

MENTAL HEALTH IN OLDEST OLD POPULATION

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Introduction: The project “The Oldest Old: Coimbra aging study” (PTDC/CS-SOC/114895/2009) will be carried out based on an elderly population enrolled in Health Centers of the Municipality of Coimbra, Portugal. One of the areas in study is the mental health. This approach is complex due to the effects caused by changes occurring throughout life.

Objectives: Evaluate the mental health status of Coimbra's elderly population applying the OARS/QAFMI (Older Americans Resources and Services/ Questionário de Avaliação Funcional Multidimensional para Idosos) questionnaire.

Aims: Assess the use and need felt for health services and social support by the elderly, related with their functional status in mental health.

Methods: Quantitative methodology using the QAFMI/OARS. The sample consisted of individuals aged 75, or more, randomly selected and representative of Coimbra's elder residents, to achieve 10% of the population. Their mental health status was evaluated using the *Short Portable Mental Status Questionnaire* (SPMSQ), the *Short Psychiatric Evaluation Schedule* (SPES) and a self-evaluation.

Results: The preliminary results showed that the majority of the individuals had scored a “good mental health” status. The female had tendentially lower scores of the mental health status than the males with the same age. The oldest individuals (≥ 85 years old) had also scored lower results than the ones with 75-84 years old.

Conclusions: The results obtained with the OARS/QAFMI indicated a cognitive decline, with differences between gender and age of the individuals being the females and oldest individuals the ones to score the worst mental status.