60 older adults (≥60 years of age) with depressive symptoms (11 ≤ GDS ≤ 25)

Pre-test

Randomization

Reminiscence group (n=30) under the protocol of Watt, consisting of six weekly sessions of 90 min each

Waiting-list as the control group (n=30) treated as before

Primary outcome: depression (GDS);
Secondary outcomes: self-esteem (SES); Life satisfaction (LSI-A); Loneliness (UCLA)

Follow-up