

Introduction

This study delves into the health dynamics of older immigrants, considering the complexities of migration. Immigrants navigate unique challenges during their journey, affecting both physical and mental health. Therefore, this study compares cognitive function, mental health, sleep quality, and Body Mass Index (BMI) of older Lusophone immigrants in Luxembourg and Portugal. Additionally, it explores how variables such as duration of residency, years of formal education, chronic illness, and marital status affect these outcomes.

Objectives

This study aims to provide valuable insights into the experiences of Portuguese-speaking immigrants (>55 years old) in Luxembourg in comparison to their peers living in Portugal. It focus on cognitive decline, emotional distress, sleep quality, and overall health.

Hypotheses

- Diminished cognitive decline among immigrants (Xu et al. 2017)
- Adverse mental health effects due to migration (Cho, 2019)
- Deteriorated sleep quality after migration (Voss & Tuin 2008).
- No substantial difference is expected in terms of BMI (Goulão, 2015).

Methods

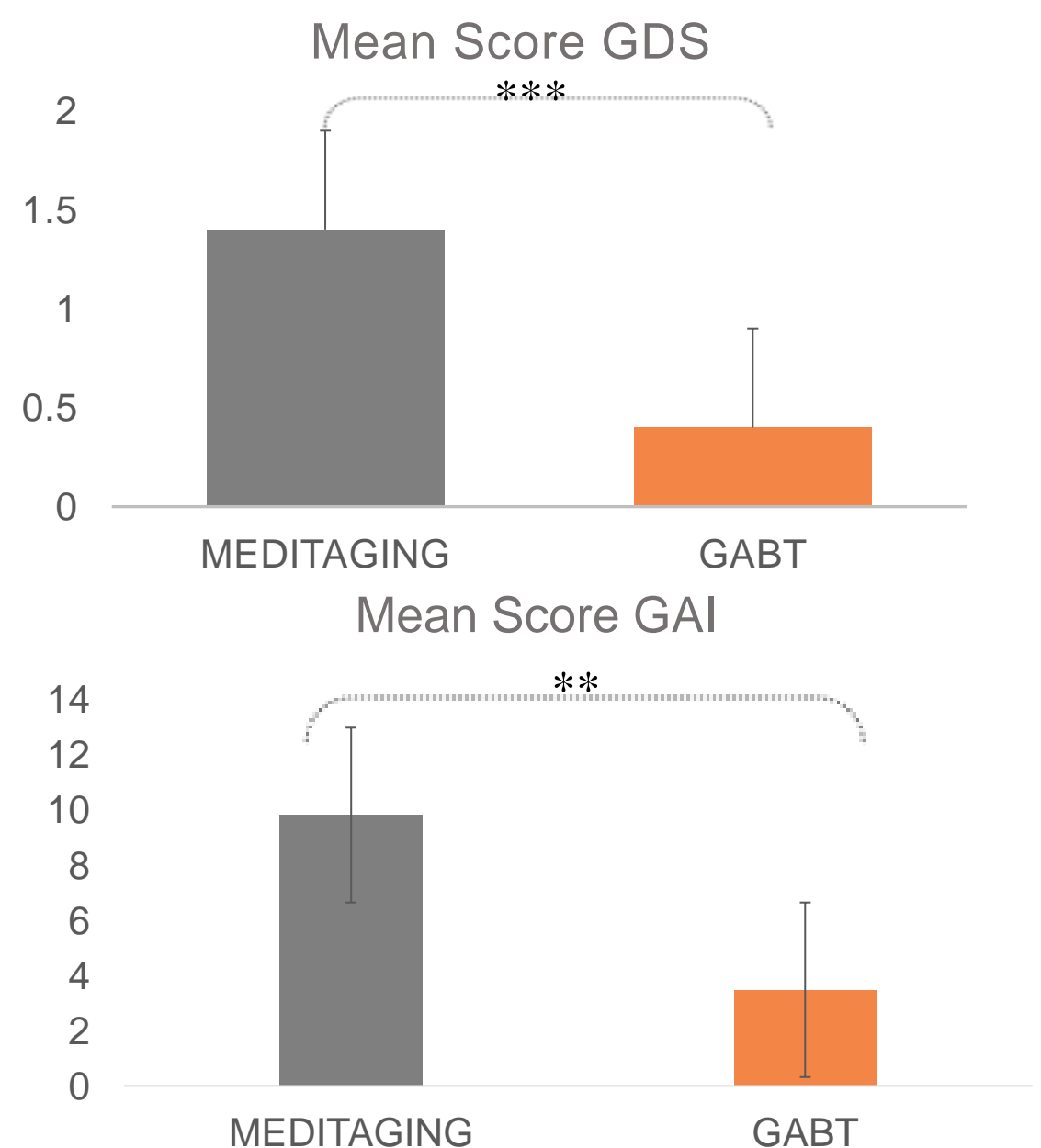
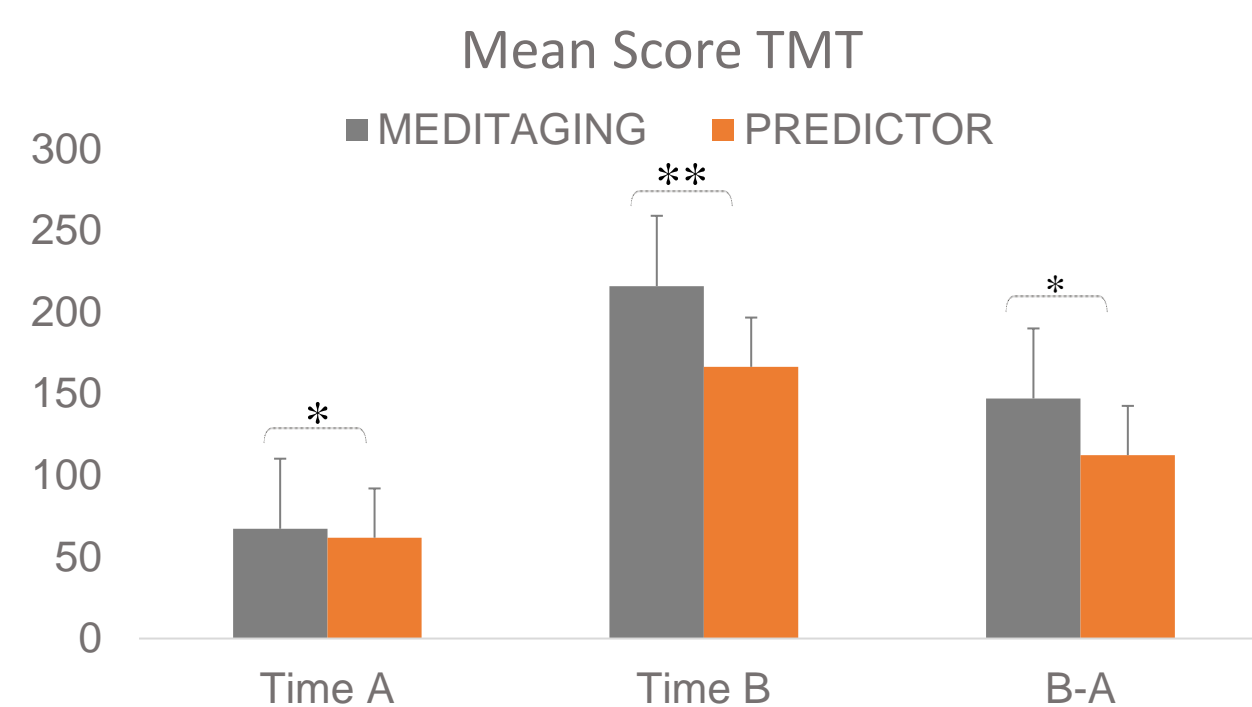
This was a retrospective study with Portuguese-speaking participants, recruited from the projects: MEDITAGING (N=83, mean age = 62.08, SD = 6.511, 72.84% women), GABT (N=55, mean age=68.18, SD = 5.869, 74.55% women), and PREDICTOR (N=83, mean age=67.86, SD=5.24, 83.13% women). Cognitive decline was assessed using the Mini-Mental State Examination (MMSE) (Guerreiro, 1994). Executive function was measured using the Trail Making Test (TMT) (Cavaco et al., 2013). Affective factors were evaluated using the Geriatric Depression Scale (GDS) (Yesavage et al., 1982) and the Geriatric Anxiety Scale (GAI) (Ribeiro et al., 2011). General health factors included BMI and sleep quality, which was analysed using the Pittsburgh Sleep Quality Index (PSQI) (del Rio João et al., 2017).

