
The effectiveness of a counseling program based on recalling past memories (Reminiscence) to reduce symptoms of depression in the elderly people

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Abstract:

The aim of the current research is to identify the effectiveness of the program to retrieve past memories (Reminiscence) in adults of (65-75) years old, by (14) elderlies in the experimental group and (14) elderlies in the control group, then the researcher conducted the equivalent between the two groups in variables (Age, educational level, marital status, and their scores on the psychological depression scale), then the researcher designed a consulting program to retrieve past memories related to childhood, elementary school, intermediate and secondary schools, work, marriage, children, holidays and events, and the number of sessions reached (10) sessions at a rate of two sessions per week and the session time (90 minutes), and after applying the program to retrieve past memories (Reminiscence) on the experimental group, the results of the statistical analysis showed the following:

- 1. There are statistically significant differences in the post-measurement between the experimental group and their peers in the control group in favor of the experimental group on the psychological depression scale.*
- 2. The presence of statistically significant differences between the averages of the pre-measurement grades and the post-measurement in favor of the post-application on the scale of psychological depression.*
- 3. There are no statistically significant differences between the experimental group's grades in the post and tracer measures on the psychological depression scale.*

In light of the results of the current research, the researcher developed a set of recommendations and proposals.

1. CHAPTER

Research problem:

The topic of aging and eldering has become a source of fear and dread to the point that Monk (2007) called it the phobia of aging (Monk, 2007: 3). The elderly face many emotional disorders, including feelings of hopelessness, loss, isolation, helplessness, emptiness, dependence and depression. Each day the persons get older, they can experience weakness in various psychological, social and emotional functions, especially if they live within the nursing home, and the nursing home for many elderly people can be a tragic event requiring high-level adaptive skills (Chen et al., 2014: 141).

According to Calkins & Cassella (2007), the loss of dependence of the elderlies on their homes and their families, and the participation of others in nursing homes, are among the great difficulties facing the elderly that should be dealt with, which can cause them to show symptoms of depression and a decrease in their feeling of self-appreciation and psychological happiness (2007: 13 Calkins & Cassella,).

(Steffens et al. 2009) and others indicate that the symptoms of depression in the elderlies are estimated to be about 10-15% of the population (Steffens et al., 2009: 879), and depressive symptoms appear in 40.5% of the elderlies in the nursing homes (Damian et al. al., 2010: 312).

The study of Kraaij & Wilde (2001) showed that this could be due to their experience of negative events such as loss of the family breadwinner, disease and disability (Kraaij & Wilde, 2000: 89).

Studies indicate that the self-esteem of the elderlies decreases as they get older, as level of self-esteem reaches its peak at the age of (60) years and then begins to drop with age (Sharif et al., 2010: 675). Also, the meaning of life and personal growth, they become less among the elderlies compared to previous age groups (Melendez et al., 2008), and through the volunteer work that the researcher undertook in the nursing homes and attending workshops with them, the researcher noticed that the predominant treatment for depressed elderly people is drug treatment as an anti-depressant treatment, however the elderly did not show a significant improvement in relieving their depressive symptoms that could lead to severe side effects, especially in the elderly, for example dizziness, sleepiness, drowsiness, and an increase in the risk of collapse (Blazer, 2003: 249). There is an added risk that this could interact with the medicines that elders already taken (The Swedish council on technology assessment in health care, 2015: 20), therefore, the researcher believes that resorting to psychotherapy methods is better than pharmacotherapy, to relieve symptoms of depression in the elderly, and through the researcher's review of psychological literatures in this regard, I noticed that the program to retrieve past memories treatment (Reminiscence) is effective in relieving depressive symptoms in the elderly, and despite the use of this method in many western countries, it has not yet been used in the local Arab environment, so the current study came as an attempt to

answer the following question: Is the method of retrieving past memories effective in relieving depressive symptoms in the elderly?

