

The effect of cinematic movies on the ideals of mental patients in reducing depression

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ABSTRACT:

Basis and context : Mental health problems increase with age to a major concern throughout the world. The purpose of this study was to investigate the effect of cinematic movies on reducing depression in depressed patients ideals.

Suppurations and methods: In this research, 70 people with an average age of 27 years with the sampling method to study and accidentally assortment to two intervention and control groups (35 people in each group were divided into). The intervention group contributes to twelve 2-hour meetings and the control group did not enter to the meetings. In this study, using the population information form Geriatric Depression Scale (GDS) (1983), Snyder's hope theory (1991), general self-efficacy scale (Ralf Schwartzer & Matthias Jerusalem) (1993) collected. Data with SPSS software version 16 and independent t-test statistical couple and $p < 0/05$ the significant level and analysis.

Findings: The average score of depression after the intervention, the intervention group was less significant in the control group ($P=0/02$). The average score of hope after the intervention, the intervention group was more significant in the control group ($p < 0/001$).

Conclusion: Since television programs and movies provocative spirits and thoughts, they can build and films with a focus on the heartening to help improve the level of depression hope.

Keywords: Film, depression, TV, cinema, Hope

1 – Introduction

Today, not only reduce cognitive function is a serious cognitive problem but slowly causes social isolation and mental and psychological problems, such as disappointment and depression is at the end of his life (1, 2). Murphy and his colleagues in the study showed that depression type with moderate and severe disruption of the perceptual-motor abilities, and the ability to communicate with others. On the other hand parallel and colleagues showed that the elderly, the severity of cognitive impairment increases with depressed (3, 4) Cognitive impairment after improve depression and may remain still (5) Cognitive impairment, depression and inability of the end leads to significant costs of economic, social and interpersonal function in the elderly is damage(6, 7). In a study of the prevalence of depression in the whole country has 22/40 Report (8). Depression is not often diagnosed (9) The important effects on quality of life, and the consequences of the disease status of clinical performance, the use of medical services and their mortality and disability also leads to increased depression medication prescription drugs for the patient, increasing costs and higher alcohol consumption, increase the risk of lacking version for hospitalization and care costs.(10). Keep hope a vital psychological function is to deal with the concerns of the elderly use life (11) In Snyder (2000) hope is the ability to design the desirable goals despite the obstacles and the ways to the motivation needed to use this the ways. As one of the sources of human opposition compatibility with problems and even is considered difficult diseases (12)That improves treatment and increase the quality of life (13), Lack of it leads to early disorder in the performance of the individual. For this reason, people feel more responsible for the care of his hopes, the efforts of others to take care of them the right answer. Hope to reduce the risk of positive emotions in the future and as a risk factor for suicide, a deep impact on their lives. Therefore, it is vital for maintaining a psychological function (17)

In the meantime, it is a branch of medical and psychodrama and shows that the roots of ancient Greece. In the past, the theater is not only to

display and play but in fact, a place for the implementation of the dialog and dialog about issues of the day, especially the political community, which was performed between opposing characters. Usually, this type of motivational videos and use them in the magic word in individual motivation. Even the national team coach said before the world championships for players to the warrior spirit was broadcast fighting sense stereotypy films in them. Watching these films is necessary because of the secretion of hormones in the body and some transferrer activates the nervous system that increases the concentration and increases excitement and controls anger control and at the same time. Some of these films are faced with the problem and help the person realizes that the problem is not great, and other people also so much around the world are faced with a problem like him. A kind of relief for the individual and creates dimensions reduces the problem (18). Some films are also dreaming and who knows their problems in the real world solution is not possible due to the championship that can solve it with fantasy for comfort. Sometimes in the past for people who see some scenes or used with the pleasure of watching the movie feeding substance that person simultaneously with the movie to feel nauseous or somehow hurt him that, along with the film does not feel pleasure (19).

