

# **Psychosocial Benefits of Autobiographical Memory Activation in Older Adults: Evaluating the Effectiveness of a Shortened Guided Autobiography Program**

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To enhance reminiscence in later life and promote ego integrity, the effectiveness of a shortened version of the Guided Autobiography (GA) program was examined using a waiting list control design. The study targeted 30 community-dwelling older adults aged 60 and above, who participated in four sessions where they reflected on their lives and shared autobiographical essays. Analysis revealed that, compared to the waiting list (WL) group, the early intervention group showed significant improvements in reminiscence reevaluation, nostalgia, ego integrity, and gratitude. However, no significant improvements were observed in social interaction, mental health (WHO-5), or sense of purpose. When the entire sample was analyzed as an intervention group, reminiscence reevaluation, nostalgia, and ego integrity were promoted immediately after the intervention, though these effects tended to diminish by the follow-up assessment. Future efforts should focus on developing supplementary methods to sustain long-term effects and address gender balance to further enhance the well-being of older adults.