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The effect of life review therapy on quality of life of the elderly in day care centers, Shiraz, Iran

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Introduction & Aim: It is predicted that by 2016 the number of ageing population in Iran will rapidly increase; hence, paying attention to the quality of life of the elderly and taking steps to improve it are of great importance. Life review therapy, used as part of a comprehensive therapy plan for increasing the quality of life of the elderly helps them resolve their past conflicts, reconstruct their life stories and accept their present conditions. The present study aimed to explore the effectiveness of life review on the quality of life of the elderly.

Method: The present study is a controlled clinical trial with a pre-posttest design. 35 members of the elderly day care centers in Shiraz, Iran, were randomly assigned to two groups: The experimental and control. Men and women were separated. The subjects in the experimental group attended 8 two-hour sessions of life review therapy. The quality of life of the elderly participants was evaluated before, immediately, one and three months after the intervention. Data analysis was conducted through SPSS, version 16, using descriptive and analytical statistical tests with the significance level of 0.05.

Findings: The results of the study showed that life review therapy interventions significantly improved the quality of life of the elderly ($p < 0.05$).

Conclusion: The findings of the study confirm the research hypotheses, showing that the application of life review is effective and viable.

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