The aim of this study is to determine the relationship between learned hopelessness and depression risk factor and predictor of functional death in the elderly. The hypothesis is that the learned hopelessness is a risk factor for depression, causing the elderly negative thoughts that affect their functionality and cause a functional death.

For this reason and due to the high prevalence of clinical diagnosis of hopelessness and depression, it is important that nurses are trained to identify an early way these disorders, and to provide timely treatment, prevent disability, functional decline and complications associated with these illnesses such as the functional death in the elderly.

Introduction

The learned helplessness produces negative encouragement for individuals that can take them to lose their motivation, hope to reach goals and give up to the future. (Tovar, Hernández, 2012).

The ideas of hopelessness in the elderly produce negative thoughts like his life is meaningless, passive desire to die, and suicidal thinking; same as hopelessness the World Health Organization (WHO, 2014); (Flores-Reynoso, 2012)

Aim

The aim of this study is to determine the relationship between learned hopelessness and depression risk factor and predictor of functional death in the elderly. The hypothesis is that the learned hopelessness is a risk factor for depression, causing the elderly negative thoughts that affect their functionality and cause a functional death.

Methodology

This study will focus on non-experimental quantitative research with cross design with explanatory scope. The study population will consist of older adults belonging from the Centro Estatal del Adulto Mayor of Saltillo, Coahuila, Mexico. Sampling will be by convenience.

• As measuring instruments there will be use: Center for Epidemiological Studies — Depression (CES-D), The Yesavage Geriatric Depression Scale, Beck Hopelessness Scale, Barthel index, Mini-Mental cognition and questionnaire to measure learned hopelessness.

Justification

For this reason and due to the high prevalence of clinical diagnosis of hopelessness and depression, it is important that nurses are trained to identify an early way these disorders, and to provide timely treatment, prevent disability, functional decline and complications associated with these illnesses such as the functional death in the elderly.

Bibliography

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The depression is a common mental disorder in the elderly that when it becomes chronic or recurrent hinders seriously the coping performance of the daily life and as a risk factor that could cause disease and functional decline in its most severe stage produce a functional death.