

509 - Influence of Self-perceptions of aging and attitudes towards aging on perceived health status

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Abstract

Objectives. Perceived health status is an important health indicator related to successful aging and older people's quality of life. Perceived health status depends on biological, social and psychological factors, for example, at a social level, depends on comparisons with the peer group that individuals carry out and on attitudes towards aging, ageism and how older people believe they are viewed by society. The aim of this study was to explore attitudes towards aging and self-perceptions of aging among Spanish middle age and older people and to identify the influence on perceived health status.

Method. The sample comprised 1,124 individuals with ages between 50 to 98 years-old ($M = 64.84$, $SD = 10.12$) from the Aging in Spain Longitudinal Study database, Pilot Survey (ELES-PS).

Results. Almost 70 per cent of the participants stated that old age begins at a specific chronological age and half of them considered that society treats older people with indifference. Self-perceptions of aging and attitudes towards aging were significant predictors that explain a 12.2% in the variance of perceived health status.

Discussion. Results from this study highlight the importance of perceptions and attitudes towards aging for older adults' health. Addressing negative self-perceptions of aging and negative attitudes towards aging can be particularly useful because they are associated with more pessimistic expectancies about the aging process.

Keywords: ageism; attitudes towards aging; self-perceptions of aging; perceived health status; cognitive functioning; physical activity

510 - EFFECT OF SLEEP DEPRIVATION ON SOCIAL RESILIENCE THROUGH Δ FOSB ACTIVATION

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Introduction:

Stress can have a variety of detrimental effects on humans. From depression and anxiety to schizophrenia, stress plays a factor in the development of these diseases through neurochemical changes in the brain and elevated levels of hormones. Among the geriatric population, decreased sleep levels are known to be a frequent issue; insomnia rates among the senior population are much higher in frequency compared to any other age group. Sleep deprivation also leads to major consequences in the brain and sleep disruption is linked to neuropsychological illness; however, the specific mechanisms involved in these effects are not understood. This study focuses on the resilient effects of Δ FosB, a protein known to mediate resilience to stress and the direct effect of sleep deprivation on Δ FosB expression in areas known to mediate resilience to social stress. We hypothesize that Δ FosB may be part of the mechanism through which sleep alters resilience to social stress.

Methods:

Mice were sleep-deprived for an eight-hour period for five days. After sleep deprivation they were subject to social defeat and underwent avoidance testing. The brains of these mice were removed, and immunohistochemistry analysis was conducted to determine Δ FosB expression in various sections of the brain.

Results:

The preliminary findings of this study indicates that sleep is altered in resilient animals and that sleep deprivation may lead to increased resilience to social defeat. The most significant decrease in Δ FosB expression was found in the prelimbic cortex, a change associated with resilience, and which was observed after chronic sleep deprivation. Contrarily, there was also an increase of Δ FosB expression in the nucleus accumbens.

Conclusion:

These findings indicate that changes in Δ FosB activation in the brain is a significant factor for promoting resilient behavior in situations of social stress. In particular, a decrease in Δ FosB activation in the PLC plays a role in explaining how sleep deprivation contributes to decreased social resilience in situations of social stress.

511 - Examining the Impact of Individualized Music for Patients on A Geriatric Psychiatry Unit

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Background: Clinicians are encouraged to use non-pharmacologic interventions first as part of the treatment of responsive behaviours due to mental health conditions. Music therapy is an example of such an intervention. In recent years, there has been an increased research focus on individualized music (IM) because it considers patient's personal music preferences. However, the findings of whether IM listening is more beneficial than general music listening has been inconsistent.

Objective: This study is to further compare the effects of IM and elevator (baseline) music listening on enjoyment behaviours of geriatric inpatients.

Methods: Fifteen participants were recruited from a geriatric psychiatry unit in an acute tertiary mental health facility in British Columbia, Canada. Their mean age was 74 years and their mean MMSE was 18. Each participant attended two 30-minute music listening sessions. Each session included a 15-minute baseline music playlist and a 15-minute IM playlist. The sequence of the two playlists was counterbalanced for each participant across the two sessions. The IM playlists were created by interviewing each participant with a personalized music preference questionnaire. The baseline (elevator) playlist was simply consisted of instrumental, non-lyrical jazz and classical music and was the same for every participant. The enjoyment behaviors during the sessions for each participant were measured by the Enjoyment Behavioral Coding Scheme (EBCS), which was developed for this project based on previous literature and was shown to have a good inter rater reliability.

Results: The average total scores of the EBCS across two sessions of IM and baseline music listening were calculated for each participant. Paired samples t-test was used to compare the scores. Though the mean total score of the EBCS for IM session was higher than that for the baseline session, the t-test showed the difference did not reach statistical significance.

Conclusion: Participants appeared to enjoy both the IM and baseline music sessions equally.