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**Title:** Effect of social capital determinates on mental health status among elderly in Tehran city

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**Abstract:**

Introduction: Mental health is an important indicator of health status in successful ageing that may be conceptualised quite different. Since data on the mental health status of elderly household in Tehran city are not accurate, this study will, in part, fill the gap in gerontological knowledge in elderly health programs. These findings contribute to better understand relationships between mental health components (depression and anxiety /K6, psychological well being /Yield) and Socio-economic determinants and medical conditions and the enrichment of health policy for aged people. The aim of the study was to achieve to the mental health status of the Iranian elderly in Tehran province.

Materials and methods: In this study 402 elderly aged 60 years and over who had lived in Tehran Metropolitan area participated in 2010. A quantitative technique was used. Both univariate and bivariate analyses were carried out for the purpose of the study. Data were collected using a written survey instrument, and face-to-face interviews. The participants collected by simple random sample. The Questionnaire which used in this survey, originally risen from the “older people’s health survey” of ministry of health and wellbeing in Australia. The applied instruments were Psychological distress (Kessler / K6) and psychological well-being / Yield.

Results: Results demonstrated that the majority of elderly respondents in Tehran reported feeling so sad and nervous most of the time in the last four weeks (23%). The bulk of old people had moderate level (46%) of psychological distress (depression and anxiety). Half of the respondents (50%) had sometimes feeling of happiness in the last four weeks preceding this study. Majority of elderly (43%) had moderate level of Psychological wellbeing. There were significant associations between Psychological distress and all medical common diseases or disorders at (P ≤0/000). Meanwhile, There were significant associations between Psychological wellbeing with Masco skeletal (P ≤0/002), pain and fatigue (P ≤0/001), and incontinence (P ≤0/005). The predictor variables of Socio-demographic and economic; sex in female (P ≤0/004), and home ownership (P ≤0/005) were strong significant variables in Psychological distress (depression and anxiety) status of the elderly participants. Regarding Psychological wellbeing predictors only earning money or income was significant variable (P ≤0/005) in mental health status of the elderly participants in Tehran city.

Discussion and Conclusion: Generally, Masco- skeletal disorders, pain, fatigue and incontinence are major medical components which effected Psychological wellbeing of aged people. Furthermore economic components (income and housing status) effected on mental health status of elderly respondents in Tehran capital city.

**Key Words:** Elderly, Mental health, Psychological distress, Psychological wellbeing, Socio-demographic, Medical condition

**Presentation:** Oral