Therefore, due to the side effects of small movie therapy in comparison with drug treatment,the positive aspects of the world's raised about the impact of the film and media in improving cognitive and psychological problems and limited research in this regard and other countries in Iranica study found that the effect of the film and happy on depression and mental patients to hope, also due to the contradictory studies in this regard, the purpose of this study is to what extent the promotion movie therapy component of the psychological such as depression and hope in mental patients can be helpful?

2. Theoretical Foundations and Research Background

2-1-depression

Depression is one of the most common psychiatric disorders and the general problem of

human life. In Iran, depression, 35 to 45 percent of the mental illness is the word that unfortunately, this figure, the Saudi day by day. In 2000, depression is the fourth rank in terms of the time of the disease, and the nose is that until 2020, and in 2030 the first rank second in all ages and both sexes in countries with high income to climb (19).

Depression is so common so that the cold psychology named. When a person is depressed to feel sad, often cries guilt torment him and believes that in the short of others. More than usual excitable - and the feeling of anxiety and stress. When depression reaches its worst level of ability and emotional response here seems to feel good and bad difference does not him. Enjoy life and interested in everyday work for these people is difficult. Energy is low and everything seems to be overwhelming so try to do things that they usually do keep away and may stay in bed for hours or sit or on the chair. The work was enjoyable like reading newspapers or watching TV insufferable and difficult. Employment of their minds is how bad it is and what problems they faced become insolvable. Even their basic physical functions may be in trouble. Sleep is difficult, sexual desire disappears and more dangerous than all the time seems to be no end to this mode, and you can not do anything to change the situation. As a result, disappointment is high and may lead to the wish of death and suicidal thoughts. Depression caused serious problems and even sometimes causes tragedy. Among his severe depressed eventually % 15. In most cases, depression is limited in terms of time. Unremedy courses usually 3 to 6 months between going but recurrence is high. For this reason, the goal should be to accelerate the treatment not only improve the current period but a continuation in improving and if possible to reduce the possibility of returning the disease. (20).

The World Health Organization depression constitution as a fourth cause Overhead has defined among all diseases. Mental health services for depression disorders, direct costs and indirect costs more due to the inability to create work (21).

2-1-1-related approaches to depression

- biology view

biology's theories, is the cause of depression is located in genes or through inheritance is transferred from parents to children or that may be based on the failure action physiology inherited or non-inherited.

- View Fluid Dynamics

Psychological Studies about depression by Sigmund Freud¹ and Carl Abraham began. Freud in its original article about depression as mourning and melancholy, both natural and²³ natural reactions to the melancholy mourning the loss of someone or something that defines a person is love. However, unlike the mournful person, someone who has an extraordinary humiliation about his melancholy, respect and a kind of humiliation to me based on a great scale suffering from self (22).

- View the originality of existence

There are focused on the loss of self-esteem theories originality. The common cause of depression in men losing jobs that reflects personal value in itself and is a common cause of depression in women is that the main source is worth the loss of his wife. Based on the theories of humanism this depression that appears when the difference between the real and probably my ideal me very much. So that for an insufferable person.

- View of learning

By default, this theory is that depression and lack of strengthening related. There are many reasons for this lack of reinforcement. Answers may be encouraged because that did not have received any reinforcement or Punishment unpleasant and looking for an answer. Many theorists who believe in the learning view greatly influenced the work of F. skinder conditionalas⁴ factor. (24).

- The Cognitive perspective

Probably the most influential cognitive psychological theories of depression today, from the derivative. These theories based on the belief that a single experience may very different to

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1. Sigmund Freud
 2. Karl kahbaum
 - 3 . Meancholia
 4. B-F skin

two people affected. Part of this difference may be due to the way that they think about the experience. I think it all priceless for example: otherwise I would choose for that job. The second person in the same position may think: for a job that I wanted a choice because he had more experience and more capable. I know that I could do it, but my degrees and so impressive.

(25).

