



Depression in old age: A narrative review¹

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ABSTRACT

This article presents the study on depression in old age, this disorder can affect older people, since there are several factors that can cause depression in old age, in which many go through changes and grief, bringing with them feelings of helplessness. However, the family or even the elderly person does not realize that this disease is present. Depression has become common among the elderly population. The aim of this research is to describe the presence of depression in old age and to analyze what can be done to avoid or reduce this symptomatic event. This is a narrative review study, characterized as descriptive with a qualitative approach, which is a type of review research. Data collection was carried out through articles, being relevant studies using electronic databases such as: Scientific Electronic Library (SciELO), Latin American and Caribbean Literature in Health Sciences (Lilacs), National Library of Medicine of the United States (PubMed), Virtual Health Library (Bvsalud).), thus defining descriptors and keywords such as: depression, aging, aging and quality of life, according to Descriptors in Science (DECS). The results show that at this stage of life, the increase in the consumption of medications and chronic diseases, together with the reduction of work, less interaction with other individuals and the feeling of disability influence a worse perception of health and the appearance of depressive symptoms, so that such an association may present a possible bidirectionality.

Keywords: Depression, Old man, Aging, Quality of life.

1 INTRODUCTION

Depression is a mental disorder that affects various age groups, which can bring various health risks; in which it is associated with feelings of incapacity, irritability, pessimism, social isolation, loss of pleasure, cognitive deficit (memory and reasoning are impaired), low self-esteem and sadness, which interfere with daily life. It affects the ability to work, sleep, study, eat, socialize, among others. This disorder is characterized by negative feelings that persist for at least two weeks, causing damage (BRASIL, 2022).

However, this disorder can affect the elderly, as there are several factors that can lead to depression in old age, in which many go through changes and grief, bringing with them feelings of helplessness. However, the family or even the elderly person does not realize that this disease is present. Depression has become common among the elderly population. Worldwide, about 15% of older adults have at least one depressive symptom (OLIVEIRA et al, 2019).

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In addition to demographic variables, such as gender, advanced age, and low education, smoking, cardiovascular, endocrine, neurological, and oncological diseases, as well as a greater number of daily medications, functional disability, negative perception of one's own health, low level of habitual physical activity, and insomnia (AMARAL et al, 2018). Although, many times the treatment can be late and very difficult to perform. But the family is essential in this trajectory, to encourage and guide him.

The research is relevant to demonstrate the need for monitoring of these elderly people both by parts of basic health care and even by family members to provide a quality of life. This makes it possible to subsidize interventionist measures by the family, society, health professionals, and the State to be adopted in a timely manner (SILVA et al, 2022).

The objective of this study is to describe the presence of depression in the elderly and to analyze what can be done to avoid or reduce this symptomatological event.

2 METHODOLOGY

This is a narrative review study, characterized as descriptive with a qualitative approach, which is a modality of research by review. Because it allows questions of experimental and non-experimental studies, theoretical and empirical questions. Seeking to evaluate the reasons why many elderly people have the presence of depressive symptoms in which it brings consequences such as increased incidence of cardiovascular diseases, coronary heart disease, heart failure, stroke, higher risk of dialysis complications and reduced quality of life (FELIPE et al, 2022). Thus, there is a need for follow-up and interventions to improve the quality of life of these elderly, providing well-being and safety.

The scientific search was carried out through articles, with relevant studies using electronic databases such as: Scientific electronic library (Scielo), Latin American and Caribbean Health Sciences Literature (Lilacs), U. S. National Library of Medicine (PubMed), Virtual Health Library (Bvsalud), Scientific electronic library (Scielo), Latin American and Caribbean Health Sciences Literature (Lilacs), U. S. National Library of Medicine (PubMed), Virtual Health Library (Bvsalud), Scientific electronic library (Scielo), Latin American and Caribbean Health Sciences Literature (Lilacs), U. S. National Library of Medicine (PubMed), Virtual Health Library (Bvsalud), Scientific and Abstract Abstract Keywords: depression, elderly, aging and quality of life, according to Descriptors in Science (DECS), evaluating articles published on the subject that was discussed, thus analyzing the scientific productions in relation to the analysis of this disease to provide the reduction or avoidance of this symptomatology.

