

ABSTRACT

This research studied the effect of depression on the elderly at nursing homes. A case study was conducted at Bangkhae nursing home, based on Beck's theory of cognitive counseling programs. The study was a quasi-experimental research, with a pretest-posttest control group design.

The subjects were the elderly residents at Ban Bangkhae nursing home. There were twenty participants, aged 60 to 85. The subjects were divided into two groups, ten in the treatment group and ten in the control group. All participants were volunteers, all showed an improved level on the Life Satisfaction Index, A scale and had mild or moderate depression on the Beck's Depression Inventory scale. The treatment group participated in a four-week group counseling program based on Beck's cognitive counseling theory, the program consisted of eight 90-to120-minute sessions. The researcher acted as the group leader. The control group did not participate in program.

Instruments used in this study were:

1. The Beck's cognitive counseling program was constructed by the researcher based on Beck's theory.
2. The Beck's Depression Inventory
3. The Life Satisfaction Index A

A statistical *t* test analysis was employed to determine significant differences in mean scores between the two groups, both pretest and posttest, and after a four week follow-up for the treatment group. The results of study were as follow:

1. The treatment group showed a significantly lower score on the Beck's Depression Inventory scores ($P < .05$) at post –test, the results remained the same during the follow up visit.
2. The results showed there was a negative correlation between the score of the Beck's Depression Inventory and the score of The Life Satisfaction Index A, indicating that those with low depression also had high life satisfaction.

In conclusion, nursing home residents who participated in the Becks cognitive counseling program had measurably lower rates of depression, and higher life satisfaction, then did the control group.