- **Existentialism and humanism view.**

While theorists psychosis that losing the popular object as the central depression believe in causality, on the lack of self-esteem insist on Existential theorists. Object missing can be real and symbolic. Many people are and what are their ideas on that basis. For example, I am, I am the director of the factory. The outer prices homologous this type of acknowledgment. In the case of women, at least until the increase in the number of women working outside the home, a major cause of depression of losing his wife, which is not only⁵ the loss of a popular person, but the loss of the main source of diagnosis, because in the traditional social position of women on the role of her husband. humanism theorists on the difference between their ideal person and his understanding of the real situation insist on affairs. Probably when the difference between the ideal and the reality is that a person can tolerate so much depression. This belief with evidence collected self-examination realism level by researchers who study in non-depressed and depressed people have a fitness (26).

2-2-hope

Hope is a cognitive process during which individuals they determine their goals, strategies to achieve those goals make and motivation to enforce these solutions and along the way, and achieve those goals make they also maintain physical and mental health, as with a variety of indicators including health report, a positive response to the interventions of medical, mental health, creating positive, strong safe part, effective coping (re-evaluation, problem solving, avoiding pressure maker life events search, social support and Health Promotion behavior marked prediction; and the inner and intrinsic

factor in other word foundation of life and the dynamics of the human psyche. (27).

2-2-1-based Biological Nervous hope.

Although Schneider and colleagues believed that a collection of subjective, there is no obstacle to the idea that learned practice thinking hopefully, especially concerning the behavior based on the goal of neurobiology. normander Bestselling Book in 1991, "biology of hope and power to promote the human soul" described below in the brain and the brain Researchers now believe that hopefully thoughts: what happens in the body can have on the brain and what happens in the brain can have on the body. Hope, purpose and not just mental positions decision. They have a large share in the electrochemical communication function of the immune system and the overall economy organisms body(28).

Applying the Behavioral Inhibition System and the behavioral activation system meaningful by setting. Behavioral Inhibition system has learned that react to punishment and gives the organism, while the behavioral activation system is controlled by reward and issued a command to move forward. Related Research introduces the behavioral system ease of applying search incentives that come from organisms. It is learned that the dopamine system ease the behavioral amygdala limbic middle brain system and related. (29).

2-2-2-psychology of hope

Hope is one of the concepts very close good. Hope means expected success and a better future, the reason to live, when hope in the hearts and minds exist, there will be a passion for life. Researchers at the height of feeling depression new found that only comforting force, beyond. Powerful and amazing role hope(30).

Hope is a way of thinking and active learning process is that certain behaviors. The hope is that the goal is simple intellectual process and help us on the way to achieving our end, effectively. Hope with three components united thinking, determining the purpose and the will force find a way //" we define. (31).

2-3-impact therapy in reducing mental illness

We are not faced with feelings and thoughts that

we have considered or unknowingly hide them don't look for them and creating many disturbances that opportunity healthy life from human beings and the psychologist's movie can be faced with the opportunity to create these feelings for us. When you see the movie with the characters in the story and, in fact, the hero of the story thinking self-love. Human beings at the time of the movie Tears come out of the cinema besprinkle or when the feeling of lightness and a strange calm. Perhaps thought such events can happen to anyone but the reality is that the films do not the same effect on all people. psychologists say, author, director, and film actors sometimes like a psychoanalyst can affect your mind on critical points in the flow of life have you seen damages and repair. It is for this reason that people according to different needs and different situations that have experience in life can take more impact on some films and some other neutral. This treatment for people who have a very low culture and did not watch many films throughout their lives and have not had the opportunity to grow and prosper, is not recommended and may only watching a movie with a simple concept is recommended to them; but for people who have a higher intelligence inference power and see more of the film is recommended. Only seeing one or two films can be treated and should expect the number of 40 to 50 movies to watch a movie in the main concept of brain stabilization. (1)