Research importance

Psychologically, the stage of old age is considered a state of decreased in the psychological and social compatibility of the elderly, so his ability to exploit his physical, mental and psychological potentials in the face of life pressures decreases to the point where he is not able to fully meet the demands of the environment, or achieve an appropriate amount of satisfying his various needs (Fanawi, 1987: 13). As for the most important mental disorder that hit the elderly is depression, which is widespread in nursing homes, according to reports that there are about (900) million people over (60) years old around the world, and the number between 2015 and 2050 will be doubled of about 12% to 22% and will reach (2) billion people (Who, 2015: 381).

The elderly face many challenges in the physical field and mental health, which need special care and attention, as 20% of the elderly aged (65) years and over suffer from mental or nervous disorders, and 6.6% of them suffer from impotence, neuropsychiatric disorders and depression (Alaam, 2018: 1). Depression is a common mood disorder among the elderly and is one of the causes of disability, feelings of sadness and loss of interest (Zho et al., 2012: 440-446). Depression affects about 7% of the elderly general population, and the depressed elders suffer from deterioration in psychological functions compared to their peers, and depression increases their awareness of their poor mental and psychological health, refusal of medical services and loss of health care. In addition, the symptoms of depression in the elderly, are often ignored and not treated because they interfere with other problems, and they can affect the mental health, quality of life and physical health of the elderly, it can also cause severe emotional pain (Pinquart & Forstmeier, 2012: 541).

The important topic of psychological intervention for the elderly is preserving and restoring meaning to their lives, even in the face of negative events, and studies have shown that the method of retrieving past memories is a therapeutic method with a positive effect for the elderly in reducing feelings of depression and improving their mood, and restoring meaning to their lives (Bohlmejer, Immit & Cujpers, 2003; Butler, 1963; pinquant Duberstein & Lyness, 2007). The study of Kamarany and others (Kamarany, et al. 2010) determined that there was a decrease in the level of depressive symptoms in the elderly compared to the control group when the therapeutic intervention was performed with the program to retrieve past memories (Reminiscence) (Kamarani et al., 2010: 881-887).

The study of Pinquart and others (Pinquart et al. 2007) showed that the effect of the retrieval of past memories in reducing symptoms of depression in the elderly can continue over time (Pinquart et al., 2007: 645-657). Fortunately, a therapeutic method for depression called therapy by retrieving past memories has been discovered, this treatment method is one of the best ways to treat elderly people with depression (Pinquart & Forstmeier, 2012: 543).

The method of retrieving past memories (Reminiscence) is known as the retrieval of past memories, feelings and thoughts to obtain pleasure, change the quality of life, and adapt to present events (Bulechek et al., 2008: 23).

The therapeutic method (retrieving past memories) is one of the methods that use memory to protect mental health and improve the quality of life by retrieving past experiences or events, and the individual contemplates his experiences by focusing and re-dividing these experiences in a typical way to solve past conflicts, and help him find meaning in his life and divide adaptive coping strategies are often practiced within a certain group of elderly people (Chen & Li, 2012: 189). Several studies have shown the effectiveness of consulting treatment by retrieve past memories (Reminiscence) in relieving symptoms of depression in the elderly and increasing their level of appreciation, self-sufficiency, facing crises and loss and life events and increasing life satisfaction (Zho et al., 2012: 440-447).

Research goals:

The current research aims to identify the following:

1. The effectiveness of the retrieval program in relieving the symptoms of depression in the elderly, and the researcher derived the following hypotheses from the above goal:

A- The first hypothesis: There are no statistically significant differences between the averages of the experimental group's grades in the pre and post tests on the scale of psychological depression.

B- The second hypothesis: There are no statistically significant differences between the averages of scores grades of the experimental group and the control group in the post-measurement on the scale of psychological depression.

C - The third hypothesis: There are no statistically significant differences between the averages of the experimental group's grades in the post and tracer measures on the scale of psychological depression.

Research boundaries:

The current research is determined by the elderly living in nursing homes in Baghdad governorate for the year 2020-2021.

Defining terms:

First: Reminiscence, defined by the following:

- **Webster (2003):** It recalls and interprets past events that occurred in the distant past (Webster, 2003: 215).

- **Bohlmeijer (2009):** It is the process of retrieving past memories to help the individual find meaning in his life (Bohlmeijer, 2009: 470).

