

Effectiveness of Psychotherapy based on Improving Quality of Life on the Symptoms of Grief and Depression of the Elderly Women Residents of Nursing Homes in Isfahan



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Abstract

Depression and grief are mostly manifested as comorbid disorders in elderly adults and are associated with negative consequences in elderly people's physical and mental health in addition to poorer response to medicinal and psychological treatments. The aim of this study was to investigate the effectiveness of psychotherapy based on improving quality of life (QoL) on the symptoms of grief and depression of the elderly women residents of nursing homes in Isfahan. This semi-experimental study was conducted on two groups (experimental group=14 and control group=15) using a pretest-posttest design. Six 90-minute sessions (once a week) of group therapy based on improving QoL were performed for the experimental group. The questionnaires of grief experience and depression were completed by two groups in the pretest and posttest stages. Data were analyzed by SPSS 16 using MANOVA and ANOVA. Based on the results of MANCOVA and ANOVA, the experimental group's post-test scores of depression and grief decreased compared to the control group's scores and this therapy was effective in the terms of statistics. According to the results of this study, it can be said that this therapy has been effective in improving the symptoms of grief and depression among elderly women and can be efficient as a way to improve the QoL and treat the mental disorders in the elderly.

KEY WORDS: Depression, Grief, Improving quality of life, Elderly nursing home.

Biography: Ghazanfari Firoozeh from the Department of Psychology she is a psychologist her role is childhood trauma, early maladaptive schemas, emotional schemas, and experimental avoidance on depression: A structural equation modeling. Psychiatry Research.

Speaker Publications:

1. "The role of childhood trauma, early maladaptive schemas, emotional schemas and experimental avoidance on depression: A structural equation modelling", Psychiatry research, Volume 246, Pages 407-414
2. "The relationship between mental health and coping strategies in citizenship of Khoramabad city", JOURNAL OF FUNDAMENTALS OF MENTAL HEALTH, Volume 10, Issue 37, Pages 47-54
3. "Relationship between moral intelligence and nurses' quality of work life", Iran Journal of Nursing, Volume 27, Issue 90, Pages 54-64
4. "The Small-RNA Profiles of Almond (*Prunus dulcis* Mill.) Reproductive Tissues in Response to Cold Stress", Public Library of Science, Journal PLoS One, Volume 11, Issue 6
5. "The survey for relation between cognitive status and life quality in older people at army retired community in Khorramabaad 2011", JOURNAL OF NURSE AND PHYSICIAN WITHIN WAR, Issue 2122, Pages 11-16

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