For self loving heroes with story and get the best effect of watching movies, it is not necessary that the hero in them is exact location has experienced in the past; What man is linked to the hero of the story and provides deeper issues and basis self-love; feelings, tendencies and fundamental needs the same things that makes himself in the position of the heroes of the film to see and engage the mind and facile them. When the characters of the film for humans come and are familiar with it, you know, in which tangible positions feelings are raised and in life and share the fate of the characters in the story. In fact, in such a situation, the man will experience what the hero of the story as an unrealistic virtual experience. For the treatment of depression and marital problems can be used in this way and people to see these films and with self-love to better

understand reality and a better understanding of themselves or their spouse. If a person feels a hard life, go to a psychologist and ask him to go to films that can restore the lost peace to man to man the list.

2-4-Research Background

Gordon Winokur partners (2007) a study with the aim of⁶ determining the effect of a cognitive rehab program on the quality of life of competitive self-efficient, depression, and the activities of the elderly in clinical work in the form of a plan interference quiz way crossover⁷ between the two groups of control and test conducted this research includes 49 elderly 71-87 years using random samples available and allocation in two groups of 29 people (ETG) and 20 (LTG) arrived first ETG group for 3 months under can be part of the cognitive and control groups were LTG And then instead of intervention and control groups for 3 months. The results of the study showed a significant difference between the two groups in the evaluation of the performance of the base. Between result values in the process of evaluating A and B average score depression (P=0/003), the quality of life (P=0/04), Joy (P=0/005) meaningful difference has been about self efficient meaningful difference (P=0/07); and also in the evaluation steps B and C have shown that the average score of depression (P=0/07) but meaningful difference in quality of life and there is no significant difference self-efficient and joy (107) Bahmani and colleagues (2015) a study group with the effectiveness of cognitive-existential to increase hope and reducing depression in women treated with quasi-experimental studies with pre-test-homodialise are so tested with the control group. According to the results of the research while the value of hope and depression in the control group had no significant change. In the end, the researcher suggested that the effectiveness of cognitive-behavioral therapy for the patient with other types of dialysis treatment existential-like cognitive, cognitive behavior therapy can be part-existence, tools, and the

6 . Gordon Winokur

7. Cross Over

effectiveness of this method with emotional curing group comparing its effectiveness in the treatment of Men compared to hemodialysis patients.

Azizi and colleagues (1393) a study with the aim of evaluating the effectiveness of cognitive therapy group on reducing depression and anxiety in a quasi-experimental study of elderly women in Kermanshah with pre-test after test with the control group, elderly woman with 30 sampling method available from the center of the city of Kermanshah, and elderly daily mehrnikan accidentally in the experimental and control groups were used tools (GDS), elderly depression questionnaire questionnaire anxiety and hidden schpiel burger (STAI) and demographic questionnaire. The findings using covariance analysis of the findings of the study showed that the analysis program on reducing depression cognitive therapy group had a significant impact on elderly women ($p < 0/001$) and cognitive therapy group on reducing anxiety and hidden elderly women had a significant impact ($p < 0/001$). In the end, the researcher suggested that the officials of the nursing centers use such plans for the elderly living in their centers.

garnovsky⁸ and colleagues (2013) a study with the effect of cognitive-behavioral interventions on depression, anxiety, and self-efficacy in patients with rheumatism was carried out. In this study, 82 people were placed in two groups of 41 people and groups affect intervention interventions. The average score from $3/22 \pm 16/41$ to $3/06 \pm 3/66$ depression, anxiety $3/22 \pm 16/95$ to $2/91 \pm 14/63$ has decreased and the average score of from $5/16 \pm 20/66$ to $4/36 \pm 28/94$ increases self-efficacy. In other words, cognitive-behavioral interventions have positive effects on self-efficacy and reducing depression, anxiety.

3. Research Method

The present study of experimental and practical, or to investigate the effect of movies and television programs on reducing depression and increasing hope in mental patients. The statistical society of the present study includes people who go to psychiatric clinics due to

depression and psychology.

