

## DEPRESSION AMONG ELDERLY IN BENI SUEF CITY (UPPER EGYPT)

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**Background:** Depression is a common mental health problem among elderly persons, about 10-15% of elderly suffers depressive symptoms.

**Objectives:** To find out the prevalence of depression among geriatrics living in geriatric homes versus those in clubs (living in home with their families), to detect the underlying risk factors of depression.

**Subjects and methods:** In Beni Suef city there are three geriatric homes where the elderly are completely living away from their families, besides one geriatric club where the elderly people enjoy their daytime (there are two other clubs were inactive and under establishment), all the elderly above 60 years: males and females in geriatric homes and those attending the geriatric club were included (145) during the period (December 2008 - October 2009). Those who can not communicate and answer the questionnaire were excluded. Data collection tools were a pretested questionnaire besides, Geriatric Depression Scale and Life Satisfaction Scale and Facing Daily Stressful Live Events Scale- Arabic version-. Appropriate statistical analysis was applied.

**Results:** Depression among elderly living in geriatric homes was higher (89.7%) in comparison to those in geriatric clubs (56.7%) i.e. living with their families (the difference was significant). Chronic medical conditions are not considered as a risk of depression among elderly. So it is recommended to strengthen social relationships and activities besides encouraging visiting geriatric homes either by related families or the civil societies and this is an important key in preventing depression.