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The effect of therapeutic horticulture on the psychological wellbeing of elderly in singapore: A randomised controlled trial**Angelia Sia**

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The purpose of this study was to evaluate the effect of a therapeutic horticulture intervention on the psychological wellbeing of elderly in multi-ethnic Singapore. In this randomized controlled trial, 59 elderlies between the ages of 60 to 85 were recruited from a community in the country's western district. They were randomly assigned into either the treatment or waitlist control group. The treatment group completed a 15-session therapeutic horticulture program, before the waitlist control group started their intervention program. The psychological wellbeing of all the subjects were assessed at pre- and post-intervention. The survey instrument used was the Ryff Scales of Psychological Well-Being (SPWB). A significant improvement was observed in the scores of the SPWB subscale "positive relations with others", when comparing between the mean change between the treatment and control groups. The results of this study suggest that the therapeutic horticulture intervention might be effective in promoting the psychological wellbeing of the elderly in Singapore, through improving their positive relations with others.