



LIST OF TABLES

| TABLE NO. | TITLE | PAGE NO. |
|----------------------|--|---------------------|
| 2. | REVIEW OF LITERATURE | |
| 2.1 | Death by underlying or multiple cause, expressed in rates per 100,000 people or in percentage of the total deaths. | 24 |
| 2.2 | Potential contributors to nutritional problems in elderly people. | 31 |
| 2.3 | Role of Nutrients in Ageing. | 39 |
| 2.4 | Factors influencing nutritional inadequacy in elderly population. | 46 |
| 4. | RESULTS AND DISCUSSION – PHASE I | |
| 4.1.1 | Distribution of the women screened for depression belonging to age and income group. | 132 |
| 4.1.2 | Background characteristics of women with depression, belonging to age and income level. | 133 134 |
| 4.1.3 | Types of physical ailments reported by women with depression, belonging to age and income level. | 139 |
| 4.1.4 | Family history of alcohol dependence in women with depression, belonging to age and income level. | 141 |
| 4.1.5 | Mean time (in minutes) spent by women with moderate depression in a day for physical, recreational/social and religious activities, by age and income level. | 141 |
| 4.1.6 | Ability of women with depression to carry out daily activities independently. | 143 |
| 4.1.7 | Addiction(s) in women with depression to various substances, by age and income level | 148 |

| | | |
|--------|---|-------------|
| 4.1.8 | Daily water intake of depressed and non-depressed women, belonging to age and income group . | 152 |
| 4.1.9 | Meal pattern of depressed and non-depressed women, by age and income group. | 154 |
| 4.1.10 | Fasting practices followed by depressed and non-depressed women, belonging to age and income level. | 153 |
| 4.1.11 | Skipping of meals by depressed and non-depressed women, by age and income level. | 155 |
| 4.1.12 | Consumption of special health foods belonging to depressed and non-depressed women by age and income level. | 161 |
| 4.1.13 | Craving for food items in depressed and non-depressed women, belonging to age and income group. | 163 |
| 4.1.14 | Reduction in food consumption as compared to past few years of depressed and Non-depressed subjects. | 164 |
| 4.1.15 | Changes made in food consumption pattern belonging to depressed and non-depressed women, by age and income level. | 163 164 |
| 4.1.16 | Experience of allergic manifestation caused by foods in depressed and non-depressed women regarding, by age and income level. | 166 |
| 4.1.17 | Food preference reported by depressed and non-depressed women by age and income level. | 168 |
| 4.1.18 | Mean nutrient intakes of depressed and non-depressed women, by age and income level. | 179 |
| 4.1.19 | Food frequency of depressed and non-depressed women, by age and income level. | 181- 182 |
| 4.1.20 | Mean anthropometric and clinical measurements of depressed group and non-depressed women, by age and income level. | 186 |

| | | |
|--------|--|-------------|
| 4.1.21 | Mean blood pressure of depressed subjects belonging to different age groups. | 189 |
| 4.1.22 | Major health problems in depressed and non-depressed women, by age and income level. | 191- 192 |
| 4.1.23 | Prevalence of minor health problems in depressed and non-depressed women, by age and income level. | 198 |
| 4.1.24 | Menopausal symptoms reported by depressed and non-depressed women, by age and income level . | 202- 203 |
| 4.1.25 | HRT and Hysterectomy sought by depressed and non-depressed women, by age and income level. | 206 |
| 4.1.26 | Perception of depressed and non-depressed women on the effect of menopause on the life of women. | 207 |
| 4.1.27 | Power structure and involvement in household responsibilities by women with depression, by age and income level | 213 |
| 4.1.28 | Involvement of women with depression in decision-making on family related matters, by age and income level | 214- 215 |
| 4.1.29 | Control of women depression over their family's finances, by age and income level | 218- 219 |
| 4.1.30 | Loneliness and isolation experienced by women with depression, by age and income level | 222 |
| 4.1.31 | Strategies of women with depression to cope with loneliness and isolation, by age and income level | 225- 226 |
| 4.1.32 | Level of stress in women with depression by age and income group, Chi square test | 228 |
| 4.1.33 | Experience of stressful life events in women with depression by age and income level | 229- 230 |
| 4.1.34 | Level of satisfaction with existing support and its effect on self esteem of women with depression, by age and income level. | 231 |

| | | |
|--------|---|-------------|
| 4.1.35 | Power structure and calorie intake of depressed women | 234 |
| 4.1.36 | Isolation and calorie intake of women with depression | 235 |
| 4.1.37 | Data on experience of stressful life events and calorie intake of women with depression | 236 |
| 4.1.38 | Self-esteem and calorie intake of women with depression | 238 |
| | PHASE II | |
| 4.2.1 | Severity of depression in elderly women before and after folic acid supplementation | 247 |
| 4.2.2 | Anthropometric measurements of depressed elderly women before and after folic acid supplementation | 249 |
| 4.2.3 | Levels of hemoglobin, serum, folic acid and blood pressure in depressed elderly women before and after folic acid supplementation | 250 |
| 4.2.4 | Mean Nutrient intake of depressed elderly women before and after folic acid supplementation | 252 |
| 4.2.5 | Minor health complaints reported by depressed elderly women after folic acid supplementation | 257 |
| | PHASE III | |
| 4.3.1 | Mean scores of various tests for mental status of depressed subjects before and after intervention. | 263 |
| 4.3.2 | Mean anthropometric measurements of depressed subjects before and after intervention | 267 |
| 4.3.3 | Mean biochemical parameters of depressed subjects before and after intervention | 268 |
| 4.3.4 | Mean nutrient intake of depressed subjects before and after intervention. | 269- 270 |
| 4.3.5 | Comparison of health profile in terms of number of health complaints of depressed subjects before and after intervention | 271 |