

Exploring the link between health, integrity and depression in the elderly population-a salutogenic approach

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Introduction

Elderly person experience a complex array of physical, psychological and social changes while they struggle to adjust with the aging process .Depression which contributes a major health related issues and despite high prevalence it still remains under diagnosed. Salutogenesis or genesis of health as opposed to pathogenesis is a concept establishing the sense of coherence or integrity of an individual as one of the key factors in genesis and maintenance of health.

Objectives

To establish a link between sense of coherence which defines the integrity of an individual, depression which is the consequence of changed demands of life and its implications on the health of an individual.

Methods

A cross sectional community based study includes 200 participants above 60 yrs of age from an urban

area(residing with family) and persons residing in old age homes of the city will be monitored using pre structured questionnaires having 3 sections will be used.

Section A

Personal and general information details.

Section B

Orientation to life questionnaire (OLQ) OLQ-13 version will be used to estimate sense of coherence.

Section C

Geriatric depression scale (GDS) will be used for measuring the depressional status.

Results

The study is not yet completed.