

**P01-358 - AUTOBIOGRAPHICAL LIFE REVIEW THERAPY APPROACH FOR THE STROKE PATIENTS AND CAREGIVERS: A LIFESPAN AUTOBIOGRAPHICAL INTERVENTION METHOD**

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**Objective:** To explore autobiographical life review therapy as a therapeutic intervention in enhancing the stroke patients' and caregivers' state hope, life satisfaction, life mastery level as well as in reducing their loneliness.

**Methods:** 20 Korean-American aged stroke patients (mean age=73.6) and 20 female Korean-American caregivers (wives) (mean age=67.5) were selected for autobiographical life review therapy. 20 male stroke patients out of 46 stroke patients were screened, by using the Hastean-Reitan Neuropsychological Test battery. During pretreatment testing sessions, the subjects completed state hope scale, life satisfaction scale, life mastery scale, and loneliness scale. At the end of total 10 sessions of autobiographical life review therapy interventions, the subjects completed these scales again. Pretreatment and posttreatment assessments of the selected scales were administered for both the stroke patients and their caregivers.

**Results:** Between pretreatment and posttreatment, there were significant increases in the subjects' assessments of state hope (male:  $p < .01$  and female:  $p < .001$ ), life satisfaction (male:  $p < .01$  and female:  $p < .01$ ) and of life mastery (male:  $p < .05$  and female:  $p < .01$ ) as well as significant reduction of their loneliness scale (male:  $p < .001$  and female:  $p < .01$ ).

**Conclusion:** The research results demonstrated the effectiveness of autobiographical life therapy interventions as an aid in improving the stroke patients' and caregivers' quality of life.