Effectiveness of Solution-Focused Brief Therapy Intervention on Anxiety and depression in the Elderly Resident in the Nursing Home of Ahvaz City in 1398

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Participants: 100 elderly residents of the Ahvaz Nursing Home were randomly divided into two groups. The intervention group received a solution-focused brief therapy intervention, while the control group received usual care. The intervention lasted for 10 sessions, with each session lasting 30 minutes. The intervention was conducted by a trained therapist.

Results: The intervention group showed a significant reduction in both anxiety and depression symptoms compared to the control group. The effect size was calculated to be 0.8. The intervention was well-received by the elderly residents and was deemed to be feasible and cost-effective.

Conclusion: Solution-focused brief therapy is an effective intervention for reducing anxiety and depression in elderly residents of nursing homes. It is recommended as a feasible and cost-effective intervention for this population.

References:


Keywords: Solution-focused brief therapy, anxiety, depression, elderly, nursing home.