The researcher adopted the definition of Bohlmeijer (2009), as a theoretical definition of the current research.

- **Procedural definition of (Reminiscence):** It is a group of positive past memories that the elderly retrieve during the counseling sessions.

Second: depression

Both Beevers & Miller (2008) define it as an emotional state in which the individual suffers from severe sadness, delayed response and pessimistic tendencies, and it may lead to commit suicide (Beevers & Miller, 2008: 102).

The researcher adopted the definition of Beevers and Miller (2008) as a theoretical definition of the current research.

As for the procedural definition of depression, the researcher defines it: as the degree to which the elderly person gets on the scale prepared for this purpose.

Third: The elderly: They are individuals over the age of sixty-five and who do not perform any work in a regular and institutional manner, and their general condition allows cooperation with the researcher (Al-Ta'ani, 2004: 17)

2. CHAPTER

First: Depression

Depressive disorder includes many symptoms that tend to occur together, and these symptoms include sadness, a lack of ability to feel happy, an unwillingness to experience positive reinforcements, and a person's lack of interest in the environment around him (Asberg & Martensson, 2009: 227).

Also, there are other symptoms represented in anxiety, decreased emotional distress, inability to feel positive, empathy, boredom, and suicidal thoughts, with an increase in the tendency to commit suicide (American psychiatric assistance, 2013). Depression in the elderly can have severe consequences, according to high estimates of deaths from physical illness, the weakness of functions and increased risk of suicide, and in this context, studies indicate that more than 50% of depressed elderlies suffer from these symptoms (Fiske et al. (2009: 121). Depression is a very common mental disorder that affects nearly half of the elderlies who live in elderly care institutions. Depression affects the lives of people infected with it, and makes them feel often sad and hopeless, and it also affects sleep patterns, focus and energy levels, in addition to that, elderly care institutions often suffer from a clear shortage of workers, and from enormous pressure and burdens at work, and this makes it difficult for elderly people with depression to obtain a proper diagnosis and appropriate treatment (Bromley, 2008).

The presence of the elderly in nursing homes as an alternative to the original family leads to an increase in depression and negative trends towards oneself and others, and this leads to the emergence of many irrational thoughts about their view to everything, and the elderly

becomes able to attribute many events to those thoughts, which increases his depression and it reduces his ability to psychologically and socially adapt, and the inability of the elderly to find suitable means to adapt to his new situation as an elderly or as a person present in the nursing home increases his psychological and social problems, so we find him tending to isolation and introversion and the unwillingness to talk with anyone, and hold on to negative thoughts about himself (Myles, 2006). The percentage of people who develop depression among elderly people over the age of 65 is about 11.2%, although depression is not diagnosed in many cases in the elderly as part of the aging process (The world health 2001, Report). Depression is accompanied by an emotional state characterized by intensity, emotional fluctuation, increased sensitivity, fear, delusions of disease, a feeling of tension, a sense of pessimism, near the end, death and loneliness. The isolation increased when social relationships separated when sons leave homes and the elderly lost a certain person linked with him emotionally and find peace and happiness in his company and discuss his problems with him and trust him with his secrets and tell him his worries. This is what happens when the husband or wife is lost, especially since the elderly are at an age when there is no opportunity to establish an alternative relationship. Even if an opportunity does exist, it is fraught with the risk of collapse and making matters worse (Brorley, 2008) and increased risk of collapse (Moden et al., 2010) and there is an added risk which is the possibility of this drug interacting with drugs used by the elderly (Swedish council on technology assessment in health care, 2015: 20).

Second: Retrieving past memories (Reminiscence)

The program was developed in (1963) by Butler as a psychological intervention for the elderly, and several studies have shown that retrieval therapy is a well-designed, and acceptable form of treatment for depression symptoms (Butler, 1963).

According to (Watt et al.2000) and others, this method consists of six weekly sessions at a rate of (90) minutes for each session and during each session, memories are retrieved with a focus on different topics that represent basic matters in the elderly's life, for example (family life, his biography, his profession, what he likes or dislikes, experiences of stress, the meaning of life and his beliefs) (Watt et al., 2000: 166-177).

