

**IMPACT OF ACTIVITY SCHEDULING AND FAMILY
COUNSELING ON ELDERLY DEPRESSED PATIENTS**



BY

SUMIA KALSOOM

BAHRIA UNIVERSITY

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THIS THESIS SUBMITTED

BY

SUMIA KALSOOM

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APPROVED BY

MS. AMIRA AMJAD

SENIOR LECTURER

MS. SHAZIA YUSUF

LECTURER

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS

Dated: _____

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EDUCATION RESEARCH (HERC), BAHRIA UNIVERSITY,
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Sumia Kalsoom



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Name: Ms. Amira Amjad

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Name: Ms. Shazia Yusuf



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Abstract

The present study was conducted to check the impact of activity scheduling and family counseling on elderly depressed patients. The main objectives of the study were to identify the level of depression among old age individuals and to identify the impact of activity scheduling and family counseling on elderly depressed patients. Multiple case study method was used to assess the impact of activity scheduling and family counseling. Data was collected by 6 elderly participants. Urdu version of Geriatric Depression Scale was used for screening of depression. The study was conducted in 3 phases i.e. pre-assessment phase, intervention phase and post assessment phase. First phase of pre assessment was related to screening of depressive symptoms by administering Geriatric Depression Scale and clinical judgment according to DSM-5. After that in Intervention Phase Activity Scheduling and Family Counseling, interventions were implemented on elderly depressed patients. In the third phase, pre and post assessment was conducted after 6 weeks of therapy sessions. Follow up sessions continued for more improvements. Results showed that there is a significant difference between pre and post testing after activity scheduling and family counseling upon depressed patients' depression level. This study is going to benefit the elderly depressed patients by engaging them in pleasurable activities and involving them in social gatherings and increasing inner family interactions.

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