Abstract

Objective. To examine the relationship between components of social networks and health-related quality of life (HRQL) in older adults with and without depressive symptoms. Material and Methods. Comparative cross-sectional study with data from the cohort study "Integral Study of Depression", carried out in Mexico City during 2004. The sample was selected through a multi-stage probability design. HRQL was measured with the SF-36. Geriatric Depression Scale (GDS) and the Short Anxiety Screening Test (SAST) determined depressive symptoms and anxiety. T-test and multiple linear regressions were conducted. Results. Older adults with depressive symptoms had the lowest scores in all HRQL scales. A larger network of close relatives and friends was associated with better HRQL on several scales. Living alone did not significantly affect HRQL level, in either the study or comparison group. Conclusions. A positive association between some components of social networks and good HRQL exists even in older adults with depressive symptoms.

Keywords

Social support, quality of life, depression, health of the elderly.