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WhatsApp-delivered gratitude training significantly reduced dementia-related psychosis severity in a small quasi-experimental pilot ($r = .70$, $p < .001$), showing promise as a scalable, low-cost intervention for symptomatic relief in high-neuroticism older adults.

INTRODUCTION

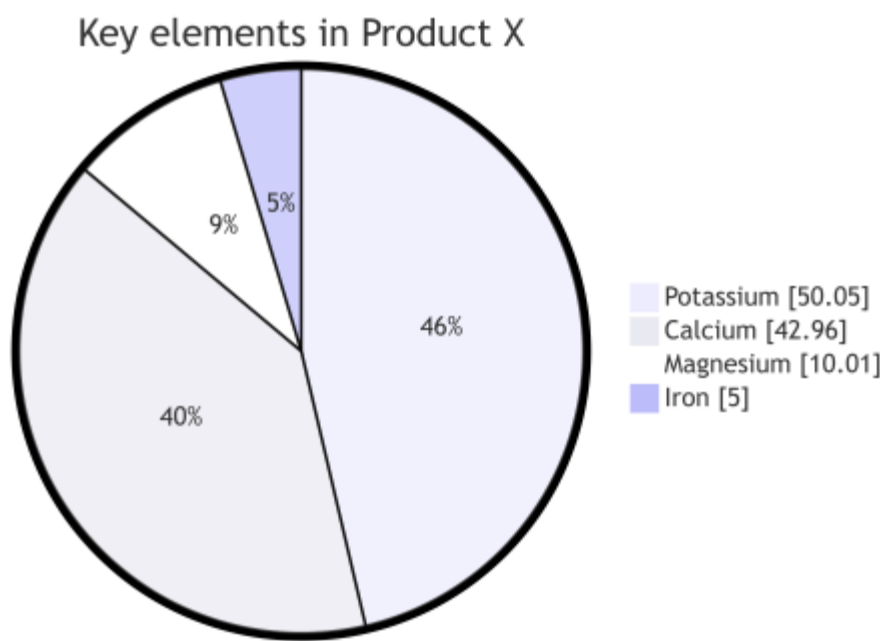
Dementia-related psychosis (hallucinations/delusions) worsens patient outcomes and caregiver burden. Gratitude-based interventions (GBIs) reduce stress and improve mood in older adults, but their effect on psychosis severity and cognition in dementia is understudied. We evaluated a community-delivered, WhatsApp-based GBI (“Gratitude Home”) for its association with changes in dementia-related psychotic symptoms (NPI psychosis subscale) and global cognition (MoCA).

METHODS

From 120 members of a local old-age exercise club who provided informed consent, 18 volunteers were selected by convenience sampling for a quasi-experimental substudy. Participants completed structured baseline interviews and were nonrandomly assigned to experimental (n=9) or control (n=9) groups. Experimental participants joined a Gratitude Home WhatsApp group, posted three daily grateful events, and attended weekly training on gratitude journaling and processing for 8 weeks; controls received usual club activities and health information. Mobile/WhatsApp contact was collected with explicit consent and data-protection assurances. Primary outcomes were change in NPI psychosis subscale score and MoCA from pretest to posttest. Baseline group equivalence was assessed; between-group differences were tested with independent-samples t-tests and repeated-measures ANOVA (F-test). Effect sizes (r) were reported.Quantitative research with signle blind .

RESULTS

Pretest comparisons showed no significant baseline differences on NPI psychosis or MoCA ($p>0.05$). Posttest analyses revealed a significant reduction in NPI psychosis scores in the experimental group versus controls (t-test, $p<0.05$), with a large effect size ($r \approx 0.70$). Repeated-measures ANOVA indicated a significant group-by-time effect for psychosis severity (F-test, $p<0.05$). Changes in MoCA scores did not differ significantly between groups over the study period ($p>0.05$). Participants in Gratitude Home demonstrated high engagement on WhatsApp and reported improved mood and social connectedness; no adverse events were reported.



CONCLUSIONS

In this small, convenience-sampled quasi-experimental pilot with informed consent and data safeguards, a brief, scalable gratitude program delivered via WhatsApp was associated with meaningful short-term reductions in dementia-related psychotic symptoms but did not alter cognitive test scores over the study period. Limitations—nonrandom assignment, small sample, self-selection, and short follow-up—preclude causal claims. Larger, randomized trials using standardized clinical measures, longer follow-up, caregiver-reported outcomes, and exploration of mechanisms (e.g., stress reduction, neuroticism moderation) are warranted.

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