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## Laughter yoga: Alleviating depression and sleep disturbance for institutionalized elderly

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**Background:** Depression and sleep disturbance are two of the most common mental disorders reported among the elderly. Current management of these disorders mainly focuses on pharmacologic intervention. However, medications may have adverse physical and psychological consequences on the elderly. Therefore, non-pharmacologic interventions without side effects should be tested. Laughter yoga is one of the alternative modalities proposed to address this problem.

**Objectives:** The purpose of this study was to determine the effectiveness of laughter yoga as an alternative treatment in alleviating depression and sleep disturbance among Filipino institutionalized elderly. Moreover, this study also aimed to determine if five sessions of laughter yoga can already produce the intended effect among the subjects.

**Methods:** This study utilized a one group pretest and posttest, quasi-experimental design and was conducted in an elderly facility in a large metropolitan area in the Philippines. Subjects for the study were 15 institutionalized elderly, aged 60-85 years old, which were chosen through certain inclusion criteria. The subjects have undergone 10 sessions of laughter yoga and the Geriatric Depression Scale (GDS) and Sleep Questionnaire (SQ) were utilized to measure their level of depression and sleep disturbance before and after 5 sessions and 10 sessions of laughter yoga.

**Results:** There was a decrease and significant statistical differences in the mean scores of the subjects on the GDS and SQ of the institutionalized elderly after the 5 sessions and 10 sessions of laughter yoga, noting only a slight decrease with the scores after 5 sessions.

**Conclusion:** Laughter yoga is effective in alleviating gradually depression and sleep disturbance among Filipino institutionalized elderly and can be considered as an effective alternative nursing intervention for the elderly especially to those who are institutionalized.

### Biography

Ma Socorro S Guan Hing is a registered nurse and has completed her MAN degree from the University Of Santo Tomas, College of Nursing. She is currently the Assistant Dean of the College of Nursing in the same university. She serves as a clinical instructor for the recent years, specializing in the Mental Health and Psychiatric Nursing. She has been an adviser of many research studies for the past years.

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