

Paper Category:	Prevention and public health
Paper Title: (Arial Font; 14 Pt Size)	The Impact of Social Support on the Association Between Depressive Symptoms and Change in Frailty Status: A Longitudinal Cohort Study
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>(Maximum word limit - 300 words)</p> <p>Background: Frailty, a preventable syndrome linked with increased vulnerability to stressors, often worsens in depressed individuals. Social support, closely related to frailty and depression, may be crucial in preventing frailty in depressed older adults.</p> <p>Objectives: This study explored the relationship between depressive symptoms and changes in frailty over four years. It also examined whether social support moderates this relationship.</p> <p>Method: Data was utilized from the 2007–2011 waves of the Taiwan Longitudinal Study on Aging (TSLA), a longitudinal cohort study of adults aged 65 and above (n = 1,283). Frailty was assessed using the Fried frailty phenotype, depressive symptoms were measured using an 8-item CES-D scale. The social support scale incorporated both receiving (five items) and providing (five items) social support. A multiple multinomial logistic regression analysis was performed to identify the influence of social support on the association between depressive symptoms and changes in frailty status over four years.</p> <p>Results: Over four years, most participants' frailty status worsened (33.0%) or stayed stable (40.1%), with 11.6% improving. Mean scores were 3.24 (\pm 4.41) for depressive symptoms and 6.55 (\pm 1.28) for social support. Among non-frail participants, those with more depressive symptoms had higher risks of worsening frailty (RRR = 1.066) and higher frailty improvement chances (RRR = 1.145) than those with stable frailty, once adjusted for covariates, chronic diseases, and social support aspects. This trend was non-significant in frail baseline individuals. No moderating role of social support was identified.</p> <p>Discussions and Conclusions: Preventing depressive symptoms could help maintain frailty stability in the elderly. Social support, either received or provided, had no significant moderating effect on the relationship between depressive symptoms and changes in frailty status. Identifying the moderators between depressive symptoms and frailty worsening could guide future research to prevent the onset in depressed seniors.</p>	

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