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Exploring Older Adults' Perception And Satisfaction Of A Multidomain Intervention Program In Panama

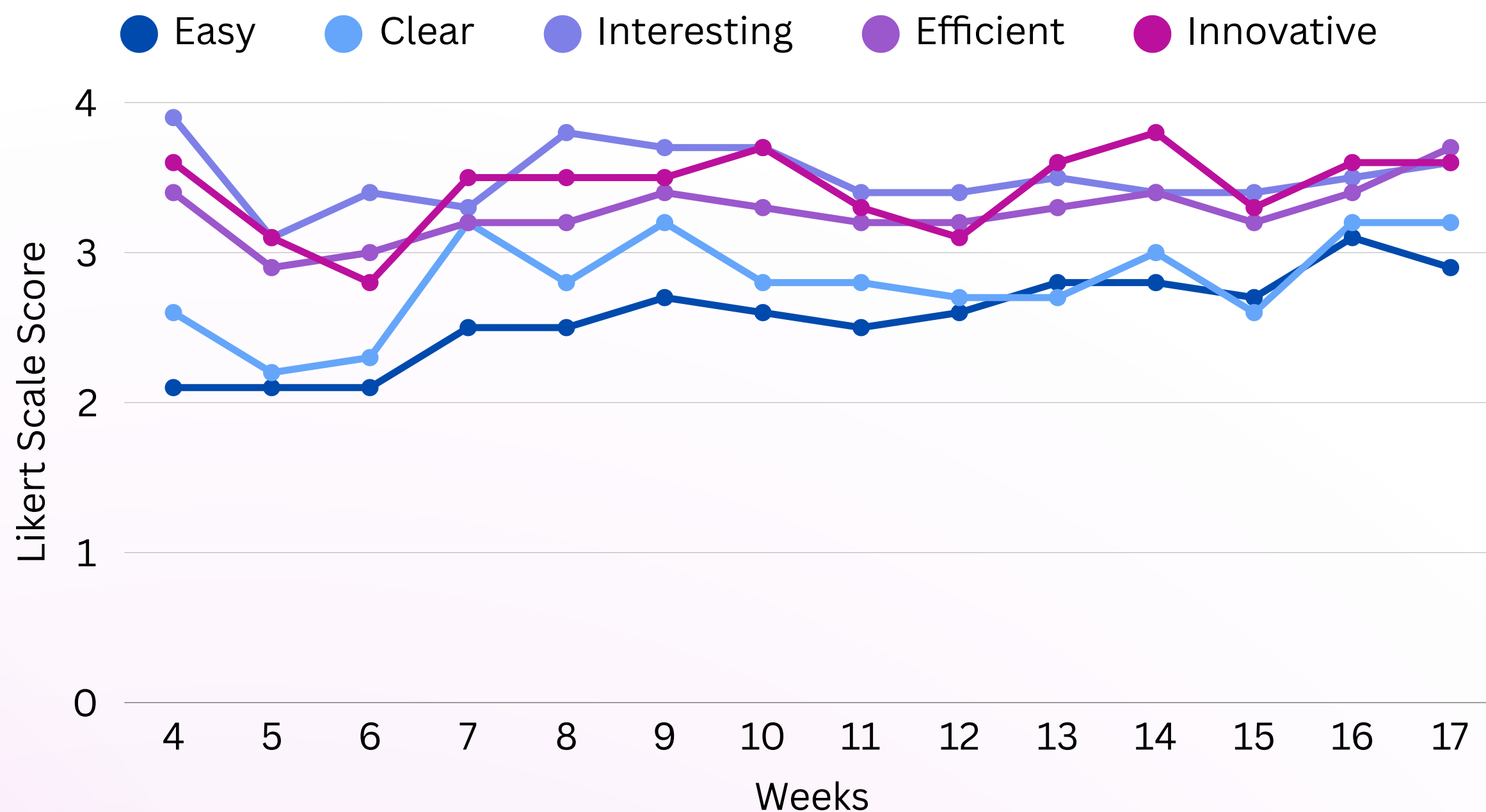


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Multidomain interventions are highly accepted programs among panamanian older adults, yielding strong participant satisfaction and perceived psychosocial benefits. The social component emerged as a central mechanism of impact, enhancing emotional support, reducing isolation, and supporting adherence. Technology-based tools were well received and widely recommended, reinforcing their value within structured programs.

