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Home Institutions: Freie Universität Berlin, Division of Health Psychology & German Centre of Gerontology

Receiving Institutions: Institute for Research in Extramural Medicine (EMGO), Vrije Universiteit Amsterdam

University of Zurich (UZH): Center for Gerontology; UZH Institute of Psychology; Division of Applied Psychology; Life-Management and Division of Gerontopsychology

## Objectives

- The process of adoption and maintenance of health behaviours will be studied across the whole adult age range (age-sensitive approach).
- Concepts from **health psychology** (self-regulation), **lifespan psychology** (Selection, Optimization and Compensation strategy-use: SOC; time perspective) and **applied gerontology** (cognitive resources) will be combined for an innovative age-sensitive intervention design to lay the foundations for successful ageing in all age groups.
- The interplay between health behaviours and objective (e.g. functional status, biological frailty markers) as well as subjective indicators of successful ageing will be studied longitudinally using a **multidisciplinary approach**.

## Home Institution Projects

### Ageing Workforce Intervention:

- Lifespan sample (18-65 years); health behaviour change intervention vs. control group.
- ➔ *Are time-perspective and SOC strategy-use moderators of intervention success?*

### Strategy-use and Time-perspective Intervention:

- Older sample (60-80 years); Two interventions based on the Health Action Process Approach:
  - Standard Intervention
  - Age Specific intervention based on SOC strategy-use and future time perspective (Socioemotional Selectivity Theory).
- ➔ *Can the concepts of time-perspective and SOC strategy-use be implemented as successful intervention components?*

## Mobility Period Projects

### Longitudinal Aging Study Amsterdam (LASA):

- Linking health behaviours as well as risk behaviours to the following outcomes longitudinally: inflammation biomarkers (such as IL-6), functional decline as well as time-perspective (e.g., subjective age).

### Integrative Analysis of Longitudinal Studies on Aging (IALSA):

- Analysing data as part of the international collaborative research network on changes in health and cognition.

### Developmental Changes in Health-Related Self-Regulation:

- Identifying important moderators of age-sensitive health behaviour change interventions.

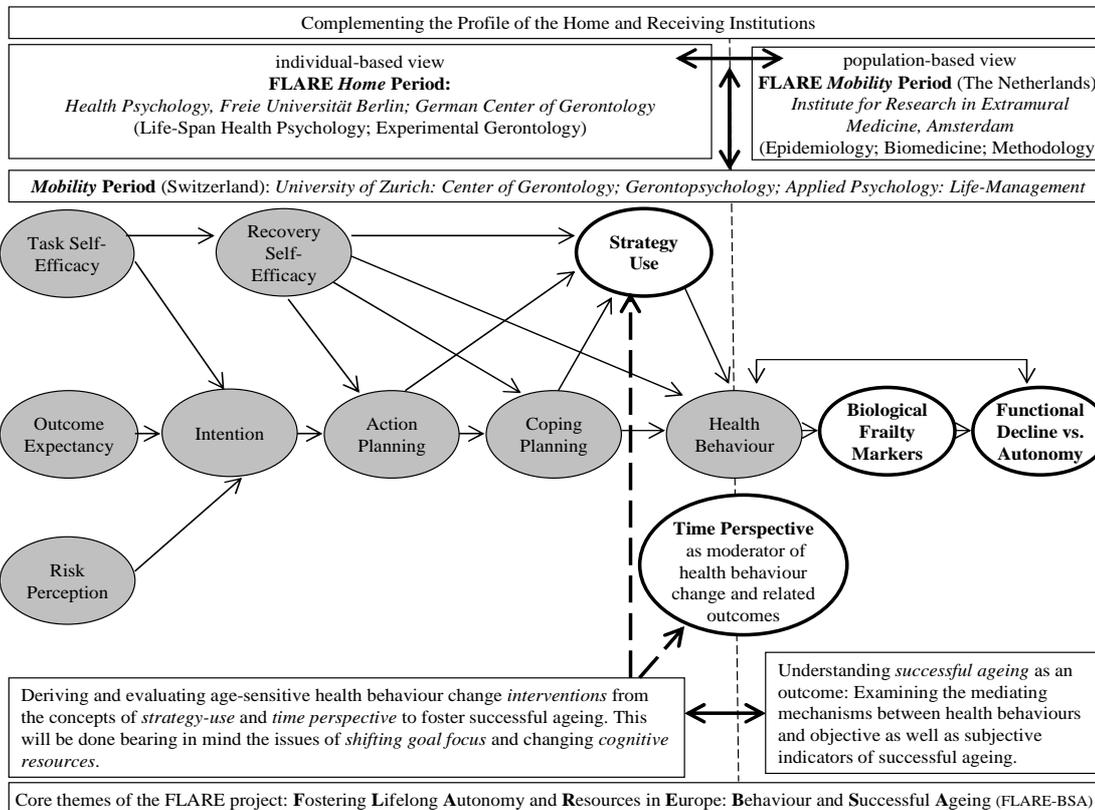


Figure 1. Theoretical and conceptual model of the FLARE-BSA projects.

## Method

- Two age-sensitive longitudinal health behaviour change intervention projects were designed. The first intervention is completed and the second is well under way.
- Multidisciplinary data from extensive longitudinal ageing studies is currently analysed and is written up for publication.
- The Longitudinal Aging Study Amsterdam (LASA) was extended with FLARE-BSA concepts as part of a new measurement point.

## Results

- Novel approