

## The Effectiveness of Group Spiritual Therapy on Increasing the Life Expectancy and Mental Health in Elderlies

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**Abstract :** This research was conducted to evaluate the effects of group spiritual therapy on increasing the life expectancy and mental health among the elderlies. This was a quasi-experimental research using a pretest-posttest design with a control group conducted over a population including all the elderly people of Tehran in 2012-13. A randomized sampling method was used to select 30 elderly people living in Parham nursing home that were then randomly assigned into two control and experimental groups of 15 people each. The instruments used were Miller's life expectancy and mental health test (SCL.90.R) standard questionnaires. Individuals in experimental group received 12 sessions of group spiritual therapy while those in control group did not receive any kind of therapy. The tests were performed again for all the subjects (30 individuals) at the end of the experiment. To test the hypotheses, the data collected by questionnaires were analyzed using descriptive methods through relevant tables and charts and also inferential methods through the analysis of covariance using the SPSS software. Results showed that group spiritual therapy leads to a significant increase in both mental health and life expectancy in the experimental group of elderlies living in Parham nursing home compared to those in the control group.

**Keywords :** spiritual therapy, life expectancy, mental health, elderlies

**Conference Title :** ICPBS 2014 : International Conference on Psychology and Behavioral Sciences

**Conference Location :** Istanbul, Türkiye

**Conference Dates :** October 27-28, 2014