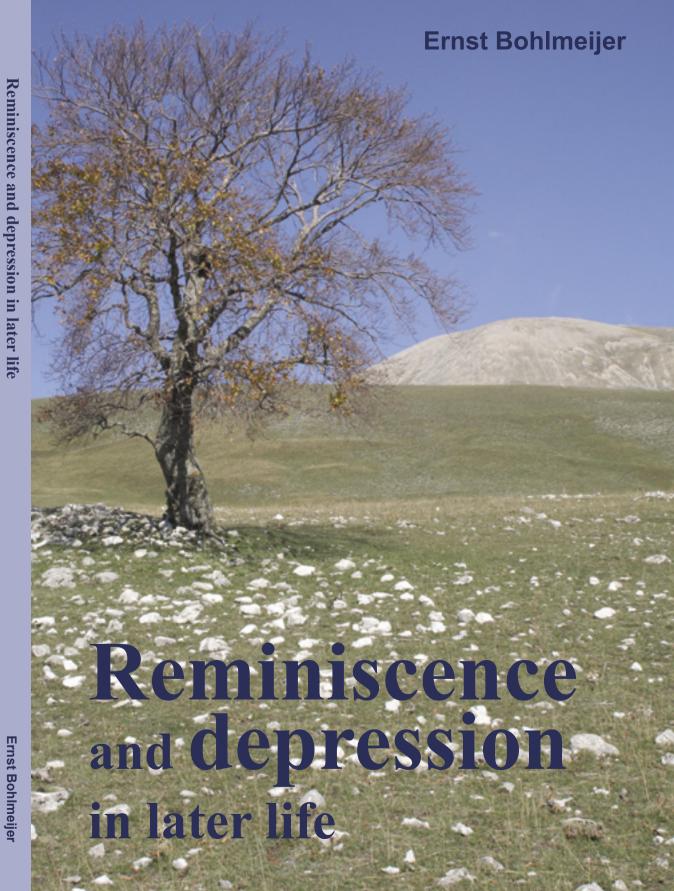
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(Sub) clinical depression is a common and disabling disorder among the growing number of older adults. This warrants a public mental health approach in which prevention has to play a major role. Reminiscence, and life-review in particular, is possibly an attractive preventive intervention for older adults with depressive symptomatology. This thesis aims for a evidence-based implementation of reminiscence in mental health care in the Netherlands. In the first part of the thesis a review of the progress and emerging trends in conceptual and applied understanding of reminiscence is presented. In addition the results of two meta-analysis on the effects of reminiscence interventions on depression and psychological well-being are reported. The second part of this thesis introduces two new preventive reminiscence interventions. The effects on depressive symptomatology, meaning in life and mastery were explored in two pilot-studies. The results are presented and are followed by a general discussion about the future of reminiscence in mental health care.



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