OSU Presentation Schedule
GSA, New Orleans, Nov. 20-24, 2013

Session Title: Toward a Clearer Conceptualization of the Relations of Wisdom to Other Constructs:
Distinguishing Resources, Correlates, and Outcomes

Session Type: Symposium

Location: Grand A (S) (Sheraton)

Start time: Wed. Nov. 20, 2013 4:30 - 6:00 PM

Toward a Clearer Conceptualization of the Relations of Wisdom to Other Constructs: Distinguishing Resources, Correlates, and Outcomes

Judith Glueck¹, Carolyn M. Aldwin²
1. Alpen-Adria-Universität Klagenfurt, Klagenfurt, Austria.
2. Oregon State University, Corvallis, OR, United States.

Objective 1: After attending this symposium, participants will be aware of the conceptual complexity of possible relations among positive-psychological constructs.

Objective 2: After attending this symposium, participants will be aware of several methodological approaches to investigate such relations in depth.

As wisdom is generally considered an ideal outcome of psychological development, we tend to expect it to be related to about any other positive construct. Indeed, wisdom is correlated to well-being, openness, maturity, gratitude, spirituality, and many others. However, these correlations do not necessarily contribute much to our understanding of wisdom. Is a construct a predecessor, outcome, or byproduct of wisdom? Are there positive constructs that wisdom is not, or not linearly, related to? To study such questions, we need stronger theoretical frameworks – especially as measurement issues are crucial and complex. This symposium presents theoretical ideas and empirical findings on relationships that go beyond correlations.

The symposium covers a broad range of measures of wisdom and of related constructs, ranging from intelligence to affect. Igor Grossmann discusses the relationship between wise reasoning and different forms of intelligence. Ursula Staudinger shows that first-order correlations of wisdom-related performance to positive constructs can be explained by one underlying relation. Ute Kunzmann discusses the relationship of emotional reactivity to wisdom-related knowledge. Monika Ardelt shows that relations between wisdom and well-being may be particularly strong in special situations, and that mediation analyses can explain such relationships. Judith Glück uses the simple example of age to illustrate the complexity and measurement-specificity of relationships when it comes to wisdom.
Dynamic Processes of Daily Health-Goal Progress and Daily Affect

Soyoung Choun¹, Shannon Mejía¹, Karen Hooker¹
¹. Oregon State University, Corvallis, OR, United States.

Objective 1: After attending this session participants will be able to... Health-improving interventions could be targeted individually to participants based on knowledge of the linkages between daily goal progress and daily affect.

Objective 2: After attending this session participants will be able to... The personality of older adults may act as risk factors and/or protective factors in the processes of aging during the second half of life.

Optimal aging is strongly related to personality factors along with health behavior habits. While many studies found links between traits and health (Lahey, 2009; Siegler, Hooker, Bosworth, Elias, & Spiro, 2010), less is known about more process-oriented personality constructs, such as goals and self-regulatory strategies. In the process of self-regulating goals, it is important to explore the associations between what people are trying to do and what people are feeling. The successful or unsuccessful pursuit of desired outcomes arouses emotions such as happiness or dejection (Lockwood, Jordan, & Kunda, 2002). We examined the within-person coupling of personality processes over time as well as the cross-lagged associations of personality processes by tracking daily within-person variations and between-person differences in the associations between affect and health-goal progress. The analyses utilized data from the Personal Understanding of Life and Social Experiences (PULSE) Project, a 100 day internet-based, microlongitudinal daily study (N = 99). Multilevel models revealed that daily health-goal progress was positively coupled with daily positive affect and negatively coupled with daily negative affect within persons. The associations between daily health-goal progress and daily positive affect and between daily health-goal progress and daily negative affect varied between individuals. The cross-lagged associations between variables demonstrated that health-goal progress on the previous day was positively related to concurrent positive affect and negatively related to concurrent negative affect. Positive affect on the previous day was positively related to concurrent health-goal progress. The study was funded by the Center for Healthy Aging Research at Oregon State University.
What Health Metrics Do Older Adults Want to Track?

Jennifer L. Davidson¹, Carlos Jensen¹
1. Oregon State University, Corvallis, OR, United States.

Objective 1: By reading the poster and talking with the author, the conference attendees will learn health metrics that older adults in our study want to track.

