

Paper Category:	Others
Paper Title: (Arial Font; 14 Pt Size)	Perceived stress and frailty in older adults
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background: Frail individuals are susceptible to adverse stress events. Even though psychological correlation with frailty has been noticed, there was few researches about the links between stress and frailty.</p> <p>Objectives: This study aimed to examine the association between perceived stress and frailty in older adults.</p> <p>Methods: A cross-sectional observational study of participants recruited from September 2021 to January 2022. To measure stress levels, Korean version of perceived stress scale-10(PSS-10) was used. Frailty status was assessed by Korean frailty index. In addition, loneliness, depression, and satisfaction were measured by UCLA loneliness scale, Centre for Epidemiological Studies Depression and Satisfaction with Life Scale, respectively. Sociodemographic characteristics and the measurements were examined. Multinomial logistic regression compared variables of frail participants with robust participants.</p> <p>Results: 862 participants were included in the study (mean age of 73.62; 65.5% women). Median PSS-10 score was 15. Of whom, 22.4% were pre-frail, 10.8% frail and 66.8% robust status. Perceived stress was significantly associated with pre-frailty (crude odds ratio [cOR] 1.147; 95%CI 1.093-1.204) and frailty (cOR 1.417; 95%CI 1.322-1.520). After adjusted with sex, age, education, residence, cohabitation, marital status and working status, the associations of perceived stress with pre-frailty (adjusted odds ratio [aOR] 1.140, 95%CI 1.084-1.199) and frailty (aOR 1.409; 95% CI 1.308-1.518) were statistically significant. Furthermore, when adjusted with all variables including loneliness, depression and satisfaction, perceived stress was significantly associated with frailty (aOR 1.172; 95%CI 1.071-1.283), however, with pre-frailty, insufficient statistical evidence was observed (aOR 1.022; 95%CI 0.961-1.086).</p> <p>Discussions and Conclusions: A higher level of perceived stress is associated with an increased risk of frailty. Effort to manage stress may help intervention to frailty in older adults.</p>	

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