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## The Mediation effects of Psychological and Social impact on Functional Performance and Frailty Status in Community-Dwelling Middle-Aged and Older Populations

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**Background:** The fraction of the global population that is middle-aged and older is steadily growing. The frailty status of middle-aged and older populations is affected by functional performance. Important contributing factors to frailty in middle-aged and older populations include psychological and social effects. Middle-aged and older populations that regulate these two factors may be able to regulate their frailty state. The purpose of this study was to provide evidence for the impact of functional performance on frailty status when depression, social activity, and frailty status were all associated.

**Methods:** To investigate mediation models, PROCESS in SPSS was used to analyze data from the 2015 Taiwan Longitudinal Study in Ageing (TLSA) (N = 7,622). The parallel mediation model was developed to investigate frailty status in middle-aged and older persons with functional performance via depression or social activities.

**Results:** The direct effect of functional performance on depression ( $\beta = -0.34$ ;  $< 0.001$ ) was negative and statistically significant, and the direct effect of functional performance on social activity ( $\beta = 0.57$ ;  $< 0.001$ ) was positive and statistically significant. Depression had a positive and significant direct effect on frailty status ( $\beta = 0.20$ ;  $< 0.001$ ), whereas social activity had a negative but significant direct effect on frailty status ( $\beta = -0.18$ ;  $< 0.001$ ). The direct effect of functional performance on frailty status, on the other hand, is negative and statistically significant ( $\beta = 1.03$ ;  $< 0.001$ ). Depression and social activity partially mediated the relationship between functional performance and frailty status.

**Conclusion:** These findings imply that reducing depression and engaging in social activities may lessen the effect of functional performance on frailty status and reduce frailty status in the middle-aged and older population living in communities.

**Ethics:** The study was conducted in accordance with the guidelines approved by the Fu Jen Catholic University Institutional Review Board (FJU-IRB No: C110040). This study was supported by the Health and Welfare Data Science Center of the Ministry of Health and Welfare of Taiwan (HWDC, MOHW) for providing the panel data of the "Taiwan Longitudinal Study on Aging" (TLSA) for analysis (Project No: R110025).

**Key Words:** functional performance, frailty status, depression, well-being, social activity, middle-aged and older adults

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### Biography

Pei-Shan Li is a Ph. D. candidate in nursing at Taiwan's National Taipei University of Nursing and Health Sciences. She is also a certified nurse with over 20 years of experience at Taiwan's Taipei Veterans General Hospital. In 2018, she received her Master's degree in geriatric nursing. She presently has four SCI (English) journal research publications, three Chinese and English articles, and eight Chinese and English posters to her credit.

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