Original Paper

Effect of mindfulness training on individual well-being and mental health of elderly women

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Abstract

Background and Objective: The elderly population is rising rapidly in the world and one of the criteria for assessing the needs and health of the elderly is life quality. Mindfulness is a kind of consciousness, and it comes about when we encounter our experiences with a more precise and detailed in the present and without judgment. This study was done to determine the effect of mindfulness training on personal well-being and mental health in elderly women.

Methods: This quasi-experimental study was done on 46 elderly women over 60 years of age who displaced in the only daily nursing home in Gorgan, northern Iran. The subjects were non-randomly divided into the intervention and control groups. The intervention group participated in eight sessions of two-hour mental education training. Personal information questionnaire, general health questionnaire-28 (GHQ-28) and personal well-being index – adult (PWI-A). PWI-A and mental health questionnaires were completed by the elderly at the beginning and the end of the study.

Results: In the intervention group, mindfulness education significantly increased the subscale of personal well-being in the post-test (57.4±3.5) compared to the pre-test (43.2±10.6), and the subscale of mental health and its components in the post-test (13.47±5.5) compared to the pre-test (35.6±10.9) (P<0.05). In the control group, the subscales of personal well-being and mental health and its components at the prior and the end of the study was not different.

Conclusion: Mental education improves subscales of personal well-being and mental health in elderly women.

Keywords: Mindfulness, Elderly, Personal well-being, Quality of life

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