Sample size using the formula

$$\frac{(SD_1^2 + SD_2^2) \left(Z_{1-\frac{\alpha}{2}} + Z_{\beta} \right)^2}{(\mu_1 - \mu_2)^2}$$

Based on the results of the study Winokur and colleagues (2007) (107) and 95% confidence level, and can test 80% considering the possibility of falling and in order to increase the power of the test samples for each group 35 and a total of 70 people were selected and simple random sampling method available in two groups of Test (35) and (35).

(SD1 = 2/4, SD2 = 3/67, $\mu_1 = 3/48$ $\mu_2 = 5/58$.)

Independent variable in the present study film therapy. Dependent variables include hope and depression.

For data collection, the survey includes the individual specifications form, age, residence, or marital status, career categories for retirement, education level was used. (Attachment No. 1)

To measure and hope Depression Depression (GDS) standard questions people (113), And Hope Schneider and colleagues (115) Were used.

A questionnaire for Measuring Depression, depression⁹ (GDS) designed by yesavage and colleagues¹⁰ (1986) was used (113). This questionnaire is an appropriate test for the diagnosis of symptoms of depression in numerous environments in the clinic and non-clinic credit and clinical diagnosis of depression has internal and external stability. This is a question that has a 15 rating scale on the basis of the 2side, yes and no is the answer to the good (zero scores) and is awarded a score (yes) and in questions 1, 5, 7, 11 and 13 reverse rating and good (grade one) and yes (zero score). A minimum score of 0 and a maximum of 15 that 5-9 score " 0-4 to mean lack of depression, depression and the average score of 10-15 indicates severe depression. The validity and reliability of the questionnaire in the Iranian population are confirmed and the coefficient of

9. The Geriatric Depression Scale

10. Yesavage

8. Garnefski

reliability scale revision works and depression using Cronbach's alpha reported 0/92. (116)

To measure the status of hope, a questionnaire designed by Schneider and colleagues hope¹¹ (1991) was used (115). This questionnaire is an appropriate test for measuring the hope in this scale has 8 question that is in the poll. I disagree rating based on Likert Spectrum 5 a degree of (score 1) I agree (score 5). A minimum score in this questionnaire 8 and a maximum of 40. In the study Southerland¹² and colleagues (2016) using Cronbach's alpha coefficient of reliability scale hope reported 0/88. (119) Gozzari reliability this questionnaire in Iranian samples using the coefficient of internal consistency has reported 0/89 (41)

3-1. The details of the process of work and collect information

Stages of research have done in several stages:

In the first stage, a researcher with study books and articles related to the subject of research, programs and questions and checklists used during research with guid eand assistance is provided, professors.

In the next step, with the availability of a list of names of depressed people who, among patients visitors psychiatric clinics to office and the conditions for entering the study after meeting with them and complete explanation about the goals and methods of studying and obtaining the written consent, accidentally entered in two groups, and each group includes 35 and 70 people were generally question entered the study was completed for both groups is necessary to explain that the questionnaire was completed at the beginning of the study depression by people and people on this scaled score less than 10, entered the study, and this was considered as the basic Score Score people

In the next step , the program has been curing film meetings held that intervention for 6 weeks (42 days), 12 sessions that each session for 120 minutes each week (two sessions) was conducted as a group in each session for sick people a movie and a part of the fictional films



with social and humorous content (film that reflects the efforts of the people failed to succeed) was displayed and after seeing any film from the people was asked to analyze the film and the sense to describe the film and people were asked to meeting after Choose between several movies suggested a movie.

After completing the intervention again questions hope and depression by both groups were completed in the same conditions.

It is necessary to explain that no word of the studied did not leave the study and analysis of the intervention during the final analysis on 70 people in two groups of Test (35) and (35).

3-2- data method analyze

In this study, using SPSS Statistical Software Version 16 data entry was done and the descriptive statistics (standard deviation), the average percentage abundance, and statistical analysis were used. The result was presented as an average, standard deviation analyze tables.

