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Project Title

Multimorbidity and depression in older adults: The role of social support

Project Summary

Multimorbidity, defined as the coexistence of two or more chronic conditions within an individual, is especially common among older adults, affecting more than half of the elderly population. Its negative consequences include higher disability, decrease in quality of life and increased risk of death. People with multimorbidity are also at higher risk to develop depressive symptoms. Proper management for multimorbidity and depression is crucial for achieving better outcomes in older adults. Evidence suggests that social support, the care or help from others that an individual receives, can buffer against various stressors and affect health outcomes among older adults. Thus, the objectives of this study are: To estimate the prevalence of depression among older Canadians with multimorbidity; to examine the association between multimorbidity and depression; and to investigate whether social support buffers the relationship between multimorbidity and depression.

Keywords

Multimorbidity, Depression, Social support, Older adults