Many studies have shown the effectiveness of the reminiscence program in reducing symptoms of depression in the elderly and improving functions in personal relationships, who suffer from symptoms of depression between (2002-2014).

(Elias et al.2015) and others reviewed the legitimacy of studies conducted between (2002-2014), and the number of elderly people ranged between (21-73) elderlies, that they were all effective in relieving symptoms of depression of the elderly people (Elias et al., 2015: 372-380).

The study of (Su et al, 2012) and others, which was conducted on (102) patients randomly selected to the experimental group, and they have (3) sessions per week for a period of (24)

weeks, in which the method of (Reminiscence) was used. The reminiscence method is effective in checking the depressive symptoms in the elderly (Su et al., 2012: 187-196).

The study of (Moral et al, 2013) and others suggested that the use of a therapeutic intervention (reminiscence) had a positive effect on the elderly people participant in the study, which numbered (34) participants. The study used a semi-experimental design. The participants were distributed into two experimental and control groups. By (8) advising sessions (Moral et al., 2013: 319-323).

The study of (Zhon et al., 2012), which was conducted on (125) elderly participants, showed that the control group used a topic about health education, while the experimental group used a topic on health education and treatment by retrieving past memories (Reminiscence) for (6) weeks and one session per week. The results of the study showed that the reminiscence method was effective in reducing depression symptoms (Zhon et al., 2012, 440-447).

Or (Chen & Li, 2012) study which was conducted on (22) elderly people who were divided into two control and experimental groups. The researchers used the semi-experimental design. The experimental group was exposed to the consulting program by (8) sessions for (4) weeks at the rate of two sessions per week. The results showed a significant improvement in reducing depressive symptoms compared to the control group (Chen & Li, 2012).

Butler (1963) was the first to notice the positive effects and adaptive aspects of the reminiscence method. Butler considers the retrieving of past memories is a natural process of recalling, evaluating and reviewing past memories and sometimes resolving past conflicts with the purpose of creating a balance in one's life (Butler, 1963).

The method of reminiscence can be good in improving the symptoms of depression in the elderly people by being interesting, not characterized by stigma, and easy to administer a therapeutic intervention (Bohlmeije, smith & Cuijpers, 2003; Haight, 1988; watt & Cappelieze, 2000).

In this type of therapeutic intervention, the elderly people are asked to systematically recall memories of their past lives through questions related to the most important events of their past lives (Haight, 1988; watt & cappelieze, 2000).

This is because resolving past conflicts and creating balance in a person's life is an important matter (Butter, 1963) and that a person's review of past life events and experiences can be strengthened through the creative expression of memories in the form of stories, poetry and drawings, and in this way we will encourage the elderly to create and discover metaphors, images and stories that symbolically represent the inner themes and meanings of their lives (Mazza, 1988; Moore, 2000).

Successful retrieval of past memories can lead to self-integration. As for unsuccessful retrieval of past memories, it leads to despair and depression (Evikson, 1956).

Thus, group work within this treatment method is effective with the elderly, as this method has been used to achieve various goals that include stimulating cognitive functions in the elderly (Goldwasser et al., 1987), and improving life and quality of life satisfaction.

From the aforementioned, the researcher concludes that all previous studies have determined the existence of positive results due to the consulting treatment by the method of recalling past memories (Reminiscence).

3. CHAPTER

First: The study method

In this study, the researcher used the experimental approach that studies the extent of the independent variable effect of (Reminiscence), on the dependent variable of showing depression in the elderly, depending on the experimental design using two equal groups, an experimental group and a control group.

Second: Study community

The current study community consists of the elderlies divided in the nursing homes in Baghdad governorate, whose number is (336) male and female elderlies, which the researcher obtained from going to governmental and private elderly homes for the year (2019) and Table (1) shows that.