To examine the hypothesis of the research is initially using the Smirnoff Kolmogorov test of normal distribution was given to the study and according to the normal distribution is independent of the statistical t-test and analysis of variance is one-way, t couple was used. The meaning of the word you all the word of $p < 0/05$ were considered.

4. analyze data

4-1- descriptive data

In this study, 70 people in two groups of tests and see checking. The average age of people in the test and witness with 26 and 27 respectively in the year that there are no significant statistical differences between the two groups ($t = 0.001$, $p = 0/98$).

11. The Trait Hope Scale

12. Southerland

Table 1. Comparison of two groups of test and see a lot of distribution demographic information

The variable		The whole people	The group test	The control group	The result of the test
Sex	The man	(17/2%) 12	(8/6%) 6	(8/6%) 6	p=0/62
	The woman	(82/8 %) 58	(41/4%) 29	(41/4 %) 29	
Marital status	Married	(98/6 %) 69	(48/6 %) 34	(50/0 %) 35	p=0/5
	Other	(1/4%) 1	(1/4%) 1	(0/0 %) 0	
The status of education	Tips	(1/4%) 1	(0/0 %) 0	(1/4%) 1	$\chi^2=1/15$ p=0/56
	High School	(80%) 56	(41/4 %) 29	(38/6 %) 27	
	University	(18/6 %) 13	(8/6%) 6	(10/0 %) 7	

4-2- illation data Analysis

In this section, the findings of the study about the specific objectives of the research are presented as follows:

At first, to review the normalization of quantitative variables this section of Smirnov Kolmogorov test was used and the test results include statistics z and corresponding significant level in Table 2 is provided.

Table 2. The normal distribution variables using the Smirnov Kolmogorov test.

The group	The variable	Before intervention		After intervention	
		Z value	The significance level	Z value	The significance level
The test	Self-efficacy	0/71	0/68	0/98	0/25
	Hope	0/71	0/69	0/90	0/39
	Depression	0/62	0/84	0/94	0/33
Control	Self-efficacy	0/74	0/65	0/77	0/59
	Hope	0/65	0/79	0/68	0/75
	Depression	0/67	0/76	0/86	0/45

According to the results of table 2, All variables before and after the intervention of the normal distribution follow because of all these variables

is a more significant level of 0/05.

The purpose of the first dedicated: Compare the score in two groups of test and see before and after the intervention

Table 3. Comparison of the average score of hope in patients before and after intervention in two groups of test and see

The variable		The group test		The control group		Independent t-test results.
		The average	Standard deviation	The average	Standard deviation	
Hope	Before intervention	33/08	3/15	33/03	3/26	p= 0/94 t= 0/07
	After intervention	36/08	2/52	33/06	3/26	p <0.001 t = 4/38
The result of the test t Couple		p <0.001 & t=8/56		t= 8/56	p< 0/001	p= 0/84 t= 0/21

The average score in the test before and after the intervention of 33/08 and 2/52 respectively in the 3/15±33/08 and 2/52±36/08. Based on the results of the t-test average score in a couple in the group stage after the intervention is a more significant stage is intervention (p <0.001) before this difference is not meaningful in the control group (0/84=p). Based on the results of Table 4. Comparison of the average score of depression in patients before and after intervention in two groups of test and see

The variable	The group test		The control group		Independent results.	t-test
	The average	Standard deviation	The average	Standard deviation		
Depression	Before intervention	5/03	2/59	5/09	2/49	p= 0/93 & t= 0/09
	After intervention	3/06	2/35	4/74	2/31	p= 0/004 & t=3/02
The result of the test t Couple		P <0.001	5/11	p= 0/07	t=1/87	(p= 0/07 & t=1/87)

The average score of depression in the test was before and after the intervention of 2/59±5/03 respectively in the 2/35±3/06. The results of the t-test score a couple showed that depression in the group after the intervention is less than the previous step are significant (p<0.001) intervention that there was no difference in the control group (0/07=p). Based on the results of the independent t-test average score of depression after the intervention, the test is

the independent t-test average score hope after the intervention, the test is more significant than the control group. While the average score was the same hope before intervention in the two groups.

