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## MEMORY EFFECT AS IF A GROUP OF SELF-ESTEEM, MENTAL HEALTH QUALITY OF LIFE ELDERLY

T. Ahmadi Gatab

Education Department of Savadkoh, Savadkoh, Iran

Introduction: Older people with special challenges such as increased chronic problems reduced financial resources and reduced functional abilities have encountered.

Objectives: This study group as if the memory effect on self-esteem, mental health and quality of life for elderly people has been done.

Methods: Research methods, experimental. Statistical Society Research Babol are elderly.

Sample aged 60 to cluster all the city neighborhoods selected randomly into two experimental groups (30 patients) and control (n = 30) groups. Then each of the experimental and control groups also were divided into six groups. Seniors in the experimental group meetings as if the memory control group, but group sessions in eight sessions and each session for one and a half hours they attended.

Results: The results show that the experimental group participated in group meetings as if the memory than the control group who participated in group sessions, having self-esteem, mental health and quality of life are at a high level. The results also show that the mental health subscales (physical impairment, impaired social function, anxiety and depression) compared to the experimental group had better control of the situation.

Conclusions: Seniors expressed their memories in a group, their positive and negative emotions poured out, and now that this reconciliation will lead to attitude change are elderly. On the other hand seems to have an active role in memory leads to increased confidence and improving mental health and sense of usefulness and the elderly are a result of depression and anxiety decreased.