

Table 3. Summary of characteristics and implementation of life-story work.

Author (year)	Characteristics of Life Story Book				Who delivered Life Story Book?	Process of creating Life Story Book	Session time/ frequency	Length of Intervention
	Type	Materials used	Order of memories	Pages/no of memories				
[33]	This study categorised the interventions according to the outcomes, out of 28 studies, there were 10 studies reported the usage of tangible product of life stories were varied in form of personal photographs, memory book, memory aids	Personal photos, family biography, memorabilia, songs, audiotapes of memories	Not reported	Not reported	The intervention that involved tangible life stories product were conducted by the researchers, senior care assistant, dyads of the person with dementia and therapist.	Not reported	The session for each intervention were varied ranges from daily to weekly intervention	Lengths were varied -ranges from 5 minutes conversation to 1 hour per session

	(collection of photos of past life), biographical history and compilation of life stories. Other studies involved other types of reminiscence interventions; nostalgic video and songs, painting and multi-sensory materials.							
[10]	The type of life story product varied ranges from tangible Life Story Book (3),	Created by the persons with dementia using their own choice	Person with dementia compiled in the way they	Not reported	Delivered by care assistant / research team / social worker who	Life review process [34] General reminiscence	Range varied from 30 minutes to 1	Range varied in 6 – 12 meetings

	The geriatric network kit (n=1) and general reminiscence conversation (n=1)	of picture, props and words – person with dementia had full control selecting items to be included in their Life Story Book.	wish to narrate it with assistance from family members and carers to complete it		received training or supervision [34,35,36] Clinical psychologist trainee [38]	approach, discussion focusing on particular life phase each session; 6 phases; childhood, school days, domestic life, weddings, family life and holidays [35].	hour/1 x per week	in 4 – 12 weeks
[14]	This review focused on the available life story resources. Out	Information and photos of memories	Varied; Organised in chronological	Not reported	Care staff, carers, volunteers	Not reported	Not reported	Not reported

	of 11 studies, only four papers reported using tangible Life Story Book as the end product	regarding the persons' life included in the resources.	or with topic of interest					
[13]	The type of life story product varied ranges from life history collage (n=1), Life Story Biography (n=1), tangible Life Story Book / pen picture (n=3)	Pictures, photos, information about family/careers, likes/dislikes, captions in own words	Not reported	One study reported the topics were divided accordingly; childhood, adulthood, family, and home.	Not reported	Two paper used structured life review process via The Life Review and Experiencing Form (LREF), one study used Family Biography	Not reported	Range varied in 5 – 12 sessions in period of 4 – 12 weeks

						Workshop, one study used 6 key themes of Life Story Work		
[30]	The type of life story product varied ranges from tangible Life Story Book (n=8), digital book (n=1), rummage box (n=1), pen picture (n=1), digital application (n=3)	A wide variation of material used; photographs, music, narration, stories, blank pages, quotations and news	The order of the life stories was in chronological order	The length of the books varied 2 pages (pen picture) to 70 pages. Average length of movies: 18 minutes.	In five studies reported, both participant and partner/relative were involved in creating Life Story Book. While other five studies reported, the participant created	Five studies reported used The Life Review and Experiencing Form (LREF), four studies used the couples of life story approach.	Range varied 15 minutes – 120 minutes Author reported no information was found about the actual use of Life Story	Median; 6 sessions (range varied from 3 to 16 sessions) while the amount of week ranges

					the Life Story Book without the relative and in two studies, Life Story Book was only created by the professional caregiver and the relative (did not involve the participant)		Book in terms of used daily/ weekly, how long, by whom and the process after creating the Life Story Book.	from 9 days to 12 weeks.
[31]	Not reported	Not reported	Not reported	Not reported	Healthcare professionals, nursing care staff	Not reported	Not reported	Not reported

					Speech Language Therapist, family members, researchers, and assistant			
[32]	Type of life story work within this review varied ranged from; life story/ life history narrative (n=4), life story telling/ recording (n=2), life story collage (n=1), family bibliography (n=1), objects from life	Not reported	Not reported	Not reported	Trained care/ nursing staff	Not reported	Not reported	Not reported

	(n=1), life review sessions and Life Story Book (n=4)							
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