

## EMOTIONAL HEALTH AND MORTALITY OF OLDER PARENTS OF CHILDREN WITH SERIOUS DEVELOPMENTAL DISABILITIES

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Caring for a child with serious developmental disability (SDD) involves stress as parents age and anticipate the child's future welfare. There are few studies of older parents of children with SDD. We followed parents for 18 years using the Panel Study of Income Dynamics (PSID). We defined SDD as: (1) autism, intellectual disability, learning disorder, epilepsy with seizures, attention deficit disorder/attention deficit hyperactivity disorder, or cerebral palsy; requiring (2) qualification for services and serious lasting impairment evidence. We used the PSID and its Child Development Supplement (1997-2007, 2014), linking children's and parents' data, with 5,780 parent-child dyads and 45,534 analytic observations. Parent outcomes included physician-diagnosed anxiety or depression, psychological distress (Kessler K6), and death. Discrete-time hazard analysis controlled for child and parent characteristics, and survey design. We identified parents of: Group 1, children without SDD or challenging behaviors; Group 2, SDD without challenging behaviors; Group 3, challenging behaviors without SDD; Group 4, SDD with challenging behaviors. Among parents ages 60+ and compared to Group 1, Group 2 through 4 odds ratios for anxiety/depression were, respectively, 1.28 (95% confidence interval, 0.63-1.92), 1.79 (1.35-2.24), and 2.62 (2.25-2.99),  $p$ -trend  $<.0001$ . Group 4 mental health risks were particularly high when children lived with the older parent: for anxiety/depression OR 6.75 (3.00-15.21), and distress OR 8.83 (3.58-21.77). At ages 60+ mortality was higher for parents of children with SDD (relative risk, RR 2.38, 1.21-4.67), especially Group 4 (RR 4.64, 1.39-15.47). Parents of children with developmental disabilities need emotional support, respite, and interventions addressing challenging behaviors.

## EMOTIONAL SALIENCE AND INTERPERSONAL PROBLEMS IN DEPRESSED OLDER ADULTS WITH PERSONALITY PATHOLOGY

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Research demonstrates reciprocal relationships between personality and depression as well as the important role interpersonal conflicts play, but rarely explores these risk factors

in older adults. This study aimed to examine relationships of personality traits, processes, and the impact of emotional involvement and distress during an interpersonal conflict on depression in older adults. The study also investigated whether emotional involvement or interpersonal distress moderate the relationship between personality pathology and depression. Depressed middle and older adult inpatients ( $N=37$ ; mean age=65.73,  $SD=7.81$ ; 56.8% female; 86.5% White/Non-Hispanic) completed self-reports and interview-based assessments regarding personality traits (NEO-FFI Neuroticism, Agreeableness), interpersonal problems (IIP-25), and depression (GDS). Narrative responses regarding an interpersonal conflict were obtained and rated for contamination themes as well as emotional involvement and distress. Overall, findings indicated that living with others predicted higher depression ( $p=.046$ ) and was related to higher neuroticism and interpersonal problems. Personality traits (Neuroticism) ( $r=.485$ ,  $p=.001$ ) and processes (Interpersonal problems-trend) ( $\beta=.307$ ,  $p=.058$ ), as well as higher levels of emotional distress ( $r=.486$ ,  $p=.001$ ) and involvement ( $r=.475$ ,  $p=.001$ ) in an interpersonal conflict were also tied to depression in bivariate but not multivariate analyses. The moderating effects of emotional involvement or distress on the relationship between personality and depression were not supported. Depressed older inpatients who live with others appear at higher risk of depression. Personality traits and processes may be more distal risk factors for depression. Findings are discussed in relation to stress generation as well as clinical implications targeting emotional regulation.

## EXAMINING NOSTALGIA IN OLD LIFE: ANTECEDENCE AND OUTCOME

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Nostalgia is a self-conscious, bittersweet but predominantly positive and fundamentally social emotion. The regulatory model of nostalgia suggests that experiencing nostalgia can buffer against social threat (e.g. social exclusion) by providing individuals with sense of social connectedness (Sedikides, et al., 2015). In the current research, we propose that this salutary effect of nostalgia may be stronger among older adults compared to younger adults because older adults value social meaningfulness to a greater extent. Fifty-nine younger adults ( $Mage = 20.15$ ,  $SD = 0.215$ ) and 56 older adults ( $Mage = 71.02$ ,  $SD = 0.679$ ) completed daily questionnaires three times a day for ten consecutive days, and reported their emotional experience and social activities. Results showed that perceiving social threat was positively correlated with nostalgia experience reported at the subsequent time point, and this association was stronger among older adults. In addition, nostalgia positively correlated with subsequent social activities among the older participants but not among the younger participants. These findings highlight that nostalgia brings beneficial psychological (sense of social connectedness) and behavioral (social engagement) outcomes to older adults.