(Table 1) the number of elderly people in nursing homes (Baghdad governorate)

Nursing house name	Males	Females	Total number
Al- Ataa	67	29	96
Al-Sulekh	57	18	75
Al-Rahma	84	46	130
Al-Bait Al-Aamir	24	11	35
Totally	232	104	336

Third: The study sample

The current study sample was intentionally chosen from the original study community consisting of (28) elderly males, their ages ranged from (65-75 years), whose symptoms of depression were diagnosed according to the approved Beck depression scale of the current study, after that the researcher make equivalency between the control and experimental groups by (14) elderly persons in each group with the variables (educational level, age, marital status and level of psychological depression), as follows:

(Table 2) Equivalency in demographic variables between the control and experimental groups

The variable	Category	Controlled group		Experimental group		Chi-square	The level of significance
		number	Percentage	Number	Percentage		
Educational level	Elementary	6	42.860%	7	50.00%	1.360	Non sign
	Intermediate	4	28.57%	4	28.57%		
	Secondary	4	28.57%	3	21.43%		
Age	65 – 70	8	57.140%	9	64.29%	1.290	Non sign
	70 years and more	6	42.860%	5	35.71%		
Marital status	Married	4	28.57%	8	57.14%	0.620	Non sign
	Widower	10	71.430%	6	42.86%		

It is clear from Table (2) that there are no statistically significant differences between the members of the experimental and control groups in the variables (educational level, age and marital status), and this indicates the equivalent of the two groups in demographic variables.

Fourth: The two research tools

First: The Beck scale for psychological depression:

After the researcher examined the psychological literatures and studies that used measures of psychological depression for adults, the researcher found that the Beck scale for psychological depression was the most appropriate for the current study, so the researcher translated the scale from a foreign language into Arabic and translating the scale by specialists in English language, and translating it again into the original language, and the researcher noticed a great agreement between the two translations, and after that the two translations were unified, and maintaining the psychological meaning was taken into account, and the scale included (21) paragraphs with four alternatives for each paragraph:

- **Apparent validity** for the purpose of identifying the validity of the test items for the current research sample, the researcher presented the scale in a preliminary form (Appendix / 2) to a group of specialists in psychological counseling and psychology, and their number reached (10) experts (Appendix / 1) and in light of the opinions of the experts, the results show their agree on all test items and their alternatives.

- Statistical analysis of paragraphs

1. **Discriminatory validity to extract the differential validity of the scale:** The researcher used the peripheral comparison method between the highest (25%) of the scores and the lowest (25%) of the scores, and by using the Mann -Whitney non-teacher test, the result showed the existence of statistically significant differences and Table (3) illustrates this.

(Table 3) The differences between high and low scores on the depression scale

Beck depression scale	Number	Standard deviation	Arithmetic mean	Z value	The level of significance
High scores	7	10.010	60.01	-3.09	sign
Low scores	7	3.500	21.56		

Table (3) shows that there are statistically significant differences between depression patients with high and low degrees, and this means that the paragraphs of the scale have a high validity factor in distinguishing between high and low degrees:

1. Validity of internal consistency, in order to know the extent of the paragraph's relevance to the total score of the scale. Correlation coefficients were calculated between the score of each paragraph of the depression scale and the total score of the scale, and Table (4) illustrates that.

(Table 4) the table shows the paragraphs of the Beck depression scale and the total score of the scale

Item	Correlation coefficient	Significance at level 0.05	Item	Correlation coefficient	Significance at level 0.05
1	0.58	sign	12	0.58	sign
2	0.51	sign	13	0.52	sign
3	0.66	sign	14	0.53	sign
4	0.62	sign	15	0.49	sign
5	0.55	sign	16	0.53	sign
6	0.48	sign	17	0.52	sign
7	0.41	sign	18	0.51	sign

8	0.58	sign	19	0.57	sign
9	0.51	sign	20	0.56	sign
10	0.66	sign	21	0.54	sign
11	0.64	sign			

From the above table, it's clear that all depression scale paragraphs have a strong correlation coefficient and statistically function.

2- Scale stability parameters: The researcher used two methods to verify the scale stability, as follows:

a. **Test-Retest Method:** The researcher applied the scale on the stability sample of (30) elderlies, and after two weeks of the first application, the researcher applied it again on the same sample, and by using the Pearson correlation coefficient, the researcher found that the stability factor reached (0.881), which is good.