Objective 2: By reading the poster and talking with the author, the conference attendees will learn how to include older adults in the technology design process.

Many smartphone app creators fail to do a valid needs assessment of their end-users. To rectify this issue, we involved older adults (aged 65+) in the beginning stages of designing a health and wellness application. We conducted a participatory design study, where 5 groups of older adults created 5 designs. Four groups had at least 1 health metric that is not currently offered in either the iPhone app store or the Google Play store. For example, one group proposed an app that not only tracked exercise routines, but also tracked restful activities such as meditation, naps, and hobbies. At the end of the sessions, we administered a questionnaire to determine what health metrics they would like to track via smartphone or tablet. Their designs included 13 health metrics that were not on the questionnaire. The majority (17 of 18) of participants expressed interest in tracking health metrics using a smartphone/tablet despite having little experience with those devices. This shows the research community in both human-computer interaction and gerontology, that older adults have unique ideas that are not being considered by current technology designers. Interestingly, we found that 93.75% of participants would like an app that would track health appointments, but no one included this in their own app designs. Therefore, we should not only involve older adults in participatory design sessions, but we should also do interviews/questionnaires to get a broader picture of their needs. This work was supported by the National Science Foundation under Grant No. DGE 0965820.
Secrets of Living Long and Prospering Among the Oldest-Old

Jinmyoung Cho1, 2, Carolyn M. Aldwin3
1. Scott & White Healthcare, Temple, TX, United States.
2. Texas A&M Health Science Center, College Station, TX, United States.
3. Oregon State University, Corvallis, OR, United States.

Objective 1: After attending this session participants will be able to learn about unique and complex factors for well-being in extremely late life.

Objective 2: After attending this session participants will be able to have multi-dimensional insights and contexts of longevity.

The aspiration for longevity and healthy aging has been desired for all ages and in all counties. Developments in medicine have led to lower mortality rates and demographic changes such as increased life expectancy have stimulated growing proportions of extremely old adults (i.e., centenarians). The purpose of this symposium is to explore various aspects of well-being and functioning among centenarians with four studies. The four studies will discuss various comparisons such as cultural, regional, gender, and age differences in extreme late life. da Rosa and colleagues examine cross-national comparisons in mental health between U.S. and Japanese centenarians using the Georgia and Tokyo Centenarian Studies. They show differences in the role of demographic factors, personality, and life events on mental health between two culturally different groups. Heinz and colleagues compare lifestyle characteristics of centenarians from two regions, Georgia and Iowa. Their findings indicate centenarians from each state have unique engaged lifestyle characteristics. Cho and colleagues investigate differences of age, gender, and interaction between age and gender in multiple dimensions of functioning using the Georgia Centenarian Study. They address age and gender related investigations of functioning among oldest-old adults. The discussion by Bishop and colleagues focuses on the role of religiosity on life satisfaction among Oklahoma centenarians. They also draw attention to significant interaction effects between social support and religious beliefs on life satisfaction. After attending this symposium, participants will understand multi-dimensions of well-being among oldest-old adults and learn about unique and complex factors among the long-lived.
Managing Complex Systems to Maintain Independence: The Perspective of Home Care Consumers

Kathryn Kietzman¹,², Steven Wallace¹,², Jacqueline Torres¹,², Charlene Chang¹,², Anne Soon Choi³, Carolyn Mendez-Luck⁴,¹, A E Benjamin⁵,¹
1. UCLA Center for Health Policy Research, Los Angeles, CA, United States.
2. UCLA Fielding School of Public Health, Los Angeles, CA, United States.
3. California State University, Dominguez Hills, Los Angeles, CA, United States.
4. Oregon State University, Corvallis, OR, United States.
5. UCLA Luskin School of Public Affairs, Los Angeles, CA, United States.

Accounting for the perspective of consumers is essential in efforts to improve quality and advance more person-centered systems of care. The HOME study conducted in-depth interviews with more than three dozen older adult “dual-eligibles” in California (i.e., those insured by both Medicare and MediCal) to document how they manage a fragmented network of health and social care to continue to live independently at home. These data reveal that most consumers depend on the successful interaction of both formal (e.g., health care and social services) and informal (e.g., unpaid family) systems of care to effectively meet their basic needs. As California finalizes an initiative to transition “dual-eligibles” into managed care, the consumer perspective represented in the HOME study will be especially useful for gauging the early effects of this transition to a new system of care, and identifying both improvements and gaps that may still need to be addressed.

