This project documented participants' experiences of purposeful activity in the form of volunteering at a farm producing food for community members in need.

Methods: Individuals living with dementia participated in farming activities over several weeks to help grow food for people in need. During this time, participants completed 'walking interviews', discussing the tasks undertaken, their perspectives on these tasks, how these activities fitted in with their own ways of being, and how they felt spending time in nature. Walking interviews provide contextual and environmental cues that may facilitate emotional and sensory connection in a way that traditional interviews do not. Their shorter and more flexible time frame provides additional adaptability for people living with dementia.

Results: Walking interviews were audio-recorded, transcribed and thematically analysed. These analyses describe participants' experiences at the farm, related to purpose in life. These included participants' connection to times in their lives when they provided support, assistance or service to others, and their experience of engaging with the natural environment.

Conclusion: This research contributes to understanding of benefits of purpose-focused time in nature, including that it provides an opportunity for people living with dementia to connect with different points in their lives when they have held other forms of purpose. Tips on setting up such a safe, enjoyable, inclusive gardening project are provided. Additional research into meaningful engagement in natural settings is warranted for people living with dementia, especially when it involves activities with benefit to communities.

P59: Associations Between Smoking, Alcohol Consumption, Physical Activity and Depression in Middle-Aged Premenopausal and Postmenopausal Women

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Background: Changes in lifestyle factors are known to affect mood. However, there is insufficient evidence supporting the association between smoking, alcohol consumption, physical activity and depression in middle-aged women who are likely to experience rapid hormonal changes.

Methods: We used a nationwide database of medical records in South Korea. 901,721 premenopausal and 943,710 postmenopausal women aged 40 years or older included in this study. Information on smoking, alcohol consumption, physical activity was identified from health examination data and followed up for the occurrence of depression using claims data.

Results: Compared with never-smokers, ex-smokers and current smokers among premenopausal and postmenopausal women showed an increased risk of depression in a dose-dependent manner (aHR 1.13 for ex-smokers; aHR 1.23 for current smokers). Compared with non-drinkers, mild drinkers showed a decreased risk of depression (aHR 0.98 for premenopausal women; aHR 0.95 for postmenopausal women), and heavy drinkers showed an increased risk of depression both among premenopausal (aHR 1.20) and postmenopausal women (aHR 1.05). The risk of depression due to smoking and heavy alcohol consumption was higher in premenopausal women than in postmenopausal women. Compared with those who had not engaged in regular physical activity, those who had engaged showed a decreased risk of depression both among premenopausal (aHR 0.96) and postmenopausal women (aHR 0.95).

Conclusions: Smoking and heavy alcohol consumption increased the risk of depression, and the increased risk was prominent in premenopausal than in postmenopausal women. Regular physical activity decreased the risk of depression both in premenopausal and postmenopausal women.

P61: The use of the errorless learning method in the rehabilitation of activities of daily living and instrumental activities of daily living

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Objective: The aim of this review was to describe the usage and effectiveness of errorless learning in activities of daily living (ADL) and instrumental activities of daily living (IADL) rehabilitation methods reported in the literature over the past 10 years.

Methods: Two databases were searched (PubMed, EMBASE) using the key words "errorless learning and ADL and IADL". Articles published in the last 10 years in English were considered.

Results: 4 studies were identified that included 94 people with Alzheimer's disease (AD) and 129 people with stroke (104 with amnesia and 25 with ideational apraxia).

One study on AD patients showed that it is possible for them to re-learn relevant IADL activities using the errorless learning (EL) and spaced retrieval (SR) techniques and to maintain these gains for at least 3 months (t =2.811; df =22.246; p=0.010).