

# **The Relationship between Depression and Older Age Life Expectancy in Hospitalized Patients**

**Fatemeh Nabinezhad-Male**

**Vida Shafipour**

**Fatemeh Norouzi**

*Mazandaran University of Medical Sciences, Iran*

**Mehrnegar Amiri**

*Iran University of Medical Sciences, Iran*

Elderly is regarded as a critical period of human life, which the related issues and needs in this period are socially necessitated to be taken into consideration, especially in the elderly with heart disease. Depression is an important problem in elderly period. Older age peoples with chronic disease such as cardiovascular disease experience less life expectancy. Considering the importance of this issue, the present study was designed to determine the relationship between depression and older age heart patients' life expectancy in the heart center of Mazandaran. This descriptive-correlative study was conducted on 212 patients selected through simple random sampling heart center of Mazandaran in 2017. Data collection tools included a demographic questionnaire, Beck Depression Inventory questionnaire, and life expectancy questionnaire (adult hope scale). The mean age of the participants was  $67.15 \pm 6.22$  years. The mean depression scale was  $21.5 \pm 11.19$ . Based on the results, 26.4% showed no sign of depression, 55.2% were slightly depressed, 13.8% were moderately depressed, and 4.7% were severely depressed. The total score of life expectancy in elderly age was  $39.6 \pm 6.31$ . There was no significant relationship between depression and life expectancy ( $P = 0.4$ ). Based on the findings, slightly depressed was common among the elderly with heart disease. Thus, more attention is necessary to be paid to this specific topic, and some preventative measures are essential in the elderly with heart diseases. They had optimal practice toward life expectancy that needs to more attention and healthy communication and strong family connections in order to maintain and continue optimal life expectancy

**Keywords:** *Depression, Heart Center, Life Expectancy, Older Age*