Exercise to Optimize Skeletal Health: A Lifespan Approach

Katherine Gunter¹
1. Oregon State University, Corvallis, OR, United States.

Physical inactivity in childhood is rarely discussed as a significant contributor to osteoporosis, a disease typical of old age. In 2013 ample evidence exists to recommend physical activity undertaken in childhood as perhaps the best defense against skeletal frailty in later life. Approximately 50% of bone mass variability in older adults relates to the degree of bone mineralization during childhood and adolescence. This presentation will provide evidence supporting the beneficial effects of physical activity in youth to optimize skeletal development. We will discuss the current scientific understanding of the role of childhood physical activity on bone health and, ultimately, fracture risk. We include an overview of the physical activity dose required for bone mass and structural response and recommendations for promoting bone-enhancing physical activity among children and adolescents. We conclude with new research suggesting a unique relationship between childhood physical activity and adult bone health.
Do Hassles and Uplifts Change with Age? Longitudinal Findings from the Normative Aging Study

Carolyn M. Aldwin¹, Yu-Jin Jeong¹, Heidi Igarashi¹, Avron Spiro²,³
1. Oregon State University, Corvallis, OR, United States.
2. VA Boston Healthcare System, Boston, MA, United States.
3. Boston University Schools of Public Health and Medicine, Boston, MA, United States.

To examine emotion regulation in later life, we contrasted the modified hedonic treadmill theory with developmental theories, using hassles and uplifts to assess emotion regulation in context. The sample was 1,315 men from the VA Normative Aging Study aged 53 to 85 years, who provided 3,894 observations between 1989 and 2004. We computed three scores for both hassles and uplifts: intensity (ratings), exposure (count), and summary (total) scores. Marked differences in trajectory patterns for intensity and exposure scores were found, with exposure levels decreasing in later life, but intensity scores increasing. Growth mixture models (GMM) showed complex patterns of individual differences in exposure, with relative stability in uplifts intensity and non-linear changes in hassles intensity. Support was found for both hedonic treadmill and developmental theories, showing that emotion regulation in later life is a complex function of both developmental processes and contextual exposure.

Attitudes Toward Older Adults Among American and Taiwanese College Students

Pamela Allen¹, Han-Jung Ko¹, Soyoung Choun¹, Elizabeth Gordan¹, Karen Hooker¹, Leslie Richards¹
1. School of Social and Behavioral Health Sciences, Oregon State University, Corvallis, OR, United States.

Objective 1: After attending this session participants will be able to understand measurement issues in drawing cross cultural comparisons of attitudes toward older adults.

Objective 2: After attending this session participants will be able to understand age and cultural differences in attitudes toward older adults.

Research shows that negative attitudes toward older adults are detrimental to older adults’ health and wellbeing (Levy, 2003) and that positive attitudes are important for intergenerational interactions (Lu & Kao, 2009). However, there is little agreement about relative positivity of attitudes toward older adults in American and Asian cultures (e.g., Levy & Langer, 1994; Boduroglu, 2009). To examine the largely untested assumption that a collectivistic Asian culture promotes more positive attitudes toward aging, we adapted the Taiwanese-developed Older People Scale (OPS; Lu & Kao, 2009) for use in English and tested equivalence in two groups of young adults (18-22) in the United States (N= 936) and Taiwan (N=666). Alpha reliabilities were (α=.68) for the US group and (α= .84) for the Taiwanese group, which corresponded well with the original Taiwanese scale development sample. Consistent with the established one factor structure, brief 22-item OPS (Lu & Kao, 2009), our preliminary confirmatory factor analysis showed that the same 24 items load on one factor for our US and Taiwan samples. However, these items included on the one factor structure in our study differed from the established 22-item OPS. Regression analysis did not show a difference in positivity of attitudes between cultural groups but across cultural groups older age predicted negative attitudes (p <.05). This work aids our effort to compare the cross-cultural context of aging and could help guide gerontological education programs aimed at ameliorating negative impacts of aging stereotypes. (This study is funded in part by NSF grant DGE 0965820)
### Examining Goal Regulation in the Health and Social Domains Through the Lens of Daily Variability

Karen Hooker¹, Shannon Mejía¹  
1. School of Social and Behavioral Health Sciences, Oregon State Univ, Corvallis, OR, United States.