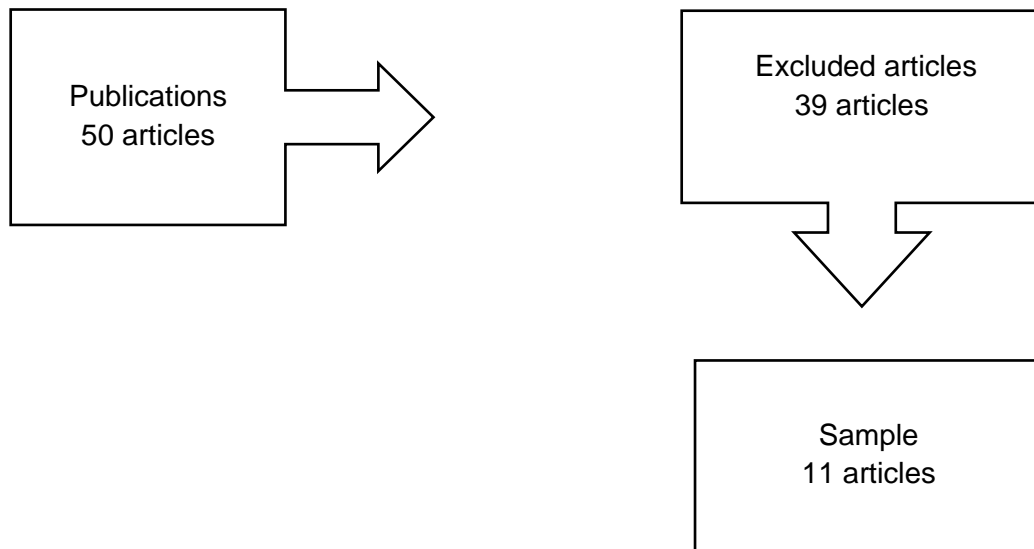
To prepare the article, they were made through research and analysis of selected articles between the years 2018 and 2022. Which focused on depression in old age. In which we had some exclusion criteria, which were: articles that are not in the Portuguese language, articles that do not deal with the theme of depression, the elderly and aging, articles that are not complete and available in full.



In order to collect data on depression in the elderly, a thorough selection of articles was made, taking into account the most relevant to the focus of this study, having done this a detailed analysis of the information, and thus defining the direction of the study regarding the analysis that leads many elderly people to develop depressive symptoms.

After the previous selection of the research data, the reading of all the titles of the selected works was initiated, in order to survey the works that were not directly related to the theme of this research. As a result, 50 publications were obtained, which were for a more careful analysis. Finally, the quality of the publications was evaluated, applying the inclusion and exclusion criteria, in which 39 articles were excluded and 11 articles were chosen to compose the article.

Figure I: Strategy for the selection of publications.



Source: authors, 2023

3 RESULTS AND DISCUSSION

Through the articles chosen to compose this article, it was assessed that despite being a disease that frequently affects this population, approximately 50% are diagnosed with depression by health professionals included in primary care, being treated unsatisfactorily or even ignored (SILVA et al,2022). The following shows the list of articles selected according to year, journal, title, authors, and objectives.



Table 1: Summary of the selected studies.

YEAR	PERIODIC	ARTICLE TITLE	AUTHORS	OBJECTIVE
2018	Brazil Science & Public Health	Multimorbidity, depression and quality of life in the elderly assisted by the Family Health Strategy in Senador Guimard	AMARAL TLM et al	Older adults with multimorbidity were twice as likely to have depression. Similarly, individuals with multimorbidity.
2022	. Rev Enferm Atual In Dermis	Health of the elderly: humanization and welcoming policy in primary care.	BASTOS VS et al	Theoretical research Reflection on the humanization policy and the reception provided to the elderly in the care of the elderly. carrying out the interaction of those involved on the theme and what can be developed in the face of the problem at hand
2018	Science & Public Health	Depression in the elderly in a rural region of southern Brazil	CORRÊA ML et al	OBJECTIVE: To estimate the prevalence of depression and its associated factors in elderly residents of the rural area of Rio Grande/RS
2022	Rev Panam Salud Publica	Depressive symptomatology and mortality in the elderly in Latin America: a systematic review with meta-analysis.	FELIPE LRS et al	OBJECTIVE: To investigate the association between depressive symptoms and mortality in the elderly in Latin America
2022	Ministry of Health	In Latin America, Brazil is the country with the highest prevalence of depression.	FRAN MARTINS	In Latin America, Brazil is the country with the highest prevalence of depression, in addition to being the second most prevalent country in the Americas, according to the World Health Organization (WHO)
2022	Revista de Enfermagem do Centro Oeste Mineiro.	Depressive symptoms and suicidal behavior in the general population of a city in Minas Gerais.	JORGETTO GV et al	OBJECTIVE: To analyze the presence/intensity of depressive symptoms and to relate them to suicidal behavior in a general adult population.
2022	Ciência Plural Journal	Quality of life, symptoms of depression, and adherence to treatment in patients with major depressive disorder	MARQUES ANDRADE PF et al	To characterize the individuals according to the genetic profile of the Polymorphisms CYP2C19*2 or CYP2C19*17 in patients with depressive disorder (MDD) treated with citalopram or escitalopram and compare them with respect to adherence to treatment, symptoms of depression, and quality of life.



