The relationships between spiritual well-being, quality of life and depression among Taiwanese elderly

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**Purpose**
- The purpose of this study was to examine the relationships between spiritual well-being, quality of life and depression among Taiwanese elders.

**Background**
- Depression is a mental health problem commonly impacting elderly people.
- Elders with Chinese cultural background have a high prevalence of depression.
- While spirituality was revealed to have a significant association with depressive symptoms, literatures also have documented that spiritual well-being is associated with health outcomes and health promoting behaviors.
- However, the spiritual well-being and its relationship with quality of life and depression in the Chinese elders have not been addressed in the literature.

**Design**
- This was a cross-sectional designed study.
- Fitzpatrick’s life perspective rhythm model (1983) provides the theoretical foundation to guide this study.

**Samples and Sampling**
- A convenience sampling method was used.
- Inclusion criteria: Taiwanese elders who are 65 years old or older and able to speak and read Chinese.
- Exclusion criteria: Individuals who have self/family-reported cognitive impairment or diagnosis of a major depressive disorder.

**Data Collections**
- Data were collected at quite and private areas (rooms) at public, freely-accessed activity centers for seniors at a largest city in southern Taiwan.
- Self-administrated questionnaires were given to individuals who met the inclusion and exclusion criteria of the study and signed the consent form.

**Measures/Instruments**
- Depression: Measured by the Center for Epidemiological Studies Depression Scale (CES-D; Radloff, 1977)
- Quality of Life: Measured by SF-12™ Health Survey (Qualitymetric, 2005)
- Spiritual well-being: Measured by the Spirituality Index of Well-Being (SIWB) scale (Daaleman & Frey, 2004)

**Data Analysis**
- Descriptive statistical data analyses including means, standard deviation, frequency, and ranges were used to describe the participants and the main study variables.
- Pearson’s correlation was used to examine the relationships between depression quality of life and spiritual well-being.

**Results**
- Depression: Mean = 10.10 (SD=8.46)
- Quality of Life:
  - Physical Component Summary Scores (PCS): Mean = 48.60 (SD=8.09)
  - Mental Component Summary Scores (MCS): Mean = 43.11 (SD=6.28)
- Spiritual well-being: Mean = 42.56 (SD=10.92)

**Description of sample**
- Age:
  - 65-74 years-old: 58.7%
  - 75-84 years-old: 35.3%
  - 85 years old and older: 6%
- Gender: 44% Males, 45% Females
- Religion: Buddhism 54.7%; Christian, 11.3%; Taoism, 14%; Other religion 2.7%; No religion: 14%

**Conclusion/Implications**
- Spiritual well-being, quality of life and depression are related factors among Taiwanese elders.
- Findings from this study can enhance nurses’ understanding and competences to improve elders’ health in the future.

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