Our paper explores how variability in the dynamic coupling of goals on a daily basis facilitates or hinders eventual goal achievement. We examined health and social goals because these are life domains of critical importance for successful aging. We hypothesized that those whose progress in both domains was more tightly coupled would make more progress in both domains by the end of the study. Our analysis utilized data collected from the Personal Understanding of Life and Social Experiences (PULSE) Project, a 100 day internet-based study of Oregonians over the age of 50. Health and social goal progress was self-reported daily by 99 participants. Initial analyses of time series data indicate that greater intraindividual interdependency was predictive of higher health and social goal attainment. Results will be discussed in terms of dynamic coupling as a self-regulation strategy that, over time, can be strategic for individuals in producing satisfying developmental outcomes.

### Engaging and Disengaging Close Social Partners to Regulate Emotions Over 100-days

Shannon Mejía¹, Karen Hooker¹  
1. School of Social and Behavioral Health Sciences, Oregon State University, Corvallis, OR, United States.

Close social partners are intimately involved in emotion regulation, and can both facilitate and constrain individuals’ efforts to sustain well-being. Interpersonal dynamics and their development over time emphasize the importance of regulating close relationships. In this study, we examine the coupling of positive and negative affect with older adults’ satisfaction with their closest social partner, the extent to which activating other social partners moderates this connection, and change in this connection over time. We use data from the Personal Understanding of Life and Social Experiences (PULSE) project, a 100-day internet-based microlongitudinal study of self-regulatory processes among older adults. Analysis of time series data suggest that affect is linked to satisfaction with closest social partners, and that interactions with other social partners, depending on their quality, can either amplify or attenuate this link on a given day. Patterns varied across those with and without spouses, and also across the 100-day study. Funded by NSF-DGE 0965820.
Frailty Among Older American Indians: The Native Elder Care Study

R. Turner Goins¹, S. Melinda Spencer²
1. Oregon State University, Corvallis, OR, United States.
2. University of South Carolina, Columbia, SC, United States.

Frailty is a condition that is frequently described as a reduction in energy reserves, especially with respect to physical ability and endurance. Although frailty has been measured in other race and ethnicities, it has not been studied in American Indian populations. We examined cross-sectional data from 505 community-dwelling older American Indians to characterize the prevalence of frailty its correlates. We measured frailty by weight loss, exhaustion, low energy expenditure, slowness, and weakness characteristics. Results indicated that 25% of our sample had the presence of two or more frailty characteristics. Three percent of men and women aged 55-64 years, 2% of men and 3% of women aged 65-74 years, and 2% of men and 5% women aged 75 years or older were categorized as frail. Significant correlates of frailty included lower levels of education, increased number of activities of daily living limitations, clinically significant level of psychological distress, and pain.

The Social Context of Optimal Aging

Aurora M. Sherman¹, Kira S. Birditt²
1. Oregon State University, Corvallis, OR, United States.
2. The University of Michigan, Ann Arbor, MI, United States.

Objective 1: After attending this session participants will be able to identify links between social network structure and function and optimal aging outcomes

Objective 2: After attending this session participants will be able to identify several different research strategies used to study social relations and optimal aging

Optimal aging includes continued, satisfying involvement in social networks that provide support and buffer stresses that occur across adulthood. Interest in the structure and function of social networks is both practical and theoretical. A wide variety of experimental, cross-sectional, and longitudinal data confirm the importance of positive and negative social functioning for physical and psychological health. Socioemotional selectivity theory highlights the evolution of goals for social interaction and how social network partner selection can help maintain emotional stability in later adulthood. Therefore, this panel will address elements of adult social networks as both predictors and outcomes of several dimensions of optimal aging. The panelists use a variety of research methodologies, in keeping with the GSA theme for 2013. Sherman uses illness and personality to predict reports of social support and social strain, thereby investigating social network function as an indicator of optimal aging. Sugawara et al. address predictors of network loss over three waves of longitudinal data, showing that declines in mobility and perceived time available predict change in network structure. Vogel et al. address age patterns in structure and outcome of daily social interactions, reporting that pleasantness of interactions was associated with age, health, and importance of the interaction. Wan et al. report multilevel analyses showing the inter-relationship of work and home interactions on well-being for dual career couples. Together, these papers demonstrate the importance of inter- and intra-individual patterns of social relationship structure and function that will increase our understanding of optimal aging.
Control Beliefs and Perceptions of Relationship Quality

Aurora M. Sherman
1. Oregon State University, Corvallis, OR, United States.