The second exclusive goal: Compare the score of depression in two groups of test and see before and after the intervention

significantly less than the control group. While the average score was the same hope before intervention in the two groups.

The exclusive goal 3: Comparison of depression, according to the group and information demographic score changes before and after the intervention

Table 5. Comparison of the average score depression changes before and after the intervention of the people in the patient, according to the group and demographic information

The variable	The group	The score of depression	The result of the test
The group	Intervention	-1/97±2/28	T = 3/82
	Control	-0/34±1/08	P<0/001
Sex	The man	-0/83±1/80	T = 0/67
	The woman	-1/22±1/99	P = 0/53
Marital status	Married	-1/17±1/96	T = 0/35
	Other	0/0±0/0	P = 0/55
The status of education	Tips	-0/3±0/0	F = 0/72
	High School	-1/21±1/99	P = 0/49
	University	-0/77±1/79	
Career categories	The nurse	-0/36±1/57	F = 1/81
	Behvarz	-1/17±1/60	P = 0/10
	anesthesia	-0/4±0/0	
	With the help of an assistant	-0/78±1/64	
	Health	-0/22±1/56	
	The midwife	-1/67±1/53	
	The Lab	-0/5±0/0	

The results of the table above showed that the average changes in a group intervention in depression score is significantly less than the control group ($P < 0/001$). The average score changes depression in men and women, equal to $(-1/22 \pm 1/99$ and $-0/83 \pm 1/80)$. Independent t-test results showed that there were no significant statistical differences between the two sexes depression changes the average score. The results also showed that the average test score changes in depression or marital status,

education and career categories had no significant difference.

The goal of the fourth exclusive: Compare demographic information according to the group and hope score changes before and after the intervention.

Table 6. Comparison of the average score for changes before and after intervention in patients, according to the group and demographic information

The variable	The group	The score of hope	The result of the test
The group	Intervention	2/07±3/00	T = 7/89
	Control	0/03±0/82	P<0.001
Sex	The man	1/42±2/31	T = 0/17
	The woman	1/53±2/15	P = 0/87
Marital status	Married	1/43±2/07	T = 0/38
	Other	1/57±1/88	P = 0/63
The status of education	Tips	0/00±0/00	F = 0/40
	High School	1/61±2/25	P = 0/67
	University	1/23±1/83	
Career categories	The nurse	1/36±1/96	F = 0/56
	Behvarz	2/65±2/67	P = 0/78
	anesthesia	0/00±1/00	
	With the help of an assistant	0/78±2/44	
	Health	1/00±2/50	
	The midwife	1/00±1/00	
	The Lab	0/00±1/00	

The results showed that the average score changes in the above table group intervention are more significant in the control group ($p < 0/001$). The average score changes in men and women, equal to $1/53 \pm 2/15$ and $1/42 \pm 2/31$. Independent t-test results showed that there were no significant statistical differences between the two sexes changes average score of hope. The results also showed that the average test score changes or marital status, the status of hope in education and career categories had no significant difference

5-Discussion

This study aimed to determine the effectiveness of television programs and movies satire on the hope of depression. The results of this study

showed an average score of depression before the intervention group test and see $2/59 \pm 5/03$ and respectively $2/49 \pm 5/09$ statistical tests indicate that the lack of difference between the two groups before intervention ($p = 0/93$)

After running the program, the average score of depression in groups $2/35 \pm 3/06$ respectively $2/31 \pm 4/74$ changed that represents a significant reduction in the test group than the control group, depression scores ($p = 0/004$).

Also, the average score of depression in the elderly group test after intervention than before ($p < 0.001$) significant reduction it but there was no significant difference in the control group ($p = 0/07$).

