

Given that the population of these centers is generally considered as “healthy, active and functional” in comparison with other people of the same age, the above found percentage indicates that we must focus our attention on aged people trying to find out early indications of mental health problems and especially depression.

P418

Mental status and elderly

M. Saberian, S. Hajiaghajani, R. Ghorbanif. *Medical Education Development Center (EDC), Medical Sciences University of Semnan, Semnan, Iran*

Disorders such as depression, anxiety, and change of sleeping pattern, loneliness and social seclusion affect 15% to 25% of the elderly. 245 subjects of over-60 years of age were selected through cluster sampling to fill out a questionnaire. Mental status scaled from 1-3 corresponding to poor, medium and good mental status respectively. Leisure time also scaled 1-3 corresponding to good, relatively good and inappropriate respectively. Chi-square was used for analysis. It was found that; 64.1% enjoyed having good mental status. 71.2% of men and 54.7% of women were found to have good mental status. 71.3% of literate subjects had good mental status while poor mental status was observed most in illiterate subjects. 68.9% of subjects who lived with their spouses showed good mental status. A significant relationship was found between gender ($p=0.0/53$), marital status ($p=0.0398$) and mental status. A negative correlation was observed between age and marital status ($r=0.2389$). Also correlations were found between education and mental status ($r=0.504$) and between age ($r=0.2389$) and education ($r=0.1411$) with leisure activities. Also, the correlation of mental health and leisure activities was significant ($r=0.2309$). It was finally concluded that the higher the age, the poorer the mental status. Poor mental status is noticeable in women and subjects with higher education. The correlation of mental health and leisure activities indicate the significance of entertainment in health and happiness of the aged people. Employment and leisure time activities are suggested to enhance their mental status.

P419

Relationship of subjective sleep quality, daytime sleepiness, and depression to the quality of life in patients with parkinson's disease

U.B. Semiz, M. Cetin, M.G. Senol, O. Noyan, A. Ates, C. Basoglu, S. Ebrinc. *Department of Psychiatry, Gulhane Military Medical Academy, Haydarpasa Training Hospital, Uskudar, Istanbul, Turkey*

Background: Sleep disturbances in patients with Parkinson's disease (PD) are common but frequently under recognized and ineffectively treated. Depression is also a common cause of sleep problems in the elderly. Both are important factors for health and quality of life and interact with many medical conditions.

Aim: The aim of this study was to examine the associations between disease severity, sleep-related problems, severity of depression, and quality of life in a sample of PD patients taking dopamine antagonists.

Methods: Fifty-two patients with PD included in the study. During the trial, patients were examined two times. At the first follow-up, all patients were classified according to the Hoehn and Yahr (H-Y) classification. At the second follow-up within 1 month, each patient underwent diagnostic evaluation by a trained psychiatrist using a detailed assessment battery including Parkinson's disease Sleep Scale, Pittsburgh Sleep Quality Index, Epworth Sleepiness Scale, Parkinson's disease Quality of Life Questionnaire, and Beck Depression

Inventory. Patients with clinical signs of dementia were not included in this study.

Results: Severity of depressive symptoms was significantly correlated with subjective sleep troubles in PD patients. Moreover, severity of sleep problems and to a lesser degree depression contributed significantly to the overall variance in quality of life.

Conclusions: Depression and troubled sleep were associated with poor quality of life in patients with PD. It is important to examine for the presence of sleep disorders and depression in PD, because recognition of these conditions may become an important part of treatment of PD.

P420

Sexuality in the older person

P. Teixeira, T. Salgado. *Psicogeriatrics, Hospital Magalhães Lemos, Porto, Portugal*

This study reviews the facts concerning sexuality in elderly people, because of the paucity of information.

The aims are to determine the prevalence of sexual behaviour in subjects included in Psychogeriatric practices.

We conducted a retrospective cross sectional study in a long term care psychiatry consultation service, community geriatric service and an inpatient unit in Porto, Portugal.

In this study sexual inappropriate behaviour was seen in all stages of dementia. Sexuality is an essential part of a person's personality.

P421

The impact of perceived support on the daily activities and depression of institutionalised elderly people with impaired vision

J. Zycinska. *Institute of Social Clinical Psychology, Warsaw School of Social Psychology, Warsaw, Poland*

Objective: The aim of this study was to determine the influence of perceived social support on the daily activities and depression of nursing home residents with impaired vision.

Methods: The study comprised 120 subjects above the age of 60, of whom half were recruited from a nursing home; 30 subjects had impaired vision. The Geriatric Depression Scale (GDS) was utilised alongside Instrumental Activities of Daily Living (IADL). Norbeck Social Support Questionnaire (NSSQ) was used to measure the overall support as well as emotional and instrumental support, magnitude of the network and its availability.

Results: The analyses of variance revealed significant differences between institutionalised elderly people with and without impaired vision and the control group as regards functional dependency ($F=14.51$; $p<0.001$), perceived instrumental support ($F=7.34$; $p<0.001$) and availability of social network ($F=4.86$; $p<0.01$). The statistical analyses using the Sobel test did not confirm the hypothesis on the mediation role of social support between depression and the IADL. The multiple regression analysis revealed the importance of this variable for daily activities, albeit only in the control group. Curiously, the obtained results show that the stronger the support network perceived, the lowest the ability on the part of the elderly to function independently.

Conclusions: The study did not confirm the influence of impaired vision on depression experienced by institutionalised elderly people. Depression treatment may reduce excess disability associated with impaired vision while adequate level of instrumental support and the social network availability positively affect the daily activities and general adaptation in old age.