Social relationships have been extensively investigated as important predictors of physical and psychological well-being. Less well-known, however, are the characteristics that promote perceptions of relationship quality. Correlates of social support and social strain were investigated in a sample of 132 older adults with Osteoarthritis, because of the importance of social relationship quality for managing chronic illness. Different operationalizations of perceptions of personal control were tested for their association with social support and social strain. Perceptions of constraints on personal control were reliably associated with social support and social strain, in opposite directions. Compensatory primary control was associated with higher support and lower strain, while compensatory secondary control was associated with higher strain. Models explained 19-30% of the variance in outcomes. Findings suggest that constraints and compensatory strategies for maintain control have important implications for optimal aging, as they are associated with social relationship quality for older adults with OA.

Aging, Emotional Stability, and Stress Reactivity: Findings from the Normative Aging Study

Jeffrey Proulx, Carolyn M. Aldwin, Avron Spiro
1. Oregon State University, Corvallis, OR, United States.
2. VA Boston, Boston, MA, United States.

Objective 1: After attending this session participants will be able to further discuss the most recent methods of using biomarker analysis to assess the effects of aging and psychological stress on physical health

Objective 2: After attending this session participants will be able to network with other researchers with experience assessing the transactional effects of aging, psychosocial and physical variables.

Stress reactivity refers to activation of physiological and psychological systems that help organisms meet stress-related challenges. Because poor stress responses can have serious health consequences, variability in stress reactivity is thought to be a key pathway between stress and health outcomes. A current controversy is whether stress reactivity becomes impaired with age. We explored the effects of age, daily stress, and emotional stability/neuroticism on stress reactivity, measured by cortisol diurnal rhythms using data from the Normative Aging Study (Spiro & Bossé, 2001). The 72 men were aged 67 to 93 (M =79, SD =5); all were European-American and married. They completed daily diary studies in 2008-09 to assess numbers of stressors reported in a day. Cortisol diurnal rhythms were assessed by collecting cortisol samples at 4 times throughout each of four days; steeper slopes are thought to indicate better stress reactivity. Emotional stability was assessed through Goldberg’s Big 5 personality measure. Multilevel modeling showed that higher daily stress predicted flatter cortisol diurnal rhythms, B = .09, p < .001, as did age, B = .01, p < .001, but higher emotional stability preserved steeper slopes, B = -.04, p < .001. These results indicated that age and emotional stability levels explain some of the variance in individual differences in stress reactivity and provide a basis for future research focused on the effects of psychosocial variables on physiological outcomes.
Social Isolation and Non-Adherence to Discharge Instructions among Older Adults

Jennifer Albrecht¹, Ann L. Gruber-Baldini², Jon Mark Hirshon², Clayton Brown³, ², Richard W. Goldberg³, ², Joseph Rosenberg², Angela Comer², Jon P. Furuno⁴

1. Pharmaceutical Health Services Research, University of Maryland School of Pharmacy, Baltimore, MD, United States.
2. University of Maryland School of Medicine, Baltimore, MD, United States.
3. VA Capitol Healthcare Network, Baltimore, MD, United States.
4. Oregon State University/Oregon Health and Science University, Portland, OR, United States.

Objective 1: After attending this session participants will be able to discuss social isolation risk among hospitalized older adults.

Objective 2: After attending this session participants will be able to explain the effect of social isolation risk on adherence to discharge instructions.

