



Tehran University of Medical Science
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Investigating the relationship between social anxiety and social adaptation in Iraqi elderly 2023: a population-based study

"A thesis submitted as partial fulfillment of the requirement for Master of Science (MSc psychiatric Nursing) Degree"

In

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Abstract

Background: Elderly people are vulnerable to mental disorders and face special physical and mental health challenges. This study aims to assess the social anxiety and social adaptation in Iraqi elderly. In addition, to find out relationships between socio-demographic characteristics with social anxiety and social adaptation of Iraqi elderly.

Methods: A descriptive cross-sectional design was carried out in Baghdad, Iraq from the period 22th July to 21th August 2023 (one month). This descriptive- analytical study was performed on 300 elderly people over 60 years old selected based on the study criteria referred to Baghdad Health Directorate Rusafa and Baghdad Health Directorate Karkh and Baghdad Medical City Directorate. By using the Social anxiety tool is a self-report list of 35 items and Social Adaptation tool that includes 30 items. Pearson correlation coefficients were used to determine the correlation between variables by using the statistical package for social sciences (SPSS) version 27.

Results: The results find that most the participants were male (64.3). The results showed that social anxiety in the Iraqi elderly was moderate anxiety with a mean of 1.79, and also showed that social adaption in the Iraqi elderly was high adaption with a mean of 2.20. In addition, the results showed no significant statistical correlations between social anxiety and social adaption of Iraqi elderly at $P > 0.05$.

Conclusions and recommendations: The results showed the social anxiety in Iraqi elderly was moderate anxiety and social adaption was high adaption, Therefore, the researcher recommends to must be correctly activating the psychologists plan and execute workshops, which also serve as support groups, aimed at decreasing the social anxiety level and improving the social skills of the Iraqi elderly.

Keywords: Social anxiety, Social adaptation, Iraqi elderly