



**Lorestan University
of Medical Sciences**

A Thesis

Peresented for the MS of Nursing Degree (Geriatric Nursing)

**Investigating the relationship between cognitive status and lifestyle
of the elderly in Khorram Abad city in 2019**

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2022

Abstract

Introduction: One of the most critical needs of the elderly is assessing cognitive function to prevent or delay the occurrence of cognitive disorders. Various factors affect the impairment or improvement of the cognitive function of the elderly. One of these factors is a lifestyle. This study aimed to assess the relationship between cognitive function and the lifestyle of the elderly.

Methods: This cross-sectional and correlational study was conducted with the participation of 300 older adults covered by urban health centers in Khorramabad in 2021. The elderly were selected by a combination of stratified and cluster sampling methods. In order to collect data, a demographic information questionnaire, Mini-Mental state examination (MMSE), and standard lifestyle instrument (LSQ) were used to collect data. Data management and analysis were performed using SPSS version 22 software and independent t-tests, one-way analysis of variance, Pearson correlation coefficient, and multiple linear regression analysis at a significance level of 0.05.

Results: There was a positive significant correlation between cognitive function and lifestyle subscales including physical health($r=0.81$), exercise and physical activity($r=0.83$), nutrition and weight control ($r=0.79$), disease prevention ($r=0.82$), psychological health ($r=0.79$), spirituality ($r=0.72$), social health($r=0.82$), avoiding drugs ($r=0.67$), accident prevention ($r=0.78$), environmental health ($r=0.78$), and total lifestyle ($r=0.80$) ($P<0.001$). The multiple linear regression analysis results showed a positive and significant statistical relationship between cognitive function, physical health, accident prevention, and drug avoidance($P<0.001$).

Conclusion: According to the results of the present study, in the planning and educational interventions for the elderly, lifestyle dimensions, especially exercise and physical activity, diet and social, health, should be given more attention.

Keywords: Cognitive function, Lifestyle, Elderly, Cognitive impairment