Article: 2113
Topic: 67 - Psychotherapy

# SELF-ESTEEM AND PERSON-CENTERED THERAPY: A PILOT STUDY WITH OLDER ADULTS

***S. von Humboldt****, I. Leal*

Research Unit in Psychology and Health, R&D, ISPA-Instituto Universitário, Lisbon, Portugal

**Objectives:** A higher SE is suggested by a reduced difference between ideal and real self. The present pilot study was designed to investigate if a brief eight-session individual person-centered therapy (PCT) intervention on older adults can promote their self-esteem (SE), as compared with a control group (waiting list). We hypothesized that participants randomized to PCT would report improvements in SE from pre- to post-intervention compared tocontrol group.
**Method:** We recruited 81 persons aged between 65-82 years (*M*=71.9 *SD*=4.77) and randomized 40 to PCT and 41 to control group. Measures were completed, including demographics and the Self-esteem Scale (SES) at the baseline, post-treatment and at the 12-month follow-up.
**Results:** Findings indicated that individual PCT with older adults may improve their SE. The difference between ideal self and real self, evidenced at follow-up (*M*=1.251, *SD*=.524) by the participants who had undergone PCT, was significantly lower (41.3%) in comparison to the baseline score (*M*=2.131, *SD*=.799). Significant differences between the intervention group and the control group were found in the post- intervention ($F_{(1)}$ = 34.939, $p$ < 0.01) and follow-up ($F_{(1)}$ = 34.595, $p$ < 0.01). During these three assessments there were no significant differences in the waiting list participants. In addition, results revealed no significant between group differences in any socio-demographic variable (*P´s*>.05) in $t_1$, $t_2$ and $t_3$.
**Conclusions:** Results suggest that PCT is beneficial for improving SE. Clinical practice and health care context may benefit from including PCT as an important component for reducing health disparities and for aging well.

https://doi.org/10.1016/S0924-9338(13)77004-4 Published online by Cambridge University Press