

Ashburn Clinic

Luncheon Seminar: 11 March 2019

Luncheon: 12.00–12.30 pm Presentation: 12.30 pm–1.30 pm

Please rsvp for catering purposes by Wednesday 6 March.

Email: rebecca@ashburn.co.nz

Location: Ashburn gym
Parking: top carpark.
No smoking onsite.

Sponsorship for the luncheon seminars has generously been provided by the James Hume Bequest Fund.



Ashburn Clinic
496 Taieri Rd
Halfway Bush
Private Bag 1916,
Dunedin 9054
Phone:
(03) 476-2092
Website:
www.ashburn.co.nz

Loneliness is a Killer

Presenter: Associate Professor Yoram Barak

Loneliness is associated with reduced health-related quality of life and increased morbidity and mortality and typically worsens with aging.

A total of 73,286 New Zealanders (mean age, 81.4 years; age range, 65-109 years; 41,641 [56.9%] female) participated in our recent study. The assessments of 191 centenarians (mean [SD] age, 100.9 [1.2] years) and 73,095 elderly people (mean [SD] age, 81.4 [7.6] years) were analysed.

Centenarians were less likely to be lonely compared with elderly people, with a 22% lower risk of loneliness for a typical centenarian (aged 100.9 years) compared with a typical elderly person (aged 81.4 years) in unadjusted analyses (relative risk, 0.78; 95%CI, 0.67-0.92; $P = .002$).

Living with others, having family support, and lacking depression were associated with lower risk of loneliness.

CONCLUSIONS AND RELEVANCE: Centenarians are a unique group to study as a model of successful aging. The sample of centenarians in this study appeared to be less lonely than other groups studied.

Associate Professor Yoram Barak is a Consultant Psychogeriatrician at the DPH and Convenor of Psychological Medicine Year 4 at the Otago Medical School.

Associate Professor Barak's research interests focus on successful ageing, loneliness and dementia prevention.

Luncheon Seminars:

- 8 April Professor Kate M Scott: *PTSD Associated With Sexual Assault Among Women*
- 13 May John Dunbar: *Non-organic Pain Syndromes*

Advanced Theory of Psychotherapy Module series

- 19 March–28 May: *Selected Theorists*
- 2 July–10 September: *Abnormal Psychology*