



**Les déjeuners sociologiques  
UNIGE - 12 December 2024**

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## **Interindividual differences in access to, and efficacy of, mental health care and disparities across the lifespan**

### **Lecture by Prof. Lars Larsen**

In terms of mental health, older people generally fare well compared to other age groups. For most older individuals, their well-being is as good as or even better than earlier in life, and they suffer less from mental illness than younger people.

However, **there is a subgroup of older individuals who experience lowered self-perceived health and loss of autonomy.** These individuals typically also experience **low levels of well-being and increased levels of depression, anxiety, and loneliness.**

Historically, older individuals have been deemed unfit for psychological intervention, and psychotherapy remains a relatively uncommon form of treatment, especially for frail older adults.

In this presentation, Prof. Larsen will introduce results from the Center of Quality of Life in the Municipality of Aarhus, illustrating the **potential of individual psychological therapy for older adults with severely lowered well-being.** He will present their concept, set-up, therapeutic approach, measurements, and some of our results.

The discussion will address some of the challenges related to providing psychotherapy to older adults (and other age groups).

**Lars Larsen is a professor with special responsibilities within geropsychology at the Department of Psychology and Behavioural Sciences at Aarhus University (Denmark) and Head of Center for Quality of Life in the Municipality of Aarhus.**

#### **Venue**

**12 December 2024**  
**12:30 - 13:30 Uni-Mail (UNIGE)**  
Room M4020  
A **convivial buffet** is organized before the conference.

#### **No registration needed**

The full programme of the Déjeuners sociologiques (UNIGE) is available [online](#).

**Special session in collaboration with the LIVES Centre**