

## **Behavioral changes in the elderly by makeup: Does makeup improve the quality of life of a husband as well as that of his wife?**

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**Introduction:** Aging significantly affects the quality of life (QOL) of the elderly partly because of the affected perception of their body image. It is reported that makeup improves the QOL of the elderly females (wives), but little is known about its impact on their husbands. The author hypothesized that makeup of elderly wives improve not only their own QOL but also that of their husbands. Impact of makeup on QOL in senior couples was investigated.

**Methods:** Twelve senior couples over 60 years participated in the present study as volunteer subjects. Wives received a 1-hour session of individual cosmetic counseling, and performed the instructed makeup for the following study period of one month at home. A validated QOL questionnaire, WHOQOL-BREF, was administered to the wives and their husbands before and after the one-month study period.

**Results:** The mean scores of psychological QOL ( $p = 0.003$ ), social relationship QOL ( $p = 0.02$ ), environmental QOL ( $p = 0.03$ ) and general QOL ( $p = 0.008$ ) of the WHOQOL-BREF were significantly improved in the wives, while no change in QOL was observed in the husbands. QOL scores were positively correlated between physical and environmental domains, psychological and social relationship domains, and social relationship and environmental domains ( $p < 0.05$ ). No correlation was observed between the QOL scores of the wives and those of husbands in either domain.

**Conclusion:** Cosmetic counseling and the following practice of makeup significantly improved QOL of the elderly females. But no impact of makeup was observed on that of their husbands.