B. **Alpha-Cronbakh method:** The Alpha-Cronbakh coefficient was calculated after applying the scale for a sample of (30) elderly people in a nursing home, and after analyzing the results, it was found that the value of Alpha-Cronbakh for the scale was equal to (0.84), which is a good reliability coefficient

Second: The consulting program for retrieving past memories (Reminiscence)

Description of the counseling program: This program called Reminiscence was developed in 1963 by Butler, as a guiding program for relieving depressive symptoms in the elderly, and using the interview method to discuss topics related to their past life goals (childhood and school, adolescence, entry to college or institute, and the work that he practiced, marriage, children, holidays, events, trips, etc.) that are important in their lives.

- The means used to stimulate memory

The researcher used a number of methods to stimulate the memory of the elderly, such as old photographs, and brainstorming by asking questions to the elderly that raise their memories, and verbal metaphors that are represented by popular proverbs related to their past memories, and a blackboard on which the names of the participants in the discussion are written.

Determine the general goal, special goals, and behavioral goals of the activities of the Reminiscence program:

The activities of the (Reminiscence) program aim to relieve depressive symptoms among the elderly aged (65) years and over through group counseling sessions with (10) counseling sessions as shown in Table (5).

(Table 5) Behavioral objectives of the Reminiscence program

Session No.	Title	Behavioral goals	Means and tools
First	Acquaintance and building consulting relationship	<p>1- the counselor introduce herself and the consultant program.</p> <p>2- Acquaintance between the counselor and the patients and break the barriers between them.</p> <p>3- The patients acquaint themselves through the acquaintance exercise.</p>	A board to write the names of participants in counseling sessions and prepare photographs about the past memories of the experimental group individuals related to all their life events from childhood till entering the nursing home
Second	Retrieving childhood memories	<p>1- two persons talk about their childhood memories.</p> <p>2- to talk about the most important events and memories with their parents.</p> <p>3- to talk about holidays and events.</p> <p>4- To give the patients the opportunity to express themselves</p>	<p>Aboard to write the names of the discussion participants.</p> <p>Photographs and popular proverbs related to childhood.</p>
Third	Retrieving childhood memories with sisters and brothers	<p>1- two persons talk with their brothers and sisters about their childhood memories.</p> <p>2- to mention the most important memories and events with their brothers and sisters.</p> <p>3- to talk about holidays and events.</p>	<p>Aboard to write the names of the discussion participants.</p> <p>Photographs and popular proverbs related to childhood.</p>

		4- to give the patients the opportunity to express their feelings.	
Fourth	Memories related to the elementary school	<p>1- to retrieve the past memories related to the elementary school.</p> <p>2- to mention the most important friends.</p> <p>3- to mention the most important teachers in the school.</p> <p>4- to mention the school trips.</p>	<p>Aboard to write the names of the discussion participants.</p> <p>Photographs about the school friends and teachers.</p>
Fifth	Memories relating to adolescence and its nature	<p>1- to retrieve the memories related to the adolescence.</p> <p>2- to remember the clothes they wear.</p> <p>3- to remember the intermediate school location.</p> <p>4- to remember the most important teachers at school.</p> <p>5- to remember the most important hobbies they used to practice.</p> <p>6-to talk about going to cinema.</p> <p>7- to talk about the most important friends.</p> <p>8- to talk about the first love in his adolescence.</p> <p>9- to talk about the school trips.</p>	<p>Abord to write the names of the discussion participants.</p> <p>Photographs about adolescence, school, friends, teachers and school trips</p>
Sixth	Retrieving memories related to intermediate	1- to retrieve the memories related to the adolescence.	Aboard to write the names of the discussion

