

## Advances in Research on Influencing Factors and Intervention Strategies for Mental Health in Elderly Patients with Chronic Disease Comorbidities: Postprint

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### Abstract

The acceleration of population aging in China has made the problem of chronic disease comorbidity increasingly prominent, which not only imposes a heavy burden on the healthcare system but also poses a serious threat to patients' physical and mental health. Elderly patients with chronic disease comorbidity are more prone to psychological problems such as anxiety and depression due to the coexistence of multiple diseases, with symptom detection rates significantly higher than those in healthy individuals or patients with a single chronic disease. Although the pathogenesis remains unclear, factors such as demographics (age, gender, education level), socioeconomic status (family income, residence), social support, health status, and lifestyle are all closely related to mental health, and clarifying these factors is crucial for developing precise intervention strategies. Existing mental health interventions for elderly patients with chronic disease comorbidity can be divided into two categories: pharmacological and non-pharmacological. Although pharmacological treatment can alleviate symptoms, the risk of polypharmacy limits its application. Non-pharmacological interventions, on the other hand, demonstrate unique advantages through diversified approaches: group psychological interventions strengthen social support networks, cognitive behavioral therapy corrects negative cognitions, exercise therapy improves both physical and psychological health, music/nostalgia/narrative therapy regulates emotional states, "Internet Plus" technology breaks through spatiotemporal limitations to enhance intervention accessibility, traditional Chinese medicine achieves simultaneous treatment of body and mind, and health education combined with psychological nursing enhances self-management capacity through knowledge empowerment. These measures have been proven to effectively improve the mental health status of patients with comorbidities. This review focuses on the epidemiology, influencing factors, and intervention strate-

gies for elderly patients with chronic disease comorbidity, providing evidence for mental health promotion. Future research should deepen the investigation of mechanisms underlying disease interactions, construct a personalized intervention system based on risk assessment, and validate intervention effectiveness through multicenter long-term follow-up studies, thereby contributing to the achievement of healthy aging goals.

### Full Text

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No translatable academic content is present.

*Note: Figure translations are in progress. See original paper for figures.*

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