

# **ABSTRACT\***

## **Introduction**

In Sri Lanka, the elderly are a much neglected section of the population with regard to all relevant services. With the increase of the ageing population and the socio-economic changed rising numbers of elderly persons are institutionalized. It's important to learn about the process of ageing. In elders, research has shown that living arrangements have a significant impact on quality of life, especially in men. Currently, Sri Lanka provides shelter to 8806 institutionalized elders, 1910 of them residing in Colombo. There are many complex factors influencing the mental health of elders, a few of which are age, sex, income status, disability, abuse, perceived social support, self-esteem, and coping skills. Many studies have been done to diagnose mental disorders in the elderly. However, not much literature is available for the study of Psychological distress among the elderly. There's a dire need for more research in this field. The literature review for this study included research relating to the mental disorders of elders. This study aims to contribute to the improvement the well-being of institutionalized elders.

## **Methods**

This study design is cross-sectional with an analytical component. The sample size was calculated to be 507. A list of long-term elderly care facilities in the Colombo district was obtained. This was used as a sampling frame to identify the cluster in the 1<sup>st</sup> stage. In the 2<sup>nd</sup> stage, the number of participants to be chosen from the clusters was calculated with PPS. Participants were randomly selected from the list of names of the institution following excluding elders with severe cognitive impairment. Each participant was interviewed by a trained interviewer, and the questionnaires were filled. Data entered into SPSS for analysis.

## **Key words**

Psychological distress, mental disorders, institutionalized, long-term care facility, elderly, disability, K6/K10, WHO-DAS 2.0, Sri Lanka

\*Results and conclusion are not included, as the document contains only research proposal.