

Multimodal Intervention for Depression Prevention in Older People

A large body of Dr Robert Briggs's work has focused on advancing the understand of the mechanistic pathways underpinning late life depression, especially the link with cardiovascular disease and neurocardiovascular instability.

MIND-POP (Multimodal Intervention for Depression Prevention in Older People) is a novel, multimodal intervention aimed at preventing Late Life Depression. It brings together knowledge of potentially modifiable biological and psychosocial risk factors for Late Life Depression to inform a state-of-the-art intervention to prevent depression in an at-risk cohort of community-dwelling older people.

The impact of the TCD MED Research Award

This grant will be used to fund a pilot study of MIND-POP in a cohort of 30 community-dwelling older people with analysis of its impact on their burden of depressive symptoms pre and post intervention.

This project aligns well with the School of Medicine's Research Strategy 2021-2026, as it focuses on improving health and wellbeing of frail, older people who have been principally affected by the COVID-19 pandemic. It has the potential to transform the care of older people at risk of depression.

"This research brings together our knowledge of potentially modifiable biological and psychosocial risk factors for Late Life Depression to inform a state-of-the-art intervention to prevent depression in an at-risk cohort of community-dwelling older people."

Dr Robert Briggs

*Consultant Geriatrician & Senior Clinical Lecturer,
Discipline of Medical Gerontology, School of Medicine,
Trinity College Dublin*

