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1 The effect of a Functioning Improvement Tool home visit program on instrumental activities of  
2 daily living and depressive status in older people

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4 Shigekazu Ukawa<sup>1</sup>, Motoyuki Yuasa<sup>2</sup>, Tamiko Ikeno<sup>3</sup>, Katsunori Ikoma<sup>4</sup>, Reiko Kishi<sup>3</sup>

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6 <sup>1</sup>Department of Public Health Sciences, Hokkaido University Graduate School of Medicine,  
7 Sapporo, Hokkaido, Japan

8 <sup>2</sup>Department of Public Health, Juntendo University Graduate School of Medicine, Bunkyo-ku,  
9 Tokyo, Japan

10 <sup>3</sup>Center for Environmental and Health Sciences, Hokkaido University, Sapporo, Hokkaido, Japan

11 <sup>4</sup>Department of Rehabilitation Medicine, Hospital of Hokkaido University, Sapporo, Hokkaido,  
12 Japan

13

14 Corresponding author: Reiko Kishi

15 Center for Environmental and Health Sciences, Hokkaido University, N12 W7, Kita-ku, Sapporo  
16 060-0812, Japan.

17 Tel: +81-11-706-4746; Fax: +81-11-706-4725

18 E-mail: rkishi@med.hokudai.ac.jp

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1           The number of older persons who need long-term care is rapidly increasing in Japan  
2 (Health and Welfare Statistics Association, 2010). However, effective prevention strategies have not  
3 been established. We previously reported the effect of a Functioning Improvement Tool (FIT) home  
4 visit program which we developed based on an occupational therapy method on cognitive function  
5 in 199 subjects aged 65 or older (Ukawa et al., 2011). The aim of this report was to determine  
6 whether the Tokyo Metropolitan Institute of Gerontology (TMIG) index of competence, and the  
7 Zung Self-Rating Depression Scale (SDS) scores of the older person could be improved as a result  
8 of the FIT home visit program (UMIN-CTR number, UMIN000003877).

9           This study was conducted in two rural towns of Shinhidaka and Hidaka in Hokkaido, Japan.  
10 252 participants aged 65 years or older living at home and receiving preventive services or a  
11 community long-term care prevention project according to the Japanese social long-term care  
12 insurance system (Tsutsui and Muramatsu, 2007) were enrolled and randomly assigned to an  
13 intervention group (n=128) or a control group (n=124). Intervention group subjects received a  
14 60-minute FIT home visit program once a month for 3 months. The subjects completed the FIT  
15 activity with the instruction and assistance of trained health care personnel. The FIT aimed to  
16 identify factors that can be changed in their daily life (Ukawa et al., 2011). Control subjects did not  
17 receive any home visit at all. No subject had any restrictions in usual care involving medical or  
18 formal nursing care. The study protocol was approved by the ethics board for epidemiological  
19 studies at Hokkaido University Graduate School of Medicine. All participants gave their written,  
20 informed consent.

21           IADL was assessed by the TMIG index of competence which is a multidimensional scale  
22 composed of 13 items: five concerning instrumental independence, four concerning intellectual  
23 activity, higher scores indicating a better competence and four concerning social role and has been  
24 widely used in the Japanese community (Koyano et al., 1991). Depressive status was assessed by  
25 the SDS (Zung, 1965), score ranges from 20 to 80, with a lower score indicating a better mental

1 state.

2 Continuous variables are presented as mean±standard deviation. Changes in TMIG and  
3 SDS scores from baseline to the post-intervention were evaluated by paired t-test. Group differences  
4 each scores changes between baseline and post-intervention were evaluated by student's t-test. An  
5 alpha level of 0.05 was considered statistically significant. All statistical analyses were performed  
6 using JMP version 9.0.2 for Windows (SAS Institute Inc., Cary, NC, USA).

7 100 subjects (45: withdrawal, hospitalization, death, relocation; 55: missing data of TMIG  
8 or SDS) were excluded. Thus, 152 subjects (50 males and 102 females; mean age 78.1±7.5 years)  
9 were evaluated. No significant differences between the intervention and control groups were found  
10 in subjects' baseline characteristics. Table 1 shows the TMIG and SDS scores between the 

Table 1
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11 intervention and control groups at baseline and post-intervention. There were no significant  
12 differences between intervention and control groups in the TMIG (10.1±3.2 vs. 9.0±3.5 P=0.06) and  
13 SDS (36.9±9.4 vs. 36.9±8.9, P=0.91) scores at baseline. After the study, no significant scores  
14 changes were observed within groups compared with those at baseline. Nor were there significant  
15 improvement in the TMIG (-0.3±2.0 vs. -0.1±1.8, P=0.40) and SDS (-1.3±6.6 vs. -0.6±6.9, P=0.55)  
16 scores between the intervention and control groups. These results were not change after adjusting  
17 for valuables such as baseline score, age, and sex.

18 In conclusion, no significant improvement was found in the TMIG and SDS scores after 3  
19 months FIT home visit program. Although we hypothesized that our FIT home visit program likely  
20 stimulates subject's cognitive function through the FIT steps and dialogue between subject and  
21 health care personnel, IADL and depressive status might not improved. In addition, more than twice  
22 subjects were excluded due to missing data of outcome variables, especially SDS, compared to  
23 previous our report which showed cognitive improvement. This may attribute to the inadequate  
24 statistical power. Further studies with enough sample size are needed to elucidate the effect of our  
25 FIT home visit program.

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2 Table 1. TMIG and SDS scores between the intervention and control groups at baseline and post-intervention

	Intervention Group <sup>a</sup>		Control Group <sup>a</sup>		P-Value <sup>§</sup>
	Mean±SD	P-Value <sup>†</sup>	Mean±SD	P-Value <sup>‡</sup>	
Baseline (T <sub>0</sub> )					
TMIG	9.7±3.3		9.0±3.4		
SDS	36.9±9.4		36.9±8.9		
Post-intervention (T <sub>1</sub> )					
TMIG	9.7±3.3	0.17	9.0±3.4	0.77	
SDS	35.4±9.0	0.09	35.8±9.0	0.41	
Scores changes (T <sub>1</sub> -T <sub>0</sub> )					
TMIG	-0.3±2.0		-0.1±1.8		0.40
SDS	-1.3±6.6		-0.6±6.9		0.55

3 TMIG, The Tokyo Metropolitan Institute of Gerontology index of competence (range, 0 to 13); SDS, The Zung Self-Rating Depression Scale (range, 20 to 80). TMIG,  
4 positive value means improvement; SDS, negative value means improvement.

5 <sup>a</sup>90 intervention subjects and 93 control subjects were evaluated in the TMIG scores, 74 intervention subjects and 78 control subjects were evaluated in the SDS  
6 scores due to missing data.

7 <sup>†</sup>Paired t-test to compare scores between T<sub>0</sub> and T<sub>1</sub> in the intervention group.

8 <sup>‡</sup>Paired t-test to compare scores between T<sub>0</sub> and T<sub>1</sub> in the control group.

9 <sup>§</sup>Student's t-test to compare scores between the intervention and control groups.