

Behavioral habits and cognitive functions of elderly people in Port-Fouad area

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A cross sectional descriptive study was done on 300 elderly (172 males and 128 females). They were interviewed using behavioral habits questionnaire and minimental scale (MMS). The mean age was 67.3 years. It was found that 64.6% were independent as regards ADL (activity of daily living). Praying was the most important reason for going out (39.3%), while shopping came next (29%), seeking medical examination (20%). In addition, 28% of the sample has a score less than 24 in MMS. There was a statistically significant difference between male and female as regards cognitive functions. There was an inverse relationship between smoking and cognitive impairment, but the difference is not significant. The study revealed insignificant relationship between behavioral habits and cognitive functions of the elderly with the exception of practicing exercise.