Older adults are at increased risk of social isolation, but little is known about its effect on adherence to medical recommendations. We examined the association between social isolation and non-adherence to discharge instructions among hospitalized community-dwelling adults ≥65. Participants were enrolled 24-72 hours following admission to the general medical and surgical services of a tertiary-care hospital. Social isolation was measured at baseline and defined as a score of <12 on the 6-item Lubben Social Network Scale. Non-adherence to three domains of discharge instructions (medications, follow-up appointments, lifestyle recommendations) was assessed three times by phone during the 31-day post-discharge period. Patient self-report was compared with written discharge instructions from patients’ medical charts. Generalized Estimating Equations were used to estimate the effect of social isolation on non-adherence to each domain over time, as well as overall non-adherence. Models were adjusted for depressive symptoms, disability, marital and living status, and recent falls.

Among 750 participants, 89 (12%) were socially isolated. Social isolation was significantly associated with non-adherence to follow-up appointments (odds ratio (OR) 2.72; 95% confidence interval (CI) 1.35, 5.46), lifestyle modification recommendations (OR 1.65; 95% CI 1.02, 2.68), and lower summary adherence score (cumulative OR 1.64; 95% CI 1.20, 2.24). Social isolation was not significantly associated with non-adherence to medications (OR 0.68; 95% CI 0.34, 1.39). Understanding the association between social isolation and adherence to discharge instructions could lead to more effective interventions to increase adherence and improve patient health.
Health Status and Trajectories of Social Support in Later Life: Findings from the Normative Aging Study

Noriko Toyokawa¹, Carolyn M. Aldwin², Avron Spiro³
1. Psychology, Pacific Lutheran University, Federal Way, WA, United States.
2. Oregon State University, Corvallis, OR, United States.
3. Normative Aging Study, Veterans Affairs Boston Healthcare System & School of Public Health, Boston University, Boston, MA, United States.

Objective 1: After attending this session participants will be able to increase the understanding of the impact of health on trajectories of social support in later life.

Objective 2: After attending this session participants will be able to increase the understanding of different impact of different domains of health on social support.

Objective 3: After attending this session participants will be able to increase the understanding of the different argument between Socioemotional Selectivity Theory (Carstensen, 2006) and Dynamic Integration Theory (Labouvie-Vief, 2009).

We used socioemotional selectivity theory (SST; Carstensen, 2006) and dynamic integration theory (DIT; Labouvie-Vief, 2003) to examine the impact of health status on social support trajectories in older men. SST predicts that poorer health (reflecting time left to live) should decrease quantitative support (frequency of social contact) but increase qualitative support (reliance on social partners) in later life, while DIT would predict that health is a resource which allows for the maintenance of both quantitative and qualitative support. Participants were 1,067 men from the VA Normative Aging Study (Mage = 61, SD = 8) surveyed in 1985, 1988, and 1991. Conditional growth models found that the mean trajectory of frequency of social contact was a U-shaped with a peak at age 54, while the trajectory of reliance on social partners was stable. As both theories hypothesized, having better self-reported physical health predicted higher levels of frequency of contact over age, B = 0.41, SE = .22, p = .07. However, contrary to SST, having poorer functional status tended to predict more frequent social contact, B = 1.26, SE = .66, p = .06, but not qualitative support, B = .03, ns. Supporting DIT, having memory problems predicted decreasing reliance on social partners, B = 0.25, SE = .07, p < .001, and better self-reported health predicted higher levels of reliance, B = 0.26, SE = .07, p < .001. These findings suggest that different domains of health may have different effects on trajectory of social support in later life.
Older Adults Use Visualization of their Data When Time is Available and Need is Salient

Shannon Mejía¹, Nels Oscar², Ron Metoyer², Tuan Pham², Karen Hooker¹
1. Oregon State University - School of Social and Behavioral Health Sciences, Corvallis, OR, United States.  
2. Oregon State University - School of Electrical Engineering and Computer Science, Corvallis, OR, United States.

Objective 1: After attending this session participants will be able to discuss with others the potential for microlongitudinal studies that use data visualization to measure aspects of the self-regulatory system.

Objective 2: After attending this session participants will be able to think critically about strategies to engage participants in intensive repeated measurement studies.

