

CLSA Approved Project

Applicant

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Project Title

MINDMAP - Promoting Mental Well-being and Healthy Aging in Cities

Project Summary

Major depressive disorder, dementia, anxiety disorders, and substance abuse affect a substantial part of the older population. The majority of the world population resides in cities, and this will increase in the next decades. Urbanization and aging have enormous implications for public mental health. Cities pose major challenges for older citizens, but also offer opportunities for the design of policies, clinical and public health interventions that promote mental health. The overall aim of the MINDMAP project is to identify the challenges and opportunities offered by the urban environment for the promotion of mental wellbeing and cognitive function of older individuals in Europe, the US and Canada.

Keywords

Ageing, Mental health, Urbanization