



## Investigating mental health status and prevalence of suicidal ideation in the elderly

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**Letter to Editor**

### Dear Chief in Editor

As a result of improving health science, the elderly population has increased. The World Health Organization (WHO) mentions the age of 60 as the starting point for aging, and it has also been shown that aging has the highest development rate, particularly in developing nations, according to worldwide stats among distinct age groups. Due to the improvement of health science, the population of elderly has been increasing. the WHO mentions 60 years old as the starting point for aging, also it has been shown that according to global statistics among different age groups, aging has the fastest growth rate, especially in developing countries. Accordingly, approximately two-thirds of the world's elderly population live in developing nations and is estimated to achieve 80% by 2050 [1] At present, the elderly make up 9% of the Iranian population (7.4 million). The Iranian elderly population is projected to reach 26 million or 26% of the total population by 2050. Considering the rise in the elderly, one of the factors regarded by health practitioners is the mental health status of the elderly.

Elderly individuals are more vulnerable to mental health issues in the form of anxiety and depression owing to elevated age and physical and mental disabilities. The causes of mental health losses in ancient era are the disadvantages that lead to mournful

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responses, such as: work loss and social status loss, pension crisis, cognitive decrease, side effects of medicines, child leave, loss of health, strength, loss of stability and financial capacity, reduction of senses and change of self-image, reduction of mobility, increase of physical diseases, lack of care,. Studies on elderly people residing in Mashhad show that 64% of the elderly have psychiatric issues; disturbed by four levels of anxiety, depression, physical function and social function [2]

Suicide is another variable that has become an issue of government and social health and has attracted a great deal of attention in the globe as a worldwide issue. No survey examining the incidence of suicidal ideation in older people in

Iran was discovered by the investigator, but surveys in other nations demonstrate that this is important. Study conducted in China by Dang disclosed that the incidence of suicidal ideation among Chinese elderly people ranged from 2.2% to 21.5% [3]. in the elderly, the prevalence of suicidal ideas is also 8.5% [4]. As is recognized, there is a distinct range in the incidence of suicidal thoughts in the elderly. Depression, isolation and solitude, economic and financial issues, chronic physical disease, and physical and cognitive impairment are the elevated incidence of suicidal ideation among the elderly. Iranian scientists also see the cause of the elderly's suicidal ideation as a loss to their spouse, family issues created by

retirement, and the departure of children from the family [5].

The following are regarded ways of improving mental health and reducing suicidal ideation in the elderly:

- 1) Training in behavioral activation and promoting the elderly to enjoy pleasurable activities leading to enhanced physical activity.
- 2) Enriching the elderly's social interaction, promoting values, norms and social relationships.
- 3) As a social supporter, membership in the religious community can lead to meaning in life and improve perseverance and perseverance.
- 4) Increasing older people's religious knowledge that can protect against suicidal attempts and decrease suicidal thinking.

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