The results of the present study with study pourreza and colleagues (1383) are consistent in

this study to the impact of the film with a comic in reducing depression schizophrenia patients admitted in the rehabilitation of the long-term. 50 psychiatric hospital patients schizophrenia block of 5 and 6 easy selection and Sampling Method mystery to two groups of 25 people were divided into groups of experimental groups and evidence. At the beginning of the Depression Depression, Test Beck was measured through them. Then one day, one day 30 minutes for two weeks for the empirical parts of silent comedy films, and Rohan Mr bean Rowan Atkinson (Charlie Chaplin). For evidence, as parts of a documentary about the earth. At the end of the second week, depression of both groups was measured by the Beck again. To examine the meaning of the difference between the experimental group depression before and after the intervention and also examined the evidence, the marking will rank test was used for the samples zoje kokson. For describing data, table and drawing graphs, SPSS software and Excel. According to this study, the experimental group depression scores before and after the intervention to 95% confidence, there is a significant difference. But the score of depression group evidence of a significant difference.

According to the results of the research of comedy films reduce meaningful statistical schizophrenia depression in patients with long residence in the mental hospital

Gordon Winokur and colleagues (2007), in this study, the researcher study to determine the effect of the therapy on depression in Canada are in the form of a plan work clinical quest intervention way crossover. This research includes 49 patient 71-87 years using random samples available and allocation in two groups of control and test, the results of the study showed with memory skills training, in the process of acquiring and rescue helps information, resulting in a significant difference between the two groups in the evaluation of the performance of the base. Between reached values in the process of evaluating A and B and also in assessing the stages B and C have shown that the average score depression meaningful difference. So that has a significant impact on

improving depression rehabilitation program (107). The reasons for the matches with the present study, the effect of cognitive rehabilitation on depression and memory skills in both the study was

In the study of lotion and colleagues (2011) for the experimental group that includes the patient and their caregivers, 12 weeks of Rehab and therapy are twice a week for 60-90 minutes and compare group includes 16 patient in the waiting list for the next intervention, depression these people before and after the program put evaluated. The results indicate a positive effect on improving the health and cognitive rehab program in depression symptoms in both patients and carers. In addition to this significant reduction in anxiety carers group was seen test(47).

The results of the study Andrea and colleagues¹³ (2017) to evaluate the effectiveness of cognitive therapy and the Be part movie memory on depression people with mild cognitive impairment, The results of the study showed the cognitive Be part leads to improve depression in them. (120). Although the statistical community in this study is different from the statistical society of the present study the results obtained similarly and indicate the effect of a cognitive rehabilitation program on reducing depression.

You abdollabadi and colleagues (1395) and can be used to study the effect of cognitive part through television programs on depression and cognitive functions in patients with sclerosis on 6 patients with diagnostic criteria sclerosis. Patients were trained for three months. The results showed that cognitive training can be part of the depression and cognitive functions has a significant positive effect and patients(122) Although the statistical population of this study different statistical society is present in both the study of cognitive rehabilitation program has been reviewed to depression and training memory and used, and the results indicate that the effect of cognitive rehab program and similar reached on reducing depression.

After running the program can be part of the average score of self-efficacy in groups respectively $3/01 \pm 34/54$ and $5/59 \pm 31/03$

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changed that represents a significant increase in self-efficacy than the control group test group ($p=0/002$).

Also, the average score of self-efficacy in the elderly group test after intervention than before ($p<0.001$), but a significant increase in the control group there was no significant difference ($p=0/76$).

2. The result of the formation

Based on the findings of the research present can be concluded that television and cinema programs with a focus on social satire in patients who had some degree of depression, hope and self-efficacy were effective so that lead to depression, hope. This is to be the advisers and therapists recommend and psychologists this intervention to help patients and improve people's mental and psychological noted depressed and hope alongside other methods of effective is used. It is also suggested to the authorities, elderly care centers, centers of medicine, the retirement welfare centers and training center for nursing faculty to use such a word for living in their centers.

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