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## Introduction

Depression and anxiety, with and without dementia, are common in older care home residents. It is postulated that watching films can help residents to share emotions, enhance social connectedness and engage in reminiscence. As such, films can ameliorate depression and promote well-being. This scoping review summarises the evidence for the therapeutic benefits of film-based interventions in care homes.

## Methods

Electronic databases MEDLINE, Embase, EMCare and CINAHL were searched for quantitative and qualitative studies in English including adults aged 65 years and older in years 2005-2023. The search terms were: older adults, dementia, depression, carers, caregivers, care homes, and film.

## Results

Five studies met our criteria: Campbell-Sills, 2006, USA (1); Kim, 2014, Korea (2); Davison et al., 2016, Australia (3); Bjørnskov et al., 2018, Denmark (4); and Breckenridge et al., 2020, UK (5). All study participants were care home residents except for Bjørnskov et al. (4), who included 63 institutional caregivers. The number of study participants ranged from 11 to 120. There was a female predominance throughout the studies, and all residents had dementia of varying severity. Observation/follow up periods ranged from 6 -10 weeks.

Table 1: Summary of studies in the scoping

Study	Design	Findings
Campbell-Sills 2006	Direct comparison of participants with mood/anxiety disorder versus controls.	Residents with mood/anxiety disorders were identified by suppressing negative emotions induced by films.
Kim 2014	non-equivalent control group pretest/post-test.	Group reminiscence therapy using cinema increased ego integrity and reduced depression severity.
Davison 2016	randomised single-blind crossover.	Using a personal computer platform that included films resulted in reductions in anxiety, depression, and agitation.
Bjørnskov 2018	qualitative focus-group caregiver interviews.	Caregivers reported that films can evoke reminiscence.
Breckenridge 2020	cross-sectional observation.	Small-group film viewing enhanced social connectivity.

## Discussion

Watching films can help care home residents remember the past and improve their present lives. Films can help lift residents' mood, spark conversations, bring different generations together. Arts engagement can be associated with higher levels of wellbeing, social connectedness, and reduced potential for loneliness.

## Conclusions

Film screenings for ageing care home residents have the potential for improving mood and encouraging social connections.

## References

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