

Original Paper

## Effect of mindfulness training on individual well-being and mental health of elderly women

Safoora Ghane (M.A)<sup>1</sup>, Javanshir Asadi (Ph.D)<sup>2</sup>, Firoozeh Derakhshanpour (M.D)\*<sup>3</sup>

<sup>1</sup>M.A in General Psychology, Mental Health Expert Health Center of Golestan, Golestan University of Medical Sciences, Gorgan, Iran. <sup>2</sup>Ph.D in General Psychology, Gorgan Branch, Islamic Azad University, Gorgan, Iran. <sup>3</sup>Child and Adolescent Psychiatrist, Assistant Professor of Psychiatry, Golestan Psychiatric Research Center, Golestan University of Medical Sciences, Gorgan, Iran.

---

### Abstract

**Background and Objective:** The elderly population is rising rapidly in the world and one of the criteria for assessing the needs and health of the elderly is life quality. Mindfulness is a kind of consciousness, and it comes about when we encounter our experiences with a more precise and detailed in the present and without judgment. This study was done to determine the effect of mindfulness training on personal well-being and mental health in elderly women.

**Methods:** This quasi-experimental study was done on 46 elderly women over 60 years of age who displaced in the only daily nursing home in Gorgan, northern Iran. The subjects were non-randomly divided into the intervention and control groups. The intervention group participated in eight sessions of two-hour mental education training. Personal information questionnaire, general health questionnaire-28 (GHQ-28) and personal well-being index – adult (PWI-A). PWI-A and mental health questionnaires were completed by the elderly at the beginning and the end of the study.

**Results:** In the intervention group, mindfulness education significantly increased the subscale of personal well-being in the post-test ( $57.4 \pm 3.5$ ) compared to the pre-test ( $43.2 \pm 10.6$ ), and the subscale of mental health and its components in the post-test ( $13.47 \pm 5.5$ ) compared to the pre-test ( $35.6 \pm 10.9$ ) ( $P < 0.05$ ). In the control group, the subscales of personal well-being and mental health and its components at the prior and the end of the study was not different.

**Conclusion:** Mental education improves subscales of personal well-being and mental health in elderly women.

**Keywords:** Mindfulness, Elderly, Personal well-being, Quality of life

---

\* Corresponding Author: Derakhshanpour F (M.D), E-mail: [f.derakhshanpour@yahoo.com](mailto:f.derakhshanpour@yahoo.com)

Received 29 Apr 2017

Revised 25 Sep 2017

Accepted 23 Oct 2017

Firoozeh Derakhshanpour (<https://orcid.org/0000-0003-4266-0202>)