Evaluation and comparison is an essential component of self-regulation and adult development. Web-based microlongitudinal studies that direct participants to visualizations of their responses provide an opportunity to understand under what circumstances individuals interact with visualizations of their data. To examine the qualities of a day that predict increased use of data visualization on that day, we used data from the Personal Understanding of Life and Social Experiences (PULSE) project. Ninety-nine Oregon residents (age: 52 – 88) completed daily surveys over a 100-day time period. The surveys measured health and social goal progress, and emotional and physical well-being. Following each survey, participants were directed to visualizations of their responses. Visualizations illustrated participants’ current responses in comparison to their averages in the domains of health and social goal progress, affect, social contact satisfaction, and optimism. Toggling a show/hide details button revealed a timeseries view of responses and the distribution responses into discreet response categories. The duration of visualization use and the toggling of show/hide details buttons were logged daily. Multilevel analyses suggest that the duration of visualization was linked to time spent on the daily survey, and also longer when participants reported lower positive affect and stress, higher negative affect, and more health symptoms. The odds of toggling the show/hide details button increased when participants report lower positive affect and health goal progress, higher negative affect, and more physical symptoms. The results suggest that available time and days of poorer quality inspire individuals to reflect on their data. Supported by #NSF DGE 0965280.
**Do Hassles Mediate the Effect of Personality on Mortality? Findings from the Normative Aging Study**

Michael Levenson, Yu-Jin Jeong, Carolyn M. Aldwin, Heidi Igarashi, Avron Spiro

1. Human Dev. & Fam. Sci., Oregon State University, Corvallis, OR, United States.
2. VA Boston Healthcare System, Boston, MA, United States.
3. Boston University Schools of Public Health and Medicine, Boston, MA, United States.

Objective 1: After attending this session participants will be able to understand stress as a possible pathway linking personality to health outcomes.

Objective 2: After attending this session participants will be able to understand how stress may relate to mortality.

Objective 3: After attending this session participants will be able to understand individual differences in hassles trajectories.

There is a growing literature on the relationship between personality and health outcomes, including mortality, but the pathways through which this occurs are still controversial. A major pathway may be through stress. Several studies have found that those higher in hostility, anxiety, or depression perceive situations as more stressful (Krantz & McCeney, 2002), which in turn is related to a variety of adverse physical health outcomes (Kiecolt-Gleser, 2009). We examined whether the influence of personality on mortality is mediated by hassles trajectories in a sample of 1,472 men from the Normative Aging Study (NAS), who completed the MMPI-2 in 1986 (Mage = 61.82; SD = 8.37). We examined three personality attributes: anger, anxiety, and depression. Using growth mixture models, we identified four classes of trajectories for hassles intensity scores: low stable (12.5%), middle stable (7.8%), middle nonlinear (78.7%), and high stable (1.1%). By 2010, 41% of the sample was deceased. Hierarchical Cox proportional hazard models were computed controlling for age, education, marital status, self-rated health, and smoking and drinking status. Model 1 included three personality attributes and their covariates; higher anger increased the risk of mortality (HR=1.31, p < .05). In Model 2, we added the hassles classes. The effect of anger remained significant (HR=1.36, p < .05). Compared to those in the low stable hassles class, NAS men in the middle nonlinear (HR=1.49, p < .05) and high stable (HR=2.92, p < .05) classes had higher mortality rates. Thus, anger and hassles trajectories are independently associated with mortality among older men.

**Beyond Adoption: Involving Older Adults in the Design of Technology**

Jennifer L. Davidson, Carlos Jensen

1. Oregon State University, Corvallis, OR, United States.

In gerontology, there has been research on aiding older adults in technology adoption, but little focus has been placed on involving older adults in technology creation. To examine the benefits of involving older adults in the process, we conducted five focus groups with older adults (aged 65+), and asked them to sketch an interface for a health/wellness mobile application. Seven domain experts judged the designs using the Creativity Product Semantic Scale. The most creative design was from the group who had no smartphone experience, and who were not exposed to critiquing apps before devising an idea of their own. We claim that involving older adults, regardless of their level of technical experience, in the early stages of the technology design process is beneficial because participatory design is a low-cost, effective way to elicit their needs. This work was supported by the National Science Foundation under Grant No. DGE 0965820.
The Intercourse Imperative and Single Older Men’s Sexual Desires, Expectations, and Experiences

Elizabeth B. Levaro¹, Karen Hooker², Alexis J. Walker²
¹. Human Development and Family Studies, University of Wisconsin-Stout, Menomonie, WI, United States.
². Oregon State University, Corvallis, OR, United States.

