

Depression of the Institutionalized Elderly

R. Lansari¹, H. Nefzi¹, S. Smaoui¹, M.A. Azzouz¹, S. Jeridette¹, S. Derouich¹, O. Meziou¹, L. Mnif¹, W. Melki¹

Introduction: The aging of the population is a characteristic phenomenon of Western countries and soon in Tunisia. An average of 20% of the population aged over 60 is expected in 2029.

Depression in the elderly is frequent, especially among those living in institutions.

Objectives:

- To determine the prevalence of depression among the elderly living in institution.
- Assess the impact of sociodemographic factors on the prevalence of depression in the elderly in institution.

Patients and methods:

A cross-sectional descriptive study in Manouba institution for the elderly. Depression screening by *Geriatric Depression Scale* (GDS 15).

The independence in daily life activities was assessed by the scale *Activities of Daily Living* (ADL)

Collection of the socio-demographic characteristics by a predetermined questionnaire.

Results:

- Forty-two subjects were included in the study.
- Participants had an average age of 71.5.
- Seventy-three percent of participants were males.
- Seventeen percent had depression, 45.2% had a probable depression against 37.8 % that had no depression.
- Sixty-six point two percent were autonomous.
- Factors significantly associated with depression were: female gender ($p = 0.048$), and the urban origin ($p = 0.05$).
- In the institutionalized elderly, the degree of autonomy is not a factor influencing depression.

Conclusion:

Screening for depression in the institutionalized elderly is particularly essential in patients at risk.