	school	<p>2- to remember the clothes they wear.</p> <p>3- to remember the intermediate school location.</p> <p>4- to remember the most important teachers at school.</p> <p>5- to remember the most important hobbies they used to practice.</p> <p>6-to talk about going to cinema.</p> <p>7- to talk about the most important friends.</p> <p>8- to talk about the first love in his adolescence.</p> <p>9- to talk about the school trips.</p>	<p>participants</p> <p>Photographs about adolescence, school, friends, teachers and school trips</p>
Seventh	Memories related to secondary school	<p>1- to talk about the memories and events in the secondary school.</p> <p>2- to talk about the most important friends at school.</p> <p>3- to talk about the most important teachers at secondary school.</p> <p>4- to mention the most important trends he practices.</p>	<p>Aboard to write the names of the discussion participants.</p> <p>Photographs about adolescence, school, friends, teachers and school trips</p>
Eighth	Memories related to job	<p>1- to mention the most important colleagues at work.</p> <p>2- to talk about his boss at work.</p> <p>3- to talk about the most</p>	<p>Aboard to write the names of the discussion participants.</p> <p>Photographs about adolescence, school,</p>

		<p>important events at work.</p> <p>4- to talk about visits.</p> <p>5- to talk about job he practiced.</p>	<p>friends, teachers and school trips</p>
Ninth	Memories related to engagement, marriage and children	<p>1- to talk about the engagement memories.</p> <p>2- to mention how he meet his wife.</p> <p>3- to talk about the weeding and marriage.</p> <p>4- to talk about the children.</p> <p>5- to mention the number of children.</p> <p>6- to mention the names of children.</p> <p>7- to mention the most important events at children's life.</p>	<p>Aboard to write the names of the discussion participants.</p> <p>Photographs about adolescence, school, friends, teachers and school trips</p>
Tenth	Finishing and evaluation	<p>1- the patients evaluate the sessions of the consultant program in exposing their depression symptoms.</p> <p>2- apply the post measurement.</p> <p>3- closing and terminate the program.</p>	

- Implementation of the counseling program (Reminiscence)

The researcher allocated a time of (90) minutes for each session, at the rate of (10) sessions, (2) sessions per week (Sunday and Tuesday), and for a period of five weeks, as a suitable room was prepared for the performance of activities in Al-Ataa nursing home.

- Approval of the activities of the counseling program (Reminiscence)

The researcher presented the activities of the program to a group of (10) experts from specialists in psychological counseling, psychology, measurement and evaluation sciences (Appendix / 1), and the program obtained the agreement of all experts about the program's activities. Where the agreement percentage were (100%).

- Applying of the counseling program (Reminiscence)

The number of activities for (Reminiscence) program has been determined with (10) counseling sessions, provided at the rate of two sessions per week (Sunday, Tuesday), with a duration of (90) minutes, with a break and serving of tea and cake for ten minutes, starting from the hour (9-1:30) in the morning, and after obtaining the original approvals from Al-Ataa nursing home, the program started from 5/1/2020 until 4/2/2020.

4. CHAPTER

The first hypothesis: It states that there are no statistically significant differences between the average of the experimental group's scores and the average of the control group's grades in the post-measurement on the psychological depression scale.

To test this hypothesis, the researcher used the (Mann- Whitney) nonteacher test to verify the significance of the differences between the average grades of the control and experimental groups. Table (6) illustrates this.

Results of (Mann-Whitney) nonteacher test to study differences between the average experimental and the control grades in degrees of psychological depression in the post-measurement. Table (6) illustrates that:

Group	Number	Average of grades	Total grades	Z value	Level of significance
Experimental	14	86	99.5		
Controlled	14	196	108.5	-4.550	Function

Table (6) shows that there are statistically significant differences between the average grades of the experimental group and the average grades of the control group on the psychiatric depression scale in the post-measurement at a significance level (0.05).

The second hypothesis: It states that there are no statistically significant differences between the grades of the pre and post measurements on psychological depression among members of the experimental group.

To test the hypothesis, the researcher used the (Wilcoxon) nonteacher test to study the differences between the average grades of the pre and post measurements of the experimental group on the psychological test of depression, and Table (7) shows that

(Table 7) the results of the non-teacher Wilcoxon test to study the differences between the average grades of the pre and post measurements test on the psychological depression among members of the experimental group

Group	Grades	Number	Average of grades	Total grades	Z value	Level of significance at (0.05)
Experimental	Negative grades	14	45.500	110.000	-3.50	
	Positive grades	0	21.100	0.000		
	Equality	0				
	Total	14				

the table (7) shows statistically significant differences between the grades of pre and post measurement to the benefit of post measurement.

The third hypothesis: It states that there are no statistically significant differences between the average of grades of the post and tracer measurements on the psychological depression test among the experimental group individuals.

To test this hypothesis, the researcher used the nonteacher Wilcoxon test, and the results are shown in Table (8)

Group	Grades	Number	Average of grades	Total grades	Z value	Level of significance at (0.05)
Experimental	Negative grades	5	4.80	24.50	-0.120	Non-sign
	Positive grades	4	5.40	22.40		
	Equality	5				
	Total	14				

It is clear from Table (8) that there are no statistically significant differences between the grades of the experimental group in the post and tracer measures.

Discussing the results

- **The first hypothesis:** The results of the first hypothesis showed the existence of fundamental differences between the average grades of the members of the control group, and the average grades of the members of the experimental group on the scale of psychological depression in the post-measurement, as the differences were in favor of the members of the experimental group, and this indicates that the counseling program to retrieve past memories (Reminiscence) has a great effect in reducing symptoms of psychological depression among the members of the experimental group, and the researcher back this result to the effectiveness of the (counseling program) (Reminiscences), as many studies have shown that this counseling program helps relieve depressive symptoms in the elderly and improve the quality of life, social relations and feelings with satisfaction and happiness, while the control group was not exposed to such activities included in the counseling program, therefore, the control group did not experience an improvement, and this result is consistent with the results of the study of (Korte et al., 2011: 638) and the study of (Melendez et al., 2007). 416) and the study of (Ching et al. 2010: 388).

- **The second hypothesis:** The results showed that there are statistically significant differences between the averages of the pre- and post-measurement grades in psychological depression in favor of the post-measurement, and this result indicates that the counseling program to retrieve past memories (Reminiscence) has a significant effect in relieving symptoms of psychological depression of the members of the experimental group. The researcher back this result to the design of the counseling program, which includes the activities that the elderly practiced by retrieving their positive past memories related to childhood, parents and their siblings, memories of school and teachers, the most important hobbies and games that they practiced in adolescence, school trips, holidays, beautiful events at work, co-workers, memories related to engagement and marriage. The researcher said that these beautiful and pleasant memories helped to create positive feelings among the elderlies and helped them find meaning in their lives, which in turn eased their feelings of sadness and anxiety and their feelings of fatigue and stress, as it releive a lot of their suicidal and dark thoughts towards life. This result is consistent with the study of (Watt et al., 2000: 166) and (Bohlmeije r et al., 2007: 291) and (Davis et al., 2004: 503), which reinforces the idea that this type of counseling therapy can be used as a successful and effective way to relieve depressive symptoms.

- **The third hypothesis:** The results showed no statistically significant differences between the average of the post-measurement grades and the average of the tracer grades on the psychological depression test of the experimental group members who suffer from depression. The researcher back the continuity of the effectiveness of the counseling program (Reminiscence) to the existence of a continuous effect of this program. The researcher noticed that the effect of this treatment method continued to improve depressed patients after

applying the depression scale for a period of (3) months after the end of the reminiscence method, and this result is consistent with the results of the study (Forsman, schierenbeck, and forstmeier, 2011) and (Pinquart and forstmeier, 2012) and (Alfouso & Bueno, 2010).

5. RECOMMENDATIONS

In light of the results of the current research, the researcher recommends the following:

1. Providing sessions in counseling therapy, (Reminiscence) in governmental and private nursing homes for the elderly, for the purpose of using them by counseling specialists.
2. Familiarizing the elderlies with depressive disorders and their symptoms, and their impact on their psychological and mental health.
3. Developing group treatment plans and encouraging patients to interact and discuss past events that they faced.

The proposals

1. Conducting more research on the effectiveness of counseling therapy by retrieving past events (Reminiscence) on other mental disorders to improve the mood of the elderly.
2. Conducting studies on the effectiveness of counseling therapy by retrieving past events (Reminiscence) to solve the psychological conflicts of the elderly.

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