Results and discussion

Mean score and Standard Deviations of different cognitive, affective and health factors for the three samples.

Group		MMSE	BMI	PSQI	GAI	GDS	TMT-A	TMT-B
MEDITAGING	Mean	27.33	27.67	7.19	9.82	1.40	67.23	215.89
	Standard Deviation	1.90	4.70	3.46	6.47	1.62	40.60	130.74
GABT	Mean	NA	NA	NA	3.49	.40	NA	NA
	Standard Deviation				3.75	.807		
PREDICTOR	Mean	26.47	27.40	8.09	NA	NA	61.74	166.41
	Standard Deviation	6.40	4.30	11.88			31.18	79.56

Note. NA – Not applicable



Significant sociodemographic data in the linear regression models

- TMT - Time A : Marital status ($\beta = 11.87, p = .003$), years of formal education ($\beta = -4.46, p = .003$) and hypertension ($\beta = 23.46, p = .019$)
- TMT - Time B : Years of formal education ($\beta = -23,35, p = <.001$).

Conclusion

This study delved into the health and well-being of Portuguese immigrants living in Luxembourg, offering insights into cognitive decline, emotional distress, sleep quality, and overall health. The findings suggest that Lusophone immigrants residing in Luxembourg have worse affective and cognitive outcomes compared to their peers living in Portugal. Health and sociodemographic factors, i.e., marital status, years of formal education, and presence of hypertension seems to predict the effects.

References

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Acknowledgments

MEDITAGING – funded by FNR - Project Reference 15240063.
GABT- funded by the Bial Foundation (Project Reference 286/16)
PREDICTOR – funded by FCT - Project reference NORTE-01-0145-FEDER-032152

