

## عنوان مقاله:

Aiming to restore mental health among older adults: A loud cry

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## خلاصه مقاله:

Globally, a significant demographic transition has been observed according to the recent estimates released by the World Health Organization.[۱] In fact, keeping the current trend in mind, it has been expected that by the year ۲۰۵۰, the proportion of the world's population over ۶۰ years will almost be ۲ billion, which is currently ۹۰۰ million.[۱] These extra years of life have not only opened numerous opportunities for older persons but even created a wide range of challenges for the stakeholders so that, diversified needs of the older people is addressed.[۱,۲] However, to ensure that people live these extra years in a meaningful and dignified manner, the key factor is the maintenance of an optimal state of health (viz., physical, mental, and social elements).[۲] Even though, older adults can play major contributions (as a responsible member of family, volunteer, member of the workforce, etc.) in the progress of society, most of them might experience multiple ailments, including mental illnesses at the same time.[۳,۴] Like any other phase in human life, sound mental health is a crucial determinant to ensure well-being among older adults.[۱,۲] In fact, it has been observed that in excess of one-fifth of adults aged ۶۰ and above worldwide is suffering from a mental or neurological illness, which on their accounts for almost ۷ percent of all disability among older adults. Multiple mental illnesses such as dementia, depression (۷ percent), anxiety disorders (۳.۸ percent), substance abuse (۱ percent), and suicides have been reported among older adults.[۳] Further, most of these estimates do not reflect a clear picture, as these illnesses are overlooked by older adults themselves/family members/health professionals or misdiagnosed or often not reported due to the stigma attributed to them.[۵,۶] These mental illnesses precipitate due to a complex interaction between multiple social, psychological, and biological factors, namely the inability to live independently (because of restricted mobility, other physical, or mental ailments), exposure to various kinds of deprivations due to loss of income secondary to their retirement, children staying away from their parents, and subject to different forms of abuse.[۲,۳,۵] Almost, all of these factors can eventually precipitate isolation, loneliness, and psychological distress in older people.[۳] Further, these mental illnesses can further enhance the risk or progression of other physical health ailments, which further compromises their independence

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