

Mental well-being and cognitive function in elders with no neurocognitive disorder

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Key Message: Mental Well Being is related to better psychosocial functions in people with normal cognitive function. From the perspective of healthy aging, specific mental well-being strategies should be considered in public health promotion.

BACKGROUND	METHODS	RESULTS	CONCLUSIONS	REFERENCES
• Increase life expectancy should be associated with health and independent function. • Apart from early detection and treatment of neurocognitive disorders, it is equally important to observe for factors that may optimize functions in healthy aging. • We evaluated the association between a sense of subjective mental well-being and multi-dimensional functioning in a community sample of older adults who have no clinical cognitive impairment in Hong Kong.	• The Hong Kong Mental Morbidity Survey for Older People (HKMMSOP) was a cross-sectional study conducted from 2019-2022. • Community dwelling elders (>=60 years) were recruited randomly for cognitive and mental health assessments. • Cognitive and mental health profiles were evaluated with Montreal Cognitive Assessment (Hong Kong version MoCA), Clinical Interview Schedule – revised (CIS-R), abbreviated memory inventory for Chinese, Short form health survey (SF-12), and Disability Assessment for Dementia (DAD) • Subjective Mental wellbeing was measured with - Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)	• 4,368 community dwelling participants (age 60-105) were assessed, 3199 had no neurocognitive disorders (Clinical Dementia Rating CDR =0). • 1,423 (44.5%) were men. The average age (years) and education (years) were 67.9 (6.3) and 9.9(4.1). Mean MoCA score = 26.3(2.7). • Regression analysis of associative factors in this group of cognitively normal elders (controlled for MoCA age, gender, education, CIS-R), higher subjective mental well-being scores was a significant factor in • Better psychosocial function (SF-mental (p< 0.001) and physical component (p=0.049) scores) • Better instrumental activities of daily living (p=0.003) • Fewer subjective cognitive complaints (p< 0.001)	• In people with normal cognition, drivers to maintain independent function should be considered beyond disease management. • We explored the association between subjective mental well being and parameters of psychosocial function. There was a significant association between better mental well being and good psychosocial function. • In the context of cross-sectional assessment, our findings may indicate a need to consider specific mental wellness promotion strategies to foster healthy ageing in the community.	Lam LCW, Chan WC, Lee ATC, Huo Z, et al. Hong Kong Med J. 2026 Apr;32(2):98–113. Joshi S, Jabade M, Nadaf H, Salve P. Invest Educ Enferm. 2025 Sep;43(3):e06 CONTACT 