

## Effectiveness of Psychosocial Interventions on Depression Among Geriatric Clients

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### ABSTRACT

*Mental disorders in elderly persons vary widely, but a conservatively estimated 25% have significant psychiatric symptoms. In mental disorders, depression is the major important disorder affecting majority of people. Geriatric psychiatry is alarmed with preventing, diagnosing and treating psychological disorders in older adults. This study aimed to assess the effectiveness of psychosocial interventions on depression among geriatric clients. The research hypothesis formulated was that there is a significant association between psychosocial interventions and the level of depression among geriatric clients. The research design implemented for this study is pre-experimental one-group pretest-posttest design. Purposive sampling design was used to select 30 geriatric clients above the age of 60 years. The investigators used the geriatric depression scale to determine the level of depression as a pretest. Following the pretest, psychosocial interventions were implemented for the period of 15 days. The posttest was conducted with the same tool. The results revealed that the mean score of pretest level of depression among the geriatric clients is 19.36 with the standard deviation of 12.03, whereas the mean score of posttest level of depression is 12.03 with the standard deviation of 0.01. The paired t-test value is 9.80 which is significant at the level  $p < 0.001$ .*

**Keywords:** depression, geriatric clients, psycho social interventions

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### INTRODUCTION

Depression is mainly a mood disorder, but it can also be observed as a cognitive disorder for many older adults. Old age refers to ages nearing or surpassing the life expectancy of human being, and it is the end of the human life cycle [1, 2]. Depression in elderly significantly affects patients, family and communities. Depression is the most common mental health problem in the elderly and is associated with a significant burden of illness that affects patients and communities. Symptoms include low mood, reduced interest, poor energy and concentration, poor sleep, poor appetite, and with health problems [3].

It is also concerned with promoting longevity; persons with a healthy mental adaptation to life are likely to live longer than those stressed with emotional problems [4].

Healthcare settings are not being met. While close to 6% of the older adult population resides in long-term facilities, a very little active psychological treatments are available in these settings. Up to 20% of older people live in residential or nursing homes toward the end of their lives [5]. Entry into such institutions is often due to a combination of medical, social and psychological factors. The

prevalence of depression in the population is high, though there is an extensive literature to suggest that depression is under-diagnosed and under-treated, and that neither primary nor secondary care services are well coordinated to this common condition [6].

### STATEMENT OF THE PROBLEM

A study to assess the effectiveness of psychosocial intervention on depression among geriatric clients in selected settings, Chennai.

### OBJECTIVES OF THE STUDY

- (1) To assess the pre-intervention level of depression among geriatric clients.
- (2) To assess the post-intervention level of depression among geriatric clients.
- (3) To assess the effectiveness of psychosocial intervention on depression among geriatric clients.

### RESEARCH HYPOTHESIS

There will be a significant association between psychosocial interventions and the level of depression among the geriatric clients.

### METHODOLOGY

The research design selected for the study was pre-experimental one-group, pretest–posttest design. The population consists of geriatric clients above the age group of 60 years. Purposive sampling design was used to select 30 geriatric clients. Geriatric clients who are cognitively, visually and hearing impaired were excluded. After an intensive literature search and consultation with guide and experts, a structured questionnaire was developed to assess the level of depression among geriatric clients. The tool consists of three parts and it consists of demographic data of geriatric clients which include age, sex, education, occupation, income, marital status, diagnosis (if present), and address. The geriatric depression scale (GDS) is a 30-item self-report assessment used to identify depression in elderly. The scale

was first developed in 1982, by J.A. Yesavage and others. In the GDS, questions are answered in ‘yes’ or ‘no’ pattern. The score of 0-9 is considered as normal, the score of 10-19 is considered as mild depression and the score of 20–30 is considered as severe depression. Psychosocial intervention is the independent variable which refers to interpersonal, informational activities, techniques and strategies, such as group therapy, games with limited movements, classic exercises such as passing the ball and drawing, etc.

### Data Collection Procedure

A formal permission was obtained from the higher authorities in the hospital. The investigator introduced herself to the geriatric clients and explained the purposes of the study to ensure better cooperation during data collection and collected the data from the samples on one-to-one basis. Those who met the inclusive criteria were selected by using purposive sampling technique. We obtained oral consent from each participant on the first day and the demographic variables were collected. Pretest was conducted on depression level among geriatric clients using self-administrative tools. We collected the data through yes or no questionnaires. The psychosocial intervention was given to 30 geriatric clients. After giving the psychosocial intervention, the posttest was conducted.

### Data Analysis

The data obtained were analyzed using both descriptive and inferential statistics. Descriptive and inferential statistics is used to analyze the data. Frequency and percentage distribution were used to determine the level of depression among the geriatric clients. Paired *t*-test was used to analyze the effect of psychosocial interventions on depression among the geriatric clients.

The demographic variables of the geriatric clients were tabulated and discussed. Regarding sex of the study subject 7 (23.33%) were males, and 23 (76.67%) were females. Regarding educational status of the study subjects, 5 (16.66%) had no formal education, 24 (80%) had school education, and 1 (3.34%) had higher education. Regarding occupation of the study subjects, 16 (53.34%) were coolies, 9 (30%) were house wives, 1 (3.33) was retired, and others 4 (13.33). Regarding income of the study subjects, 11 (36.67%) were earning less than 5000 rupees/month, 5 (16.66%) were earning between 5001 and 10,000 rupees/month, 1 (3.33%) was earning more than 10,000 rupees/month, and rest of them 13(43.33%) were not employed. Regarding marital status of the study subjects, 2 (6.67%) were single, 23 (76.86%) were married, and 5 (16.66%) were widowers.

### MAJOR FINDINGS OF THE STUDY

In the pretest, only 2 (6.67%) geriatric clients were normal, 9 (30%) were having moderate depression, and majority of them (19) (63.33%) were having severe depression. Whereas in posttest, 10 (33.34%) were normal, 18 (60%) were having moderate depression, and only 2 (6.66%) of them were having severe depression.

**Table 1.** Comparison of mean standard deviation between pretest and posttest levels of depression among geriatric clients.

Level of depression	Mean	Standard deviation	Paired <i>t</i> -test
Pretest	19.36	8.23	9.80***
Posttest	12.03	0.01	

Table 1 represents the comparison of mean, standard deviation and paired *t*-test level of depression among geriatric clients.

In that the mean score of pretest level of depression, among the geriatric clients is 19.36 with the standard deviation of 12.03. The mean score of posttest level of depression is 12.03 with the standard deviation of 0.01. The paired *t*-test value is 9.80 which is significant at the level of  $p < 0.001$ . This signifies the effectiveness of psychosocial intervention on the level of depression among geriatric clients.

### NURSING IMPLICATIONS

While handling the geriatric clients, the importance of psychosocial interventions should be insisted for their speedy reduction of depression and faster recovery. The importance of psychosocial interventions in handling the geriatric clients has to be insisted for the student nurse. Extensive research can be done in various aspects of psychosocial intervention effects on depression among geriatric clients.

### CONCLUSION

Depression is one of the most common psychiatric disorders among the geriatric clients. The fallout of untreated depression in the elderly population may comprises excessive use of healthcare services, decreased treatment compliances, and increased morbidity and mortality.

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