Objective 1: After attending this session participants will be able to describe the "intercourse imperative" perceived as essential to a satisfactory intimate relationship among older male daters seeking new romantic partners.

Objective 2: After attending this session participants will be able to comprehend the relationship between older men’s perceptions of women’s sexual expectations, men’s age preferences in dating partners, and their use or contemplated use of drugs for erectile dysfunction.

Qualitative analysis of transcribed data from in-depth semi structured interviews with 24 heterosexual individuals actively pursuing new romantic relationships via Internet dating sites and ads consistently revealed a preference for younger partners, with the women’s mean ideal age 10 years younger than themselves and the men’s, 21 years younger. Contrary to ageist stereotypes depicting older adults as asexual, both women and men also expressed interest in an intimate relationship that included sex. Most defined sexual activity exclusively in terms of sexual intercourse. We report findings and discuss the impact of this apparent “intercourse imperative” specifically on the sexual desires, expectations, age and appearance preferences, and lived experience of the 13 men participating in this study. Between the ages of 70 and 92, nearly all of the men expressed distaste for women near their own age, whom they viewed as looking and acting “old.” They reported actively seeking—and frequently being sexually active with—younger dating partners, often with the aid of drugs for erectile dysfunction. We explore the men’s perceptions of older women’s presumption of sexual functionality and performance; the prospect of sexual liaisons made possible by virility-via-Viagra; and the emotionally painful realities of old men’s disadvantage relative to younger men.
Age-Related Changes in the Circadian System
Kuntol Rakshit

1. Zoology, Oregon State University, Corvallis, OR, United States.

Circadian rhythms are 24h cycles in biochemical, physiological, and behavioral processes that maintain temporal homeostasis. These rhythms are generated by biological clocks which consist of dedicated sets of genes and proteins organized into 24h feedback cycles, remarkably conserved from bacteria to humans.

Recent evidence suggests bidirectional relationships between circadian rhythms and aging. While disruption of circadian rhythms accelerates aging and may reduce lifespan, output rhythms of sleep/wake and hormone cycling are also dampened during aging. Loss of temporal coordination is one of the early symptoms of several human diseases including Alzheimer’s and cancer.

In this presentation, we investigated age-related changes in clock genes and proteins in different fruit fly tissues and report that daily oscillations of four core clock genes are severely dampened in head tissues of middle-aged and old flies. Breakdown of the clock network suggests the possible dysregulation of several clock-controlled downstream processes with age. Funded in part by NSF-DGE 965820

Developing a Theoretical Model to Integrate Circadian and Emotional Processes of Aging
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While research has shown that the majority of age-related physiological changes are deleterious, emotion regulation appears to improve or remain stable well into later life, with the exception of returning to homeostasis following a stressor. Following an extensive interdisciplinary literature review, we have developed a model that connects aging, emotion regulation, circadian rhythms, and hormone processes. Our model will help researchers examine how circadian and hormonal changes affect not only the daily regulation of positive and negative affect, but also the capacity of a person to re-establish an emotional allostasis. Through an understanding of the circadian rhythms of emotion, researchers will be able to explore connections between age-related dampening of the circadian mechanisms at the molecular level and the transactional regulation of hormones and emotion. Our model demonstrates the importance of examining how the lived experience, or environment, mediates the relationship between hormonal changes and emotion regulation. Funded in part by NSF-DGE 965820
Using Case Studies to Make the Case for Policy Change: Lessons from the HOME Project

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Policy makers have limited time to be debriefed on issues for which they need to make decisions. Yet qualitative research often offers compelling human stories that represent the lived experiences of their constituents. This presentation uses the HOME project to describe the process of translating empirical qualitative data into case studies and policy briefs intended to reach a policy audience while maintaining research integrity and rigor. In-depth interviews conducted with more than three dozen older Californians insured by both Medicare and Medicaid (i.e., “dual-eligibles”) reveal that while the health and social care needs of these individuals are interrelated and complex, the response from health and social service systems is often uncoordinated and insufficient. As California launches a demonstration program to transition “dual-eligibles” into managed care, data from the HOME project can inform policy makers whose future decisions will have implications for the health and well-being of these vulnerable older adults.