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Development of a comprehensive Chinese Successful Aging Scale Incorporating the viewpoints of older adults

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The current study examined levels of daily NA among people (N=413) who participated in three waves of the National Study of Daily Experiences (~1996; ~2008; ~2017). At each wave, participants reported how often they had experienced six negative emotional experiences every day for eight consecutive days. Cross-sectional analyses at each time-point show age-related decreases in NA. Trajectories over time, however, were moderated by age (Est = .006, SE = .002, $p = .001$), revealing a curvilinear pattern. Among people who were 25-50 years-old at the first wave, daily NA decreased over time, with decreases more pronounced among the younger adults. For people at least 50 years-old at the start of the study, daily NA increased over time, with the slopes steepest for older adults. Findings indicate that cross-sectional and longitudinal age-related patterns in NA differ when examining data collected from 1996 to 2017.

CHARACTERIZING PERCEIVED CONTROL OVER DAILY STRESS: LONGITUDINAL CHANGES AND ASSOCIATIONS WITH AFFECT

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Perceived control is an important psychosocial correlate of healthy aging. Using data from the National Study of Daily Experiences (N=1,047, M=55.82 years, SD=10.35, 57.27% Female), we examined cross-sectional age-related differences and longitudinal aging-related change in perceived control over daily stress across 10 years and explored the influence of stressor control on negative affect (NA) and positive affect (PA). Stressor control, NA, and PA were obtained from telephone interviews over 8 consecutive days in measurement bursts conducted in ~2008 and ~2017. Longitudinal analyses revealed significant declines in stressor control across 10 years ($p < .001$). Cross-sectional analyses revealed marginally lower stressor control among older individuals ($p < .10$). Within-person associations revealed lower NA and higher PA on days when stressor control was higher than usual ($ps < .001$). Results suggest that stressor control declines with age and holds promise as an important component of daily stress processes with relevance for health and well-being outcomes across the lifespan.

Session 2315 (Paper)

Successful Aging

DEVELOPMENT OF A COMPREHENSIVE CHINESE SUCCESSFUL AGING SCALE: INCORPORATING THE VIEWPOINTS OF OLDER ADULTS

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Inspiring by Martinson and Berridge's (2015) systematic review, the current definition of successful aging (SA)

fails to acknowledge the laypeople's conceptualization of SA. Adopting a mixed-method approach, two studies were conducted with the aim of soliciting older adults' perceptions of SA and to develop a multidimensional instrument for assessing SA. Study 1 was a qualitative study and 27 community-dwelling older adults (Mage=68.07 years, SD=7.10, range=60-83; 56.3% females) were interviewed. Interview transcripts were analyzed, and seven themes were emerged. An initial item pool for the Successful Aging Scale (SAS) was then established based on these themes as well as those in the SA literature, such as acceptance and independence. Study 2 was a survey study which was conducted among 414 community-dwelling older adults (Mage=64.50 years, SD=4.01, range=60-82; 55.3% females) to identify optimal items for constitution of the SAS. Exploratory factor analysis revealed a 12-factor solution, accounting for 62% of the variance. The 12 factors are adequate health, perceived constraints, flexible attitudes toward life, acceptance of age-related change, life embracement, active engagement, harmonious family, supportive friendship, civic awareness, social contribution, living independently, and adaptive coping strategies. The 12 factors exhibit similar strength of associations with most of the well-being measures, but certain factors show stronger correlation with depressive symptoms and social relationship, suggesting the uniqueness of each factor. Overall, the SAS demonstrates promising psychometric properties. These findings disclose that the older adults' perceptions of SA could cover broader dimensions than those in Rowe and Kahn's model (1997).

I THINK I AGE GRACEFULLY: A FOCUS GROUP STUDY OF SUCCESSFUL AGING CONCEPTIONS AMONG OLDER WOMEN LIVING WITH HIV

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Our previous quantitative research found high prevalence of self-rated successful aging (SA) among older (age ≥ 50) women living with HIV (OWLH) enrolled in the Women's Interagency HIV Study (WIHS). However, little is known about how OWLH define SA. Most studies have examined SA among predominantly white men living with HIV. Therefore, the purpose of our qualitative study was to examine subjective understandings of SA among OWLH and, as a comparison group, older HIV-seronegative women at risk of HIV. Four focus group discussions (FGD) were conducted among 23 participants (12 OWLH, 11 HIV-seronegative). These women were recruited from WIHS participants previously enrolled in our quantitative study of SA, "From Surviving to Thriving" (FROST), at two WIHS sites - Atlanta and Brooklyn. At each site, we conducted two FGD - one with OWLH and one with older HIV-seronegative women in February-March of 2019. Participants were, on average, 56 years old (range, 51-70), 78% Black, and 60% with annual income \leq \$12,000. A team of coders conducted