context of an individual's life and environment. Combining psychological, spiritual, educational and environmental assistance can greatly improve the mental well-being and life quality of elderly individuals.

According to the outcomes of this review, upcoming research should utilize a multidisciplinary and longitudinal approach to enhance comprehension of the changing aspects of mental health in senior residents of care facilities. There is a necessity for additional empirical, intervention-focused studies that assess the long-term effectiveness of psychological, spiritual and environmental approaches. Moreover, upcoming studies should investigate the cultural and personal variations that affect older adults' reactions to different mental health interventions, especially in varied care home environments. Including the perspectives of residents via qualitative techniques like interviews or focus groups can offer richer understanding of their personal experiences and preferences. Finally, upcoming research should explore the impact of technology-assisted programs, like virtual reality or online social networks, in enhancing mental wellness, particularly as care facilities progressively implement digital tools for resident involvement.

## 6.2 Ethics and validity

This research study offers descriptive review of existing literature that focus on metal well-being among older adults in care homes. Ethics in research entails minimizing harm, honouring participants and guaranteeing equity throughout the research process. Conflicts of interest can occur amongst participants, funders and others. Reliability of research supports ethics through promoting honesty and transparency of scientific research. The fundamental principles of research are ethics and integrity, which work together to promote community trust and ensure that scientific outcomes are reliable, meaningful and beneficial to both present and future. (ALLEA 2023.)

In Finland, ethical review is necessary to guarantee the validity and integrity of research, especially when human subjects are involved. Guidelines for human sciences research are presented by the Finnish National Board on Research Integrity (TENK), which places an intense focus on the ethical standards that must be adhered to. This involves making certain that research is carried out with regard for confidentiality, human dignity and individual's decision to participate. According to TENK, ethical review is usually voluntary but is extensively used by Finnish research institutions, demonstrating their dedication to ethical research processes. (TENK 2021.) The ethical review system in Finland has been structured around ethics committees that work in many different sectors. Regional ethical committees review and approve projects in medical and health-related research to make sure they meet appropriate standards, including participant safety, informed consent and confidentiality. These committees make sure that research is carried out with the highest respect for human dignity, confidentiality and their safety. (Vastuullinen tiede 2019.) The ethical review is especially significant when conducting research involving people who are vulnerable, such as older adults in care homes. Vulnerabilities associated with cognitive decline, physical incapability and social isolation required increasing ethical scrutiny. Informed consent must be obtained in a culturally appropriate and comprehensible manner and researchers must uphold the participants' autonomy and dignity throughout the study. (Rousi 2021:339-346.)

In this study, data were searched and collected using reliable nursing research databases, namely CINAHL and PUBMED. Keywords were with the assistance of a librarian professional to guarantee efficient and reliable search results. To ensure reliable and valid conclusions, researchers carefully selected academic research for this review. To ensure reliability and validity, Inclusion and exclusion criteria were applied.

The study focused exclusively on primary sources that had undergone peer review. Authors were screened for experience in nursing or healthcare. For the writing process, Metropolia Guidelines (2024) were used. In addition, to ensure study quality, JUFO was used to evaluate the journals' quality and papers included in this study. As this is a narrative literature review and did not directly involve with human participants, the formal ethical approval was not required, in compliance with secondary data analysis research standards in Finland (TENK 2021). Qualitative inductive content analysis approach was applied to analysis the research questions in this study. However, the majority of the selected nursing science articles utilized quantitative research methodologies, limiting the depth of qualitative interpretation. This methodological conflict may have influenced the broadness and accuracy of the results. Furthermore, the majority of the included research were carried out in non-European nations including China (5), Egypt, India, Iran, Malaysia, Turkey (2), UK and USA (2). The lack of studies from Nordic or European settings which might decrease the geographical significance of the findings in the Finnish context. Since this thesis were done in Finland, the lack of European representation might have an impact on the results' transferability to the local population.

Validity in qualitative research has been a difficult subject since, unlike quantitative research, there are no standardised assessment criteria. While some researchers define validity as the precision of interpretations or the extent to which findings correspond to reality, there is no standard method for measuring it. Subjective perception, prejudice and content validity concerns are frequently encountered in qualitative research because of ambiguous or complex study questions. Furthermore, the researcher's role in interpreting data might have an impact on the validity of the findings, especially in cross-cultural studies. These issues make it difficult to establish a consistent or universally accepted standard of validity in qualitative research. As a result, adjectives such as rigour, reliability and quality are frequently employed synonymously with validity. (Waheed, Nazir Kiazai and Bahadur 2020: 127.) Cross-cultural studies, such as this study, which contains articles from China, Egypt, India, Iran, Malaysia, Turkey, UK and USA might be influenced by cultural differences in interpretation and responses of participants. This raises further issues concerning validity and reliability of findings to the Finnish context.

