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Objectives: This research aims to explore a structural model of sense of coherence' predictors in a cross-cultural older population.

Methods: Measures were completed using a variety of culturally appropriate methods, including mail-outs, self-administration and interviews. For the purposes of this study, the Sense of Coherence Scale, the Adjustment to Aging Scale, one measure of cognitive functioning - the Mini-Mental State Examination (MMSE) and demographics, were included. All variables prompted fewer than 1% missing values and complete data were available for 709 older adults (M = 82.4, SD = 6.45, (range 74-102)) from eight different nationalities. Structural equation modeling was used. Controlling for age, gender and country of origin, we assessed the level of sense of coherence of elderly people, and its predictors.

Results: Sense of coherence is predicted, not only by self-reported spirituality, but also by adjustment to aging, among other variables. Sense of coherence was significantly associated with age progression ($\beta = .426$; $p = .001$) and perception of health ($\beta = -.381$; $p = .001$). All estimates were statistically significant ($p < .01$).

Conclusions: Specifically in late adulthood, changes may affect older adults' worldview and thus their SOC. The older individual with a strong SOC has a greater ability to mobilize and exploit potential resources. In brief, this study stresses the predictors of sense of coherence in older age. Recommendations for future research on older adults' sense of coherence and clinical practice are also presented.

Key Words: Predictors, structural equation modeling, older adults, sense of coherence, adjustment to aging.