

# Correlation Anxiety, Stress, and Depression with Perceived Social Support Among the Elderly: A Cross-Sectional Study in Iran

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## Abstract

One of the common psychological problems of the elderly is depression, anxiety and stress, and dementia. Social support is one of the variables associated with the elderly lifestyle that can be considered as a product of the social dimension of lifestyle. The present study was conducted to investigate the association of anxiety, stress, and depression with perceived social support among elderly people in Jahrom city. This is an analytical cross-sectional study that was conducted on elderly people in Jahrom city in Iran. The sample size in this study was 210 people and was selected through cluster sampling and random selection of clinics located in Jahrom. Data were collected from two questionnaires: Depression Anxiety Stress Scales (DASS) and perceived social support. After completing the questionnaires, the data were analyzed using SPSS software version 21 with descriptive statistics, Pearson correlation. The results of Spearman's correlation coefficient showed significant relationships between social support for the elderly and depression ( $r = -0.627, p < 0.001$ ), also observed between social support for the elderly and stress ( $r = -0.535, p < 0.001$ ). However, no significant relationship was determined between social support for the elderly and anxiety ( $r = -0.0909, p > 0.05$ ). Depression and stress can be reduced by improving social support in the elderly. More attention should also be given to social support for oldermen.

## Keywords

Author Keywords: Anxiety; Depression; Social support; Elderly