2019	Epidemiol. Serv. Saud	Intervening factors in the indicators of depression in elderly users of basic health units in Maringá, Paraná, 2017	OLIVEIRA DV et al	OBJECTIVE: To analyze the intervening factors in the indicators of depression in the elderly of the Basic Health Units (UBS) in the municipality of Maringá, Paraná State, Brazil, in 2017
2022	PAN AMERICAN HEALTH ORGANIZATION (PAHO)	Decade of Healthy Ageing: Baseline Report.	Washington, DC	Healthy ageing is relevant for everyone and involves the creation of opportunities, which allow people to be and do what they value throughout their lives.
2022	Acta Paul Enferm	Activities of daily living, depressive symptoms and quality of life of the elderly	SCHERRER JÚNIOR G et al	Correlate depressive symptoms with the ability to perform basic health care activities. Daily life and quality of life in older adults living in long-term care facilities
2022	Rev Enferm Atual In Dermis	Memory complaints and risk of depression in older adults assisted by the family health strategy	SILVA RL et al	To investigate the occurrence of memory complaints and the risk of depression among the elderly and to evaluate the relationship between the occurrence of complaints

Source: authors, 2023.

It is considered of paramount importance to monitor these elderly people, especially by the family, because in this sense, the increase in life expectancy results in an increasingly frequent coexistence with chronic diseases, which leads to an increase in multimorbidity among elderly people, a condition that leads to an increase in the use of health services, physical and functional disabilities and worsening of quality of life (AMARAL et al, 2018).

Faced with the difficulty that the elderly face, their mental capacity is diminished by dealing with various problems that affect their lives in every way and by not knowing how to face all the changes that occur; Depressive symptoms transcend in the life of the elderly.

At this stage of life, the increase in the consumption of medications and chronic diseases, together with the decrease in work, less interaction with other individuals, and a feeling of disability, influence a worse perception of health and the occurrence of depressive symptoms, so that such an association may have a possible bidirectionality (CORREA et al, 2020).

It is possible after analysis that a good follow-up by the family, health professionals and also For society, these elderly people can go through all these changes with lightness and tranquility. On the other hand, the interaction of these diseases can be severe and disabling, and can directly interfere with the simplest and most basic aspects of the individual's daily life, which raises a priority in early diagnosis and treatment (SILVA et al, 2022).



However, health care for the elderly must ensure an environment of health promotion and recovery, independence, and autonomy as ensured by public policies (JUNIOR et al, 2022).

4 FINAL THOUGHTS

During the preparation of this article, it was noticed that many elderly people suffer from various diseases, live on medication, do not have social interaction, do not practice physical activity for various reasons, and do not know how to deal with grief and other risk factors that being present in the life of this elderly person causes many to develop symptoms of depression.

However, the use of the basic health service comes to provide relief in the lives of these elderly, bringing life perspective to them. In which healthy aging requires integrated care centered on the person, focusing on capabilities, and the treatment of diseases.

It is concluded that the family's care for the elderly enables the integration of the same, in which it allows support and accompaniment, encouraging them to take care of themselves and also the help of the family demonstrates that this elderly person is not alone, so he will feel welcomed.

It is noteworthy that the advantage of family participation facilitates the elderly to have access to the basic health unit, thus allowing them to have a follow-up by a health professional, providing a quality of life to this elderly person, reduced or preventing the appearance of depressive symptoms.



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