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The Importance of Time Perspective for Older Adults' Age Representation: Analysing Latent Constructs

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Introduction: A focus in a balanced time perception is linked to higher levels of life satisfaction in senior years.

Objectives: To investigate latent constructs that can act as major determinants in age representation (AR) and subjective age (SA) and to explore associations between AR and SA, in an older adults' cross-national population.

Methods: Measures were completed using a variety of culturally appropriate methods, including demographics and interviews. All variables had less than 1% missing values and complete information on 231 older adults aged between 74-102 years ($M=83.1$; $SD = 6.692$) from four different nationalities, was available. The data was subjected to content analysis. Representation of the associations and latent constructs were analyzed by a Multiple Correspondence Analysis (MCA). Standardized instruments measured regular cognitive abilities.

Results: Findings showed a model for each pre-category. A three-dimension model formed by 'past-oriented', 'present-oriented' and 'future-oriented' was indicated as a best-fit solution for AR. SA was explained by a two-factor model: 'age-cautious' and 'young-at-heart'. AR is shown to bear associations with individuals' SA, in a model composed by 'enjoyers', 'engaged' and 'conciliated'.

Conclusions: AR and SA are strongly explained by underlying constructs provided by the participants. AR is related to SA in older adults. Enhancing AR on shared perceptions of SA might be an important target to improve older adults' interventions' outcomes and aging well.

Key Words: Age Representation; Multiple Correspondence Analysis; Older Adults; Subjective Age, Time Perspective.