

Addressing Geriatric Depression with Cognitive Stimulation Therapy

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The global rise in the elderly population has led to an increased prevalence of depression among geriatrics, necessitating effective therapeutic interventions. This study investigates the efficacy of Cognitive Stimulation Therapy (CST) in alleviating depression among geriatrics in Pakistan. CST, originally designed for dementia patients, has shown promise in improving cognitive functions and overall well-being. However, its adaptability and effectiveness within the Pakistani context has yet to be explored. This research aims to address this gap by evaluating the impact of CST on depression levels in a sample of Pakistani seniors. Utilizing a robust methodological approach, depression levels of 40 participants; 20 male and 20 female were measured before and after the intervention using Geriatric Depression Scale (GDS-SF). Paired t-tests were employed to compare mean scores of depression levels pre- and post-CST. On comparison on post assessment depression scores significantly improved ($p < .001$, Cohen's $d = 1.82$) for the intervention group from pre-intervention ($M = 16.25$, $SD = 5.54$) to post-intervention ($M = 18.35$, $SD = 2.15$). The results indicate significant reductions in depression symptoms following CST, suggesting its potential as a viable therapeutic option in Pakistan.

The findings of this study have important implications for mental health practitioners, policymakers, and community stakeholders. These insights are crucial for fostering improved mental health outcomes among vulnerable elderly populations in Pakistan and beyond. This study supports intervention's efficacy in reducing depressive symptoms among geriatrics, adhering to Sustainable Development Goal no 3 ("Good Health and Well-being"), 8 ("Decent Work and Economic Growth"), and SDG 17 ("Partnerships for the Goals").