

## 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 $\Delta$ 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  $\Delta$ FosB, a protein known to mediate resilience to stress and the direct effect of sleep deprivation on  $\Delta$ FosB expression in areas known to mediate resilience to social stress. We hypothesize that  $\Delta$ 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  $\Delta$ FosB expression in various sections of the brain.