### 6.3 Conclusions and recommendations

This study emphasizes the intricate and multifaceted characteristics of mental wellness in elderly individuals residing in care facilities. It highlights various crucial elements impacting mental health, such as spiritual and psychological strength, socio-demographic traits, physical health condition and environmental and lifestyle factors. These factors are closely linked, together influencing residents' experiences of independence, emotional well-being and social assistance. Importantly, frailty and physical decline present considerable threats to mental health worsening, while constructive elements like resilience, social engagement and spiritual satisfaction provide protective advantages. The results highlight the significance of implementing a holistic care model that considers the psychological, emotional, physical and spiritual requirements of seniors in institutional environments.

Additionally, the review details four efficient intervention strategies: psychological and therapeutic approaches, psychological resilience and coping assistance, educational and spiritual support and environmental and social modifications. These approaches highlight the importance of personalized and context-sensitive care, which enhances life satisfaction and alleviates prevalent concerns such as loneliness, depression and despair. Though the study has limitations like the geographical bias toward research outside Europe and the dominance of quantitative methods it offers a solid basis for future multidisciplinary and longitudinal research. This research ought to focus on assessing long-term results, incorporate the views of residents and investigate the impact of culturally relevant and technology-based strategies to well promote mental well-being among elderly individuals in care environments, especially in Finland.

Based on the study findings, three (3) recommendations can be addressed the challenges and improvements of the mental well-being of older adults in care homes. (1) as stated by the conclusions drawn from this literature review, it is suggested that care homes implement a holistic, person-centred strategy for mental well-being, incorporating psychological, physical, social and spiritual aspects into standard care practices. Interventions for mental health should not be regarded separately but integrated into everyday activities and caregiving practices. Approaches like reminiscence therapy, resilience-enhancing initiatives and spiritual involvement ought to be customized to suit personal preferences and cognitive skills to promote emotional fortitude, identity continuity and life purpose. (2) Improve the social and environmental framework in care homes.

Establishing encouraging settings that foster independence, social engagement and community involvement is crucial. Efforts such as consistent family involvement, group activities among peers, culturally significant festivities and changes to the environment for enhanced comfort and safety can lessen feelings of isolation and dependence. (3) Future policies and interventions must be guided by continuous research that incorporates qualitative insights from the residents directly. Including older adults in the development and assessment of mental health programs guarantees that the services are relevant and efficient. In Finland and comparable environments, policymakers and researchers are urged to carry out additional culturally pertinent studies and test involvements in local care homes to advance the applicability and significance of results.

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## Appendices

Appendix 1. Table 1. Database search results

Data Bases	Search Phrase	Total number of hits/ citations	Papers/ Records included based on title	Papers/ Records included based on abstract	Papers/ Records included based on full text
CINAHL	("mental well-being" OR "psychological well-being" OR "emotional well-being") AND ("older adults" OR "old age" OR elderly OR geriatric* OR aging OR seniors OR "older people") AND ("care home*" OR "nursing home*" OR residential OR "Assisted living")	269	54	15	10
PubMed	("mental well-being" OR "psychological well-being" OR "emotional well-being") AND ("older adults" OR "old age" OR elderly OR geriatric* OR aging OR seniors OR "older people") AND ("care home*" OR "nursing home*" OR residential OR "Assisted living")	128	48	16	04
Records in total		397	102	31	14

Appendix 2. Table 2. Evaluated Studies table (Data analysis)

Author, year, country	Title of the study	Aim of research	Research design/ methods/ analysis	Sample/ Participants	Major findings	Limitation
1 Abbasi, Radfar, Jafarizadeh and Khalkhali, 2024, Iran	Does life story work based on Erikson's theory enhance psychological well-being in elderly residents of nursing homes? A randomized controlled trial	To determine the effect of life story work on psychological well-being among the elderly	Quantitative research. Study design is Parallel, randomized, single-blind clinical trial were conducted using pre-test-post-test design. Data collected using demographic questionnaire and Ryff's Psychological well-being scale	60 years of elderly individuals older than 65 of age	Life story work was shown to be effective in improving the elderly's psychological well-being immediately and two months after the intervention in the LSW group ( $p < .001$ ).	Small number of nursing homes.
2 Aydın, Işık and Kahraman, 2020, Turkey	Mental health symptoms, spiritual well-being and meaning in life among older adults living in nursing homes and community dwellings	To determine mental health symptoms, spiritual well-being and meaning in life among older adults living in nursing homes and community dwellings.	Quantitative study. Study design: Cross-sectional study. Older people aged 60 and above and questionnaire were used for data collection.	144 elderly people aged 60 and above had no cognitive impairment. 71 living in nursing home and 73 in community dwelling.	Community dwelling elders had a considerably greater hostility score than nursing facility residents and nature score was lower. Negative associations were discovered between total spiritual well-being and sadness, anxiety, negative self, and somatization.	This is cross sectional design and the use of convenience sampling. Sample limited to three provinces and three nursing homes in turkey.
3 Ergin, Yildirim, Çiris, Yildiz, and Usenmez, 2023, Turkey.	The Relationship of Death Anxiety with Loneliness and Psychological Well-Being in the Elderly Living in a Nursing Home	To determine the relationship between elderly individuals' death anxiety,	Quantitative study. Study design: Descriptive correlational study. Data were collected using socio-demographic char-	60 years or older 165 elderly individuals living in a nursing	54.5% of the participants reported the presence of a chronic disease. It was determined that 33.3% of the elderly had death anxiety, and that 73.9%	Study design was descriptive and correlational. Conducted in a single centre.

		loneliness status in a nursing home, and psychological well-being levels, and by reducing the psychological burden on the families and healthcare professionals, to help them cope with such situations more easily	acteristic form, Death anxiety scale, Loneliness scale for the elderly, and psychological well-being scale.	home in Istanbul, Turkey.	had an acceptable level of loneliness.	Multiple centres with larger sample size.
4 Khirallah Abd El Fatah, Abdelwahab Khedr, Alshammari and Mabrouk Ab-delaziz Elgarhy, 2023, Egypt.	Effect of Immersive Virtual Reality Reminiscence versus Traditional Reminiscence Therapy on Cognitive Function and Psychological Well-being among Older Adults in Assisted Living Facilities: A randomized controlled trial.	To Investigate the effect of virtual reality reminiscence versus traditional reminiscence therapy on cognitive function and psychological well-being among older adults in assisted living facilities.	Quantitative study. Study design: A randomized controlled trial research design.  60 years older adults randomly assigned 3 equal group.	60 years and above older adults in four Egyptian assisted living facilities.	Post interventions, a significant increase in the mean scores of cognitive function and psychological well-being was evident among the VR (virtual reality) and RT (Traditional reminiscence therapy) groups with statistically significant differences compared with the control group.	The study depend on self-report measures for cognitive function and psychological well-being

5 Liu et al. 2022, China.	Optimism and subjective well-being in nursing home older adults: The mediating roles of gratitude and social support	To examine the level of subjective well-being (SWB) and the mediating roles of gratitude and social support in the relationship between optimism and SWB amongst older Chinese people in nursing homes.	Quantitative study. Study design: Cross-sectional study. Face-to-face interview with the Questionnaires were used to data collection.	354 older adults (aged 60 years and older) in three nursing home in capital city of Guangzhou, China	The mean SWB score of the older people was (63.14 §15.31), with 21.0 % of subjects reporting low SWB. Gratitude and social support in serial partially mediated the relationship of optimism with SWB (total indirect effect: Standardized b = 0.157, 95% CI [0.109,0.216], p<0.001). Optimism had direct positive effect on SWB.	The study design was cross-sectional. The study depend on three nursing home in only Guangzhou city, China
6 Y. Liu et al. 2024, China.	Role of subjective well-being and resilience in the relationship between hopelessness and suicidal ideation among older adults with moderate to severe ADL limitations in Chinese nursing homes	To determine the frequency of SI and explore how Subjective well-being and resilience operate on the path from hopelessness to suicidal ideation among older adults with moderate to severe ADL limitations in Chinese NHs.	Quantitative study. Study design: Cross-sectional study. Data were collected using questionnaires.	65 years or older 332 participants (males-158, Females - 174) in 10 nursing home residents in Chongqing, China	A total of 32.8% of individuals reported experiencing suicidal thoughts, with resilience regulating the association between suicidal ideation and hopelessness. Subjective well-being moderated the effect of resilience on suicidal ideation	Study design was cross-sectional. Recruited from single Chinese city. Not applicable for newly admitted to nursing home.

