

4<sup>th</sup> International Conference on

# Depression, Anxiety and Stress Management

May 10-11, 2018 | Frankfurt, Germany

## Depression and anxiety disorders in the elderly: Stories from the caregivers

**Amaraporn Surakarn, Kanchit Saenubol and Monthira Charupheng**  
Srinakharinwirot University, Thailand

This research aimed to explore the causes and mental conditions of senior citizens in different communities who suffer from depressive and anxiety disorders and the methods employed by caregivers through storytelling technique. Using qualitative methodology with sample groups who were nurses, village health volunteers, home care volunteers and caregivers, the research conducted fieldwork in 6 provinces of Thailand. There are 54 narratives which were obtained and content analysis approach was utilized for data analysis. The study finds that the symptoms of depression and anxiety are often accompanied by other physical illnesses, deterioration of organ functional capacity, including loss of self-reliance, social status, low self-acceptance and respect, which can lead to the feelings of low self-esteem, unhappiness and depression. This research is beneficial for social workers, policy makers and involved personnel and agencies in eldercare for it provides a better understanding about the elderly, their family structure, relationships, problem-solving approaches and acceptance to changes and adjustment. Through the roles of these agencies, supports for the elderly's physical and mental health could be provided properly, consequentially and potentially relieving the severity of the symptoms. They also contribute to the seniors' positive changes, improved self-worth and feelings of being accepted by their loved ones and the society.

### Biography

Amaraporn Surakarn is a Lecturer in Applied Psychology at Srinakharinwirot University, Thailand. She received her PhD (Applied Behavioural Science Research), Srinakharinwirot University, Thailand. She pursued Master of Education (Developmental Psychology), at the same University from 1998-2002 and in 1988-1991 Bachelor of Nursing Science, Mahidol University, Thailand. She has presented her research, a lesson learnt from the success of the health district in Thailand: positive psychology view as an oral presentation at the 31st International Congress of Psychology, Yokohama, Japan in 2016. In 2015, she presented her work titled, Factor structure: a study of psychological capital in nursing students at government universities in Thailand as an oral presentation at the 5th Asian Conference on Psychology & the Behavioural Sciences, Osaka, Japan. She presented - Factor Structure: a study of adjustment in gifted students in Science and Mathematics in 2012. She has also presented a poster at the Asian Conference on Psychology and the Behavioural Sciences, Osaka, Japan.

Amaraporn.s@gmail.com

Notes: