

# Effectiveness of teaching Lazarus Multifaceted Approach on Mental Health of the Elderly

## Abstract

The purpose of the present study was to investigate the effectiveness of teaching Lazarus multifaceted approach on mental health and well-being of elderly people in Tabriz city. The method of this research is applied. For this purpose, among all elderly women covered by health care institutions or in nursing homes of the elderly, 24 women The elderly of Tabriz city in 2012 and in two experimental and control groups (12 people) were selected by random sampling method. The experimental group was trained for 2 months in 10 sessions of 90 minutes in the Lazarus multifaceted training sessions and the control group did not receive any intervention. Oxford Happiness Questionnaire and Mental Health Questionnaire (GHQ) in both groups were performed and the results were reported in SPSS20 software using one-variable covariance test.

Findings showed that teaching Lazarus' multifaceted approach on the happiness of elderly women in Tabriz has a significant level of  $P = 0.012$ , as well as teaching Lazarus multifaceted approach on mental health of elderly women in Tabriz at a significant level of  $P$  Has an impact. Therefore, we conclude that teaching Lazarus' multifaceted approach will increase the health and improve the mental health of the elderly.

**Keyword :** Succulence, Mental Health, Lazarus multifaceted effectiveness.

## 1. Introduction:

Increasing the lives of humans and adding the elderly population is one of the achievements of the current century

Also: "Aging is part of the natural process of human life and is considered to be a normative and inevitable biological phenomenon (Torabi, Farahami and Arbabi, 2016 ). The increasing growth of the elderly population in advanced and developing countries and its impact on economic conditions And the social community have provided a basis for multilateral attention such as social, physical, and psychological attitudes "(Harpos, Sonstadtm, Ahlson, 2009). Although reaching the age of aging is one of the major advances in humanity, according to sociologists, most people in a period of aging with

an unrelenting sense of selflessness become self-confident. When young men and women were active in institutions and organizations, they played a role in identity, but after retirement and old age, this role was taken from them, but not so in traditional society and Islamic teachings. Rather, they defined roles for them-that is, someone who was old enough to be a great family, a trusted place, and an expert, but now the elderly man has separated from that vacancy and social base He has lost his role and has not been defined to him, and this person must inevitably seek his own role. While the elderly are among the influential strata of the community and the past and future point of attachment, they can play a great role in the peace and consolidation of the family and the strength of the community. In the words of the famous young man in the mirror, the old man is in the crude clay Seeing and aging can be a period of vitality and greatness of determination and determination and dignity (Kaviani and Salehian, 2016).

Many social, demographic, psychological and biological factors help mental health. Almost all of these factors are related to the elderly. Factors such as poverty, social isolation, loss of dependence, loneliness and various harm can affect the mental and general health of the person. It is more likely that older people experience events such as mourning or physical disability that affects their well-being and endangers their mental health. They may also face abusive practices at home and care institutions. (Woho and Ouro, 2013). On the other hand, elderly and family awareness of Lazarus multifaceted strategies can reduce depression, anxiety and other mental illness in the elderly, in order to increase their happiness and happiness in their lives, so that their families Elderly care institutions and institutions do not hurt in the care and nursing of elderly people, and the elderly are not exposed to the pressures of life in themselves and the frustration of the families of the lack of affection, the life of their lack of affection with their loved ones. In this regard, mental health as a psychological and social phenomenon not only affects the quality of the individual's pitch but also provides a healthy and positive life with happiness for all individuals (George, 2010).

Sweetness also affects different aspects of human life. Happiness and vitality are one of the most important psychological needs of mankind, which has always occupied the mind of man due to the main effects of human beings (New, Farahani Nia, Jahmohammadi and Haqqani, 2011). Because the feelings of happiness in different ways, such as success in professional life, creative thinking, longevity and many other things, have a positive effect (Goldberg, Leiden and Scott, 2012).

Elderly is a change that occurs over time, has positive and negative aspects and includes the dynamics of biological processes, perception, development, and puberty (Ismaili Shirazi, 2009).

Elderly is a journey of life experience, in which elderly people are exposed to potential threats such as increased chronic illness, loneliness and isolation, lack of social protection, and many cases of physical and mental disabilities. Their individual autonomy is threatened (Kanbaz, Centre, Diabock, and Peccienne, 2013). Because of this, mental problems are observed in a variety of ways and with considerable

frequency in the elderly. Disorders such as depression, anxiety, memory loss, sleep patterns, loneliness Social isolation is one of these problems (Saber, Haji Aghajani and Ghorbani, 2010).

In fact, mental health is a special state of mind that improves the growth and perfection of human personality and helps the individual to adapt to oneself and others (Chauhan, 2012). Weissing and Fourier provided a multidimensional model of mental health in which mental health is a combination of different elements such as self-acceptance, positive relationship with others, self-control, overcoming the environment, purposefulness in life, and personal growth (Vicing and Fourier , 2009).

Nevertheless, in recent years, it seems that happiness studies have increased significantly (Camuro & Bennett, 2015). Psychologists like Arjil consider happiness as a combination of positive emotions, lack of negative emotions and life satisfaction (Arjil, 2011). Myers believes that happy people feel safer, make decisions easier, have a more cooperative spirit, and feel more comfortable with those who live with them (Myers, 2008).

One of the psychotherapy methods that takes into account the dimensions of health is multifaceted Lazarus treatment. This kind of therapist is successfully applied in a wide range of disorders and problems and is based on experience, which supports the combination of the best techniques selectively, regardless of their theoretical basis, and they In such a way to maximize therapeutic outcomes for specific referrals to the extent possible in short time (Big John, 2013). Also, this implies the necessity of direct and specific attention to the correction of deviant behaviors, unpleasant feelings, negative senses, irrational images, stressful relationships, and biochemical imbalances (Stoophen leaf, Becker, Bellus, Colberg and Timmerman , 2009). In the form of seven distinct but intertwined dimensions embracing all aspects of human personality, it has designed a comprehensive and comprehensive approach to the treatment of psychological health problems. Multidimensional therapies are both applicable in both prevention and treatment (Lazarus, 2008). Lazarus sets out the general objectives of multidisciplinary therapies to reduce psychological problems and improve personal growth (John Bozrgi, 2013).

Lazarus believes that human personality can be described entirely through seven dimensions (behavior, emotion, sensory receptions, imaging, cognition, interpersonal relationships, and drug-biological knowledge). Although these dimensions are described in isolation, they are really interacting with each other, and any human experience can be conceived in terms of a dimension that is related to other dimensions, and if a change occurs in one dimension, Other dimensions also affect (Dryden and Mayton, 2007). Accordingly, in this method, the therapies of seven dimensions are evaluated separately but intermittently together, and treatment of perspective is associated with a significant relationship between these dimensions (Bozrgi John, 2013). Given what The present study intends to answer the question of whether the teaching of Lazarus

multifaceted approach to the health and wellbeing of elderly people in Tabriz is effective?

## **2. Importance and necessity of research:**

According to the World Health Organization, there are 10 aged 65 and older in comparison with any child born in underdeveloped countries, and it is estimated that this figure will reach 15 in 2020. Elderly is a biological process rather than a disease (Sayam, 2011).

The concept of aging from the psycho-spiritual dimension means a gradual psychological burnout that reduces freshness, determination, willfulness, self-esteem, risk aversion, sense of usefulness, and belonging. In fact, one can say that when a person feels that he does not have a social role, social aging begins. These factors can lead to a decline in the quality of life in the elderly (Wahlugvist and Savage, 2010).

One of the methods of psychotherapy is Lazarus's multifaceted treatment, which is a systematic and comprehensive psychotherapy approach that promotes behavioral tradition in two ways: one is to add unique assessment methods and the other to work Deep and detailed on each of the sensory, imaginative, cognitive and interpersonal factors and their interactive effects. The basic assumption of this approach is that the users have multi-faceted specific problems that they need to deal with a wide range of methods. Multivariate treatment of Lazarus involves evaluation in seven aspects including behavior, emotion, feeling, mental imagination, cognition, interpersonal relationships, and drug therapy (physiological) (Lazarus, 2008).

## **3. Research Goals:**

Research objectives include general purpose and minor objectives as follows.

**3-1. Overall Objectives:** Determining the Effect of Lazarus Multifaceted Approach on Waking Up and Mental Health of the Elderly of Tabriz.

### **3-2. Minor Objectives:**

- 1- Determining the Effect of Education on Lazarus Multifaceted Approach on Tabernacle Elderly.
- 2- Determining the Effect of Lazarus Multivariate Approach on Mental Health of the Elderly of Tabriz.

## **4. Research hypotheses:**

1. The teaching of Lazarus multifaceted approach affects the vitality of elderly people in Tabriz.
2. The teaching of Lazarus multifaceted approach has an effect on mental health of elderly people in Tabriz.

3. Conceptual and operational definitions of variables:

Independent variable: 1. Learning approach Multivariate Lazarus

Variable Variable: 1-Sweetness and 2-Mental Health.

Controlling Variable: Gender

### **Conceptual Definition Lazarus Multidimensional Approach:**

The Lazarus Multidimensional Approach is a comprehensive, systematic and comprehensive approach to psychotherapy that seeks for sustainable change in a humane and efficient way, with the basic assumption that patients have a particular problem They must be repaired using a number of specific techniques. This approach consists of seven areas: behavior, emotion, sense, mental image, cognition, interpersonal relationships, and medication / biology (lazaruss, 2008) .

### **5. The Operational Definition of the Lazarus Multifaceted Approach:**

The Lazarus Multifunctional Education Program was conducted on subjects for 10 sessions of 90 minutes for three months.

**5-1. Conceptual Concept of Recovery:** Recreation means high positive emotions, high level of satisfaction with life and rare negative emotions that empower individuals to benefit from thinking, intellect, reason, consciousness, common sense, and spiritual values (Kutler Howard, 2015 ).

**5-2. The operational definition of happiness:** The purpose of happiness in this research is the score that the subject gained in the Oxford Happiness Scale (OHI).

**5-3. Conceptual Definition of Mental Health:** According to the definition of the World Health Organization, mental health is not only a lack of disease and disability. It includes physical, psychological, and social health. In fact, mental health is a state of mind that relatively relieved emotional health encompasses signs of anxiety and disability in establishing effective relationships to cope with the stressful demands of life (Kaplan and Saduk, 2007).

**5-4. Mental Health Operational Definition:** The purpose of mental health in this research is the score that was obtained by the subject in the Goldberg and Hiller General Health Questionnaire.

### **6. Definition of aging:**

In fact, the definition of the old age is by no means easy, since the ages on the one hand is a biological phenomenon, on the basis of which the physical structure of man reveals certain qualities. At the same time, it is accompanied by a series of psychological consequences, inasmuch as they consider certain forms of behavior to be particularly characteristic of aging. Elderly people can be classified into three groups according to the degree of dependence according to Barthel and ADL: 1- Elderly with minimum

dependency; 2- Elderly with relative dependency; 3- Elderly with the maximum dependence of the WHO.

Average age is defined as follows. Slow: 59-45 years (middle aged). 74-60 years old (young elderly). 90-75 years old (elderly). 90 up (very elderly).

**6-1. Psychological Change in Elderly:** Psychological changes in the aging period can be summarized as follows:

- **Integrated elderly:** These elderly are characterized by flexibility, calmness and sophistication in relationships. They are active elderly people who have a coherent life.
- **Anti-hit elderly:** For these elderly, it's important to master the situations (control of events) and achieve success. These elderly are ambitious and ambitious.
- **Passive elderly dependents:** The activities of these elderly are less and give up to events and individuals. These elderly people can work well when they rely on a few people.
- **The elderly is divided:** these elderly are mentally and mentally subjected to weakness and deterioration. The activity and satisfaction of being aged is very low.

## **7. Multifaceted treatment evolution:**

The goal of multidisciplinary treatment is to reduce the psychological suffering and personal growth. Avoid psychosocial labels and emphasize the need for multiple treatments. Multidimensional treatment divides human personality into segregated but balanced proportions.

**7-1. Seven faces:** Basically, we are humans biochemical organisms (neurophysiology). Our recognition is the result of continuous behaviors of emotional processes, senses, imaginations, cognition, interpersonal relationships, and biological actions. Multifaceted treatment focuses on specific problems or the way the problem started, and then we examine the interaction with the other six. For example, assuming that a person is raised about a cognitive assessment of intense emotional reactions, the result is that his behavior, feeling, imagination, interpersonal relationships, and his biology are also involved. That means that a one-way clash also affects other aspects. Multifaceted treatment not only explains any problem that persists for whom and what causes problems, but also enables us to identify logical therapeutic approaches even when, for example, emotional responses are only related to A biological disorder is again involved in the whole BASIC-ID (Curie; Etemadi's translation, 2006).

## **8. Seven dimensional characters that are discrete but interactive:**

- 1. Behavior:** ie, obvious behaviors including: actions, habits, movements, and motor responses that can be measured.
- 2. Emotions:** Emotions, creatures, emotions, such as: anxiety, regret, joy, despair, anger and feelings of guilt.

**3. Sensory sensation:** this aspect has five essential senses, namely, tactile, taste, smell, vision and Hearing.

**4. Mental visualization:** This aspect deals with the ways in which we imagine ourselves, including: dreams, fantasies, and memories of the method.

**5. Cognition:** insights, philosophies, ideas, thoughts and judgments that form personal fundamental values, opinions, views, and beliefs.

**6. Interpersonal relationships:** This The term refers to interactions and reactions with other people such as: relatives, lovers, friends and colleagues.

**7- Drugs - Biologicals:** This dimension includes all the physical aspects that ensure our health. Including diet, exercise, sleep, fitness, consumable drugs and its components (Hosseini, 2006).

**Overall Objectives of Treatment:** Lazarus considers the general objectives of multidimensional therapies to reduce psychological problems and improve personal growth. Problems that are highlighted in every aspect can be addressed as a therapeutic goal, and there must be an agreement between the therapist and the referral in each dimension.

## 9. BACKGROUND:

**9-1. Domestic Research Survey:** Sarsikizadeh et al. (1396) In a study titled The Effect of Lazarus Multivariate Therapy on the General Health of Individuals with Irritable Bowel Syndrome, it was concluded that Lazarus multifaceted treatment increases the general health of people with irritable bowel syndrome To be.

kheyrandish and kheyrandish (2016) in a study on the effectiveness of Lazarus multifaceted treatment on happiness and hope among residents of homes Nurses have come to the conclusion that multifaceted treatment of Lazarus increases the residents' happiness and hope. In his research on the effectiveness of Lazarus 'multifaceted treatment on the life expectancy of mothers with mentally retarded students.

Firoozi et al. (2015) found that Lazarus' multifaceted treatment increased the life expectancy of these mothers.

Karami et al. (2012) in a study on the effectiveness of group training with Lazarus multifaceted approach to increasing marital satisfaction of women concluded that group education based on the Lazarus multifaceted approach improved marital satisfaction and improved sexual relations and communication with spouses. 9.2. Outreach History: Mehr et al. (2015) In a research entitled The Effect of Lazarus Multivariate Therapy on Social Adjustment of Autistic Children, it has been concluded that Lazarus multifaceted treatment increases the social adjustment of autistic mothers. Vischdyk and Kalat (2014) in their study of the effect of Lazarus multifaceted treatment on MS patients found that Lazarus multifaceted treatment had a significant positive effect on the improvement of these patients. Lamproboulos (2013) found that Lazarus' multifaceted treatment

increases the self-efficacy and happiness of girls in the study of the effectiveness of Lazarus's multifaceted treatment on self-efficacy and happiness of single girls.

### 10. Method of research:

The research method was semi-experimental with pretest-posttest design with control and experimental group.

Table 3-1 Research plan

Post-test	Multivariate Lazarus	Pre-test	Groups
T2	x	T1	Test group
T2	-	T1	Control group

#### 10-1. Statistical Society:

The statistical population of this study was all elderly women in Tabriz, which are covered by health institutions or live in nursing homes of the elderly.

#### 10-2. Sample size and sampling method:

The sample consisted of 24 elderly women in Tabriz who were covered by health institutions or live in special nursing homes. They were selected by convenience sampling method and randomly divided into two experimental groups (12 subjects ) And control (12 people ) .

#### 10-3. Research tools:

##### 10-3-1. Lazarus Multifaceted Learning Program:

**Session 1:** The introduction of counseling and counseling process and the method used. Talking about old age, familiarity with your duties and homework.

**Session 2:** To answer the list of events of multifaceted life and discuss it.

**Session 3:** Provide a template profile for each reference, based on the information provided by the references in the Multidimensional Life History Questionnaire.

**Session Four:** Explaining the logical and irrational thoughts and cognition and their impact on one's feelings, behaviors and emotions.

**Session 5:** Focusing on emotions and training and exercising muscle relaxation.

**Session 6:** Work on referential behaviors, expressive showcase, reinforcement of good behaviors, and the use of empty chair techniques.



**Session 7:** Encourage references to create positive perceptions of yourself and life events and changes that may occur.

**Session 8:** Teaching and helping the authorities to properly and timely express their anger, expressing their excitement and reducing disturbing excitement.

**Session 9:** Teaching and helping the authorities to establish better and constructive social relationships, disagreeing and maintaining confidence, and reviewing the guidelines for communicating with family members.

**Session 10:** Training and scheduling for daily exercise and proper nutrition and adequate sleep and referral to the physician.

### **10-3-2. Oxford Happiness Scale:**

The Oxford Happiness Questionnaire, prepared by Arjil et al. (1989), contains 29 substances and measures the level of individual happiness. This test is based on the Beck Depression Inventory and BDI, 1976. 21 of the expressions of this questionnaire were taken from BDI and reversed and 11 questions were added to cover other aspects of mental health.

### **10-3-3. General Health Questionnaire:**

This questionnaire was developed by Goldberg and Hiller (1979) .

### **10-4. Research Method:**

The method of conducting the research was that after obtaining the necessary permission from the university and selecting the subjects, the purpose of the research was told to the subjects and received written consent from them for participation in the research. The criteria for entering the study were over 45 years old and the study was conducted on the elderly in Tabriz.

The experimental group was trained for 10 months in 10 sessions of Lazarus training sessions for 2 months, and the control group did not receive any intervention.

## **11. Data analysis method:**

To analyze the data, descriptive statistics including descriptive indexes and inferential statistics were used to analyze the data. One-variable covariance analysis (ANCOVA) was used.

### **11-1. data analysis:**

The present study was analyzed using SPSS software at two descriptive levels (frequency, frequency, mean, standard deviation, lowest and highest score), and inferential level (including single-variable covariance - ANCOVA) data.

### **11-2. Descriptive statistics results:**

In this section, in a separate table, the descriptive characteristics of the sample are based on the criteria of gender, age and educational level of couples. The purpose of

this study is to describe the data, abundance, frequency, mean and standard deviation of data It has been reported.

### 11.2.1. Table (1): Distribution of respondents age:

Table (1) Distribution of age of respondents

Amounts	
50	Least age
66	Most age
62	Fashion
58.25	age average
5.21	The standard deviation

According to Table 1, the age range of respondents was 50 to 66 and the mean age of elderly was 58.25 with a standard deviation of 5.21.

### 11-2-2. Table (2): Frequency distribution of respondents' education level:

Table (2) Frequency distribution test for respondents' education level

Frequency	Abundance	
25	6	Underthe Diploma 6 25
37.5	9	Diploma
29.2	7	Postgraduate Diploma
8.3	2	Bachelor

According to Table 2, the level of education under the diploma was 6, 25% had a diploma, 9 were 37.5%, 7 had a high degree of 29.2%, and 2 were 8.3%.

### 11-2-3. Percentage Frequency Chart:

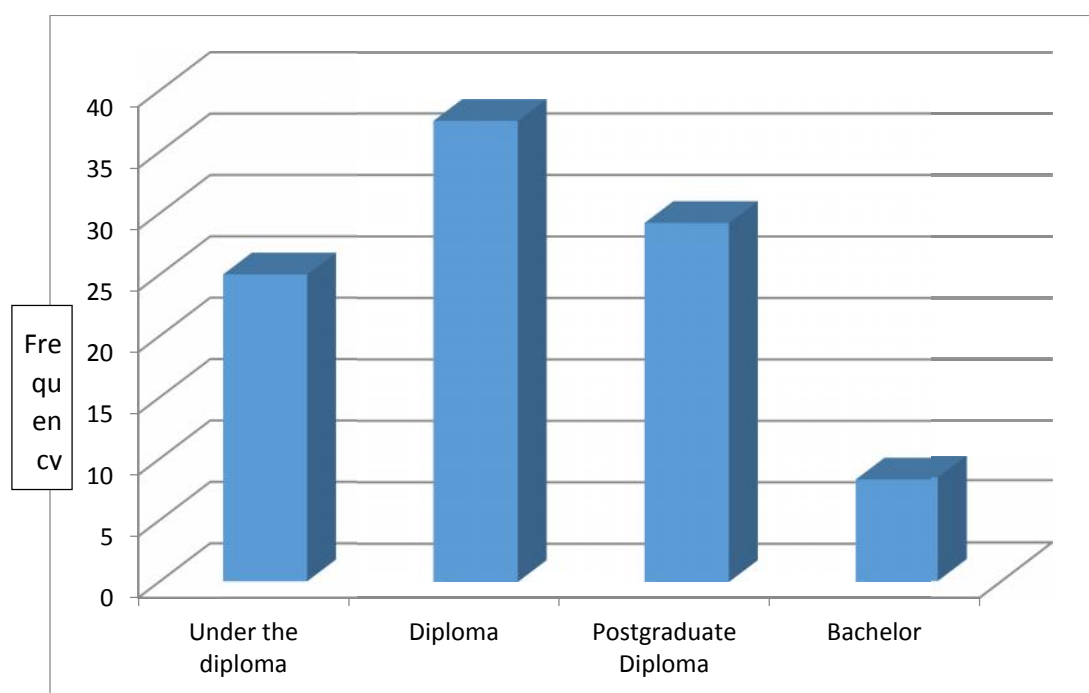


Diagram (1) Distribution of the percentage of education level

#### 11-2-4. Table (3): Statistical Analysis of Data Analysis:

In this section, the data are normalized using Shapiro-Wilk's test.

Table (3) Shapiro-Wilk test

mental health	Cheerfulness		
0.968	0.986	Amount	The pre-test
0.610	0.923	The significance level	
24	24	Degree of freedom	
0.934	0.927	Amount	After test
0.122	0.083	The significance level	
24	24	Degree of freedom	

In table 3, Shapiro's test on the variables of happiness and mental health in the experimental and control group was significantly higher than 0.05.

#### 11-3. data analysis:

In this section, data were analyzed using SPSS software using single-variable covariance test.

#### 11-3-1. Table (4): The teaching of Lazarus multifaceted approach influences the vitality of the elderly in Tabriz city.

Table 4: Lazarus's Approach Training Approach on Elderly Health

Number	The standard	Average	Groups
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deviation				
12	7.91	21.67	the experiment	The pre-test
12	8.66	18.75	control	
12	17.34	39.75	the experiment	After test
12	10.55	22.33	control	
24	16.62	31.04	the experiment	total
24	8.25	20.21	control	

Based on Table 4, the mean scores of pre-test in the experimental group were 21.67 with a standard deviation of 7.91 and 18.75 with a standard deviation of 8.68. In the post-test, the mean of the scores of happiness in the experimental group was 75 / 39 with a standard deviation of 34/17 and a control group of 23/33 with a standard deviation of 10,55. The mean scores of happiness in the experimental and post-test groups have increased, but in the control group, the viability of the elderly has not changed significantly.

**11-3-2. Table 5: Lone test for equal error of variance**

Significance level	Df2	Df1	The statistics f	Variable
0.102	22	1	2.903	Cheerfulness

In Table 5, the results of the Loon test in a dependent variable of 0.05 show that the variance of the dependent variable is the same among the groups and has not violated the homogeneity of the variances.

**11.3.3. Table (6): Lavariness multivariate covariance test on elderly's vitality in the experimental and control group**

Separated Emissions	The significance level	F	Average of squares	Degrees of freedom	sum of squares	
0.333	0.014	5.248	1058.323	2	2117.247	Modified model
0.270	0.011	7.774	1567.950	1	1567.950	Width from origin
0.066	0.238	1.473	297.250	1	297.250	Pre-test relationship
0.263	0.012	7.482	1509.204	1	1509.204	The effectiveness of the experiment group on control
			201.701	21	4235.712	Error
				24	29479.000	Total

According to Table 6, a single-variable covariance test was used to examine the effectiveness of Lazarus on elderly's vitality. To examine the regression homogeneity and the lack of interaction between groups with pre-test scores, the same assumption of regression slope was investigated and confirmed according to the results of this assumption.

The main effect of happiness in the experimental and control groups was significant in post-test ( $P = 0/487 = F$ ,  $P = 0.022$ ,  $P = 0/263$ ), and the effect of Lazarus multifaceted education on the elderly's vitality in the experimental group was higher than the control group. And there is little change in the control group. Therefore, Lazarus's multifaceted education has a significant effect on the vitality of the elderly of 26.3%.

#### 11-3-4. Table (7): The teaching of Lazarus multifaceted approach affects mental health of elderly people in Tabriz city.

Table (7): The Lazarus Medium Approach Test on Mental Health of the Elderly

Number	The standard deviation	Average	Groups	
12	10.77	36.00	the experiment	The pre-test
12	11.12	34.91	control	
12	4.96	14.58	the experiment	After test
12	7.58	34.25	control	
24	13.67	25.29	the experiment	total
24	9.31	34.58	control	

Based on Table 7, the mean of mental health scores in the pretest in the experimental group was 36.00 with a standard deviation of 10.77 and in the control group was 11.99 with a standard deviation of 11.12. In the post test, the mean mental health scores in the 58 / 14 with a standard deviation of 4.96 and in the control group was 25/34 with a standard deviation of 13.67. The average mental health scores in the experimental and post-test groups were improved, but the mental health control group did not change much.

#### 11.3.5. Table (8): Lone test for equal error of variance in mental health

Significance level	Df2	Df1	The statistics f	Variable
0.816	22	1	0.056	Cheerfulness

In table 8, the results of the Loon test in the dependent variable of mental health greater than 0.05 show that the variance of the dependent variable is the same among the groups and did not violate the homogeneity of the variances.

#### 11-3-6. Table (9): Single-variable covariance test Lazarus multifaceted effectiveness on mental health of the elderly in the experimental and control group

Separated Emissions	The significance level	F	Average of squares	Degrees of freedom	sum of squares	
0.662	0.000	20.594	964.972	2	1929.944	Modified model

0.432	0.001	16.001	749.793	1	749.793	Width from origin
0.039	0.369	0.844	39.569	1	39.569	Pre-test relationship
0.661	0.002	40.990	1920.685	1	1920.685	The effectiveness of the experiment group on control
			46.858	21	984.014	Error
				24	16979.000	Total

Based on Table 9, a single-variable covariance test was used to examine the multivariate effects of Lazarus on the mental health of the elderly. To examine the regression homogeneity and the lack of interaction between groups with pre-test scores, the same assumption of regression slope was investigated and confirmed according to the results of this assumption. The main effect of mental health in the experimental and control group is significant in the post-test ( $P = 0.99$ ,  $P = 0.002$ ,  $P = 0.001$ ) and the effect of Lazarus multifaceted education on the mental health of the elderly in the experimental group is better than The control group has not been observed in the control group. Therefore, Lazarus multifaceted education has an impact on the mental health of the elderly.

## 12. Findings:

- Educating the Lazarus multifaceted approach to the vitality of the elderly in Tabriz.
- Educating the Lazarus multifaceted approach affects the mental health of the elderly in Tabriz city.

## 13. Discussion and Conclusion:

The aim of this study was to investigate the multivariate effects of Lazarus on the viability and mental health of the elderly in Tabriz. The results of the findings were similar to those of other researchers such as Khairandish and Kheirandish (2016), Tehrani and Heydari (2015), and Lamperpolus (2013) have been. For example, philanthropist and philanthropist (2016) in their studies found that multifaceted treatment of Lazarus caused an increase in the happiness and hope of the elderly. Tehani and Heidari (2015) concluded that group education with a multifaceted approach to Lazarus Increases women's happiness significantly. Lamperpulus (2013) found that Lazarus' multifaceted treatment increases the self-efficacy and happiness of girls. In explaining these results, it can be said that emotions play an effective role in life, and human mental health depends to a large extent on his emotional well-being. The three basic components of cognition (thoughts), emotions (emotions) and behavior (behavior) play a crucial role in the person's personality, and creating a balance between them leads to mental health. The skill of self-awareness puts the individual in the course of his spirits, cognition, and strengths and weaknesses. By increasing awareness of the internal factors, the individual may change the modifications and new decisions in the components of his life. Therefore, in the process of multidimensional treatment, the process of cognition and thinking of individuals changes. In the final conclusion and in accordance with the research hypothesis:

"Educating the Lazarus Multifaceted Approach Affects Mental Health of the Elderly of Tabriz." In explaining the present hypothesis based on research, it can be said that life

satisfaction with elderly people with high stress management is higher. Failure to control stress in most cases is the root cause of the problems that a person faces. The inability to establish social relationships and mental health at risk and ... are among these problems. Self-awareness and identification of the type and intensity of your feelings is an important part of healthy, psychological and physical life. Regarding the main objectives of the study, which shows that Lazarus multifaceted education improves the well-being and improvement of mental health of elderly women, it can be said that through the multifaceted education of Lazarus, the elderly can enjoy a happy and productive aging, and as an integral part with Society and mental health. The aim of psychotherapy in the elderly is to provide mental health, reduce anxiety, and increase social and social well-being.

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