

Intergenerational community-based interventions embedded within neighbourhoods may provide a first avenue of mental health support.

### **P39: Predictors of loneliness in Chilean informal caregivers of people with dementia during the COVID-19 pandemic**

**Authors:** Miranda-Castillo, C\*; Valenzuela, M; Slachevsky, A; Thumala, D; Olavarría, L; Pinto, A; Lema, J; Gajardo, B.

**Objective:** The aim of this study was to determine the predictors of loneliness in informal caregivers of people with dementia in Chile during the Covid-19 pandemic.

**Methods:** 195 Chilean informal caregivers responded to an online or telephone survey. They were asked about sociodemographic aspects, clinical and caregiving changes experienced by them and the person with dementia during the pandemic, perceived psychosocial support and loneliness.

**Results:** Less years of formal education, lower income, low level of support with care tasks, living with the person with dementia, low social support, high levels of burden and depressive and anxious symptomatology were significantly related to higher loneliness. In contrast, carrying out physical and mental activity was significantly associated with lower feelings of loneliness. Almost half of the variability of loneliness was explained by higher depressive and anxious symptomatology ( $\beta = 0.53$ ), low psychosocial support ( $\beta = -0.29$ ) and living with the person with dementia ( $\beta = 0.16$ ) (adjusted  $R^2 = 0.48$ ).

**Conclusion:** The risk of developing loneliness in informal caregivers of people with dementia is high. Special emphasis should be placed on developing interventions that improve the mental health of this group, as well as increasing their contact with formal and informal support networks. Thus, they would be able to cope with care tasks in a better way, reducing the likelihood of experiencing feelings of loneliness.

### **P40: Character strengths as protective factors for the psychological well-being of grandparents**

**Authors:** Leyre Galarraga Cristina Noriega Javier López Gema Pérez-Rojo

**Objective:** The aim of this study was to comprehend the role of character strengths as protective factors of grandparents' psychological well-being. Following the Lazarus and Folkman's stress model, our analyses incorporated three groups of variables (sociodemographic data, stress, and protective factors).

**Method:** A sample of 536 grandparents participated in the study, which an average age of 70.23 ( $SD = 7.17$ ). We conducted staged stepwise regression analyses to test our hypotheses.

**Results:** Our results evidenced that younger grandparents and those providing supplementary care showed higher levels of psychological well-being than non-caregivers. Moreover, the analyses suggested that sociodemographic variables and the caregiving role lost their significance when psychological resources were taken into account. The character strengths of optimism, courage, humor, justice, problem-solving, and emotional intelligence explained the 32.7% of psychological well-being variance.

**Conclusions:** Our study stands out the influence of character strengths on the well-being of grandparents who develop a role as supplementary caregivers for their grandchildren. It is essential to carry out psychoeducational programs that enhance the resources that can benefit the psychological well-being of grandparents.

## **P42: Experiential avoidance and gratitude impact in emotional distress among old people post COVID-19 crisis**

**Authors:** Cristina Velasco, Javier López, Gema Pérez-Rojo, Cristina Noriega, M<sup>a</sup> Isabel Carretero, Patricia López, Leyre Galarraga.

Some studies have shown that older people experience less experiential avoidance and more gratitude when they were compared with younger people (López, 2020). These variables might be important to improve the mental health of older people, especially in crisis situations. **Objective:** Investigate the relationship between experiential avoidance (EA), gratitude and distress in old people post crisis COVID-19. **Methods:** A cross-sectional study was carried out. Data from 361 people older than 60 years. The mean age was 68,44 (SD= 5.31), 62.9% were woman. The sample included in the cross-sectional analysis consisted of who provided data on the Acceptance and Action Questionnaire - II (AAQ-II; Bond et al., 2011), Gratitude subscale of the Values in Action Inventory of Strengths-Short Form (Littman-Ovadia, 2015) and Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983). Pearson's correlations were used to explore the relationships among study variables including EA, gratitude, and emotional distress. Lineal regression analyses were used to investigate the incremental explained variance in emotional distress according to the main hypotheses. Standardized regression coefficients  $\beta$  were used to determine the relative contribution of these variables. **Results:** EA and gratitude were negatively correlated ( $r=-.27$ ;  $p<.000$ ). Gratitude and emotional distress were negatively correlated ( $r=-.30$ ;  $p<.000$ ). EA and emotional distress were positive correlated ( $r=.61$ ;  $p<.000$ ). Regression analyses indicated that AAQ-II and gratitude were significant predictors of emotional distress among old people. AAQ-II and gratitude were added. AAQ-II and gratitude were significant predictor of emotional distress  $R^2_{adj}=62.7\%$  explain the model. **Conclusion:** EA and gratitude are powerful factors to predict emotional distress in a crisis among older people. EA is an important construct in the understanding of emotional distress. This is an initial step to deep in the process of internal experiences and promoting gratitude can be very beneficial to generate programs to promote mental health in old people.

## **P46: Subjective cognitive decline and frailty status: results from the Compostela Ageing Study**

**Authors:** David Facal, Alba Felpete, Lucía Pérez-Blanco, Ingri Sandoval, Ana Nieto-Vieites, María Campos-Magdaleno, Cristina Lojo-Seoane

**Objective:** The relationship between objective cognitive performance and physical frailty has been explored in the recent literature and cognitive frailty has emerged as a strong field of study in psychogerontology. However, less is known about the relationship between subjective cognitive status and physical frailty. The aim of this communication is to present the relationships found between subjective cognitive decline and physical frailty in the third wave of the Compostela Aging Study, the first in which frailty status has been studied.

**Methods:** Cognitive and neuropsychological, functional, and affective assessment was conducted with persons over 50 years of age with subjective memory complaints in the health area of Santiago de Compostela. 149