INTRODUCTION	METHODS	CONCLUSIONS	REFERENCES
- Non-pharmacological interventions show potential in reducing dementia risk factors [1]. - Understanding participants' perceptions and assessing their satisfaction with multidomain intervention programs provide essential feedback for improving intervention quality and enhancing adherence strategies [2]. - Findings emphasize the value of social engagement, which helps reduce isolation, alleviate depressive symptoms, and lower the risk of cognitive decline [3,4].	- The sample consisted of 43 older adults aged 60 to 80 years, who completed pre-test and post-test assessments including sociodemographic interviews, clinical scales, cognitive tests, and a physical evaluation. - Participants were randomized into three groups: Combined Experimental Group (n=15): Received combined cognitive and physical interventions, including CogniFit training, group workshops and weekly walks Aerobic Exercise Experimental Group (n=15): Participated exclusively in walks, individually and monthly group walks. Active Control Group (n=13): Attended monthly informative health sessions. After the 4 month intervention period, participants completed: Satisfaction Surveys and Focus Groups  - Exploring expectations and satisfaction regarding: - Perceived cognitive and physical benefits - Incorporation of healthy habits - Satisfaction with Cognifit platform and daily walks - Future applicability of the program	- Satisfaction surveys and focus group feedback demonstrate a positive perception regarding the usefulness, relevance, and effectiveness of the implemented interventions. - In-person workshops and group walks were highlighted as spaces that facilitated social connection and emotional support among peers. - Future directions require individualized multimodal intervention programs and consider factors such as technology access and sturdier strategies to ensure participant engagement.	[1] Ngandu, T., Lehtisalo, J., Solomon, A., Løvålahti, E., Ahtiluoto, S., Antikainen, R., Bäckman, L., Hänninen, T., Jula, A., Laatikainen, T., Lindström, J., Mangialasche, F., Pajanen, T., Pajala, S., Peltonen, M., Rauramaa, R., Stigsdotter-Neely, A., Strandberg, T., Tuomilehto, J., Kivipelto, M. (2015). A 2 year multidomain intervention of diet, exercise, cognitive training, and vascular risk monitoring versus control to prevent cognitive decline in at-risk elderly people (FINGER): a randomised controlled trial. The Lancet, 385(9984), 2255–2263. https://doi.org/10.1016/s0140-6736(15)60461-5 [2] Aditya, R. S., Yusuf, A., Rahmatika, Q. T., Masfi, A., Ramadhan, M. P., Sunaryo, E. y. A. B., Afiani, N., Evi, N., Widjayanti, Y., Santi, N. F., Soares, D., & AlMutairi, R. I. (2024). Unlocking wellness: the comprehensive impact of community-based exercise programs on older adults. Retos, 60, 1365–1371. https://doi.org/10.47197/retos.v60.106846 [3] Müller, K., Schmicker, M., König, A., & Bornhöft, N. (2017). Attention and memory training in healthy older adults: satisfaction and perceived impact. Aging, Neuropsychology, And Cognition. Alzheimer's Journals. [4] Duffner, L. A., Janssen, N., Deckers, K., Schroyen, S., De Vugt, M. E., Köhler, S., Adam, S., Verhey, F. R., & Veenstra, M. Y. (2024). Facing the Next "Geriatric Giant"—A Systematic Literature Review and Meta-Analysis of Interventions Tackling Loneliness and Social Isolation Among Older Adults. Journal Of The American Medical Directors Association, 25(9), 105110. https://doi.org/10.1016/j.jamda.2024.105110

Graph 1. Cognifit Platform Satisfaction



Satisfaction surveys indicated high levels of satisfaction with the program components, including the **CogniFit platform described as novel, appealing, and effective.**

RESULTS

Five themes emerged from the focus group discussions, namely, (1) Impact of the program (2) Perception of multidomain interventions, (3) Barriers with the use of smartwatches during walks, (4) Cognifit platform evaluation, and (5) Improving adherence suggestions.

Table 1. Theme development process

Quotes	Categories	Theme
"Talking to people, in the sense of building community, helps a great deal"	Socializing opportunities	Impact of the program
"When I started, my stress level was through the roof and I felt bad. Now I manage my stress level, and I feel good."	Perception of personal health	
"The cohesion between the young researchers and us... really struck me... that's what I'm taking away... that is the main thing I'm taking away from this group."	Community and family cohesion	

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