

# **The effectiveness of cognitive-behavioral therapy teaching on depression and mental health of older people in the elderly hospital of Rasht**

maryam omidvar\*,Dr.Alireza Varaste,

**Abstract** The aim of this study was to evaluate the effectiveness of cognitive behavioral therapy on depression and mental health of the elderly, the disabled nursing home in Rasht. This semi-experimental study was that in 1395, in Rasht on 30 elderly. Sampling was done for convenience. Before and after treatment for both depression and mental health questionnaire was completed experimental and control groups (15 per group). Promoting interventions Cognitive behavioral therapy for deep and experimental group discussion was conducted face to face. Data analysis of covariance was used multivariate analysis: Data analysis showed that mean scores of post-test experimental and control groups there was a significant difference (01/0

**Keywords :** Keywords: cognitive-behavioral therapy, depression, mental health, elderly

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