

Development of the Scale of Practical Skills in Administering Reminiscence Therapy for Elderly Persons with Dementia

Natsuho MIMORI¹, Hisayoshi SUZUKI², Keiko HAMANAKA¹, Hiroyuki NOZUE¹

¹Ushioda Health Clinic, Yokohama, Japan, ²Showa University, Yokohama, Japan

Objective. Many professionals such as occupational therapists in elderly mental health have been provided reminiscence therapy for dementia in Japan. However, it appeared to have not been adequately studied standardizing therapist's skills and abilities. The purpose of this study was to develop the scale of practical skills in administering reminiscence therapy and to investigate its reliability and validity.

Methods. Subjects were one thousand forty therapists who have experiences of group leader for reminiscence therapy at the facilities in elderly mental health. A self-administered questionnaire survey by mail was carried out. The questionnaire consisted of two parts: part one requested demographic information for the subjects; part two contained thirty three questions about the therapist's skills and abilities and were based on four construct that we extracted previously. An example of questions item 'Do you talk to participants in a clearly audible voice?' The data was analyzed statistically with reliability analysis, exploratory and confirmatory factor analysis.

Results. The questionnaire was returned by two hundred fifty on therapists included in the study. As a result of exploratory factor analysis, three factors were extracted and were named "Control" factor (9 items and Cronbach's alpha = .81), "Prompt" factor (7 items and alpha = .81) and "Participant's information" factor (4 items and alpha = .75). High internal consistency in all items was demonstrated by alpha coefficient of .94. The results of confirmatory factor analysis for the scale showed that it had three-factor model fitted the data well.

Conclusion. These results suggest that it is useful for therapists to establish practical skills necessary to administer reminiscence therapy by using the developed scale. Further studies are needed to standardize the scale for therapists. Additionally, we think that it is important for occupational therapists in elderly mental health to acquire the standardized skills.