7 C. Liu et al. 2024, China.	Gratitude and Subjective Well- Being in Older Chinese Adults in Nursing Homes: The Mediating Roles of Self- Efficacy and Social Support	To examine the mediating effects of social support and self- efficacy in the relationship between gratitude and SWB among older Chinese adults in nursing homes.	Quantitative study. 2 Study design: A cross-sectional study Data collected face-to-face using structured questionnaires	354 older adults age of 60 years and above in three nursing homes in Guangzhou, China.	Gratitude was found to be significantly and positively associated with SWB. Self- efficacy and social support independently mediated the relationship between gratitude and SWB. The mediating effect of self- efficacy was not significantly different from that of social support in the link between gratitude with SWB	The study design was cross sectional, therefore it cannot establish causal relationship. The data was collected using face-to-face questionnaires that might be subjective bias.
8 Mueller, Van Puymbroeck, Crowe and Davis, 2021, United States of America	Adjustment Strategies of Older Adults Transitioning into an Assisted Living Facility	To explore older adults' strategies that influenced their transition into an ALF.	Study design: Qualitative, descriptive study utilizing Strauss and Corbin's Grounded theory approach. Method was in-person interviews at ALF.	14 elderly individuals, aged 86-97 years. In a 54-bed ALF in the southeastern United States	Eight themes associate with the process of transitioning into an ALF has been identified in the study and separated into active and passive strategies.	The older adults living in one assisted living facilities in the southeastern region in united status
9 O'Neill, Rya, Tracey and Laird, 2020, United Kingdom	The Primacy of 'Home': An exploration of how older adults' transition to life in a care home towards the end of the first year	To explore how older adults', experience the transition from life at home to life in a care home with a specific focus on the latter part of the first	Study design: Qualitative; A grounded theory approach. Data collected using semi structured interviews.	17 older adults who living in 8 care homes in UK. Period between 5-12 months after moving to the care home	The Primacy of 'Home' which encapsulates the experiences of the participants who placed significance on maintaining their identity and having a sense of belonging both within the care home and with their continued connections with 'family and home'	The study focused on the latter part of the first year after relocation to the care home. Participants had minimal or no cognitive impairment

		year of the move				
10 Sharmila, Mathias, Shivakumara and Jacob, 2021, India.	Effect of Art Therapy on Cognitive and Psychological Well-being of Patients with Major Mental Disorders- An Experimental Study	To evaluate the effectiveness of art therapy on cognitive functions and psychological well-being among mentally ill patients admitted with major mental disorders.	Quantitative study. Study design: experimental one group pre-test post-test research design. Data was collected using Montreal scale and psychological general well-being index scale.	60 patients admitted with major mental disorders in a selected psychiatric unit in Udupi, Karnataka, India,	The study found that art therapy had a positive effects on the psychological well-being and was effective in improving cognitive functions.	Single psychiatric unit in Udupi, Sample size limited to 60 participants. Subjective responses. Limited period of two weeks
11 Upton, Kramarz, Supey and Gousse, 2020, United States of America	The use of It's Never Too Late technology (iN2L) in enhancing well-being among the elderly in a residential setting	To demonstrate and evaluate the changes in the sense of well-being, level of distress, and contentment of residents in a long-term care facility using the iN2L technology	Quantitative study. Study design: prospective cohort study using pre and post survey design.	Thirty-five participants were recruited into the study from the Mercy Centre Nursing and Personal care Unit.	The study with 30 participants indicated slight improvement in mental well-being, contentment and distress following the iN2L program, however the difference was not statistically significant. Participants experienced slight improvement in well-being and lower distress level on the post-test than the pre-test.	Small sample size and short study period

12 Zhang et al. 2022, Malaysia	Effects of Developmental Bibliotherapy on Subjective Well-Being of Older Adults Living in Nursing Homes: A Quasi-Experimental Study	To help older adults establish an optimistic attitude toward life, reduce negative emotions, and improve subjective well-being through reading.	Study design: Quantitative quasi-experimental design. Single group pre-/post-survey was used.	64 years older adults from a nursing home in Henan Province, Malaysia.	The study found that the six weeks developmental bibliotherapy interventions encouraged and optimistic attitude toward life, reduced negative emotions, and enhanced subjective well-being in older adults	Only older adults interest to participate from one province. One older adult lost due to fall and fracture.
13 Zhang et al , 2024, China	Association between frailty and meaning in life of older adults in nursing home: the mediating effect of psychological resilience	To assess the status and relevance of frailty, psychological resilience, and meaning in life among older adults in Chinese nursing homes.	Study design: Quantitative A cross sectional descriptive study design.  Data were collected using socio-demographic characteristic questioniers	302 permanent age 60 or above older adults from six nursing homes in China.	Frailty showed a negative correlation with both meaning in life and psychological resilience, while meaning in life demonstrated a positive correlation with psychological resilience. Psychological resilience exhibited a partial mediating effect, accounting for 51.04% of the total effect between frailty and meaning in life.	Cross sectional design. Sample was limited to older adults from six nursing homes in a single province in China.

14 Zhao et al. 2020, China.	Effect of 8 weeks humour intervention programme on depression, anxiety, subjective well-being, cognitive function and sleep quality in Chinese nursing home residents	To evaluate the effect of an 8-week humour intervention programme on reducing depression and anxiety and improving subjective well-being, cognitive function and sleep quality in nursing home residents.	Study design: A Quantitative single-blinded and quasi-experimental design with repeated measures. Data was collected through face-to-face interviews.	74 older adults, recruited between May 2018-september 2018. Participants were 60 years and older residents in two private nursing home in Changchun city.	The humour intervention programme was effective for reducing depression, anxiety, and emotional well-being, cognitive function, and sleep quality in humour group compared to the control group at both the 8 weeks and 16 weeks follow up	Limited to three provinces and three nursing homes. Small sample size.
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