

Depressive symptoms among elderly living in geriatric homes in Alexandria

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The aim of this work was to estimate the prevalence of depressive symptoms in geriatric homes in Alexandria and to detect some of the psychosocial stressors affecting its production like social network. The effect of counseling intervention program was also studied. A case control study was applied. A total of 401 institutionalized elderly were examined by geriatric depression scale (GDS) Arabic form compared with 401 non-institutionalized. Social network scales were applied for both groups. Intervention counseling program was applied for a sample from the institutionalized depressed elderly. 53.73% of the institutionalized cases were depressed compared with only 23.38% of the non-institutionalized ones. 69.44% of the institutionalized depressed elderly were scored severe depression compared with 42.55% of the non-institutionalized depressed ones. Using multiple logistic regression analysis of the possible risk factors for depressive symptoms in institutions, the study revealed an increased number of illnesses, low social providers, bad perception of mental status and insufficient perceived adequacy of social support. 36.11% of the intervention group became non-depressed after the implementation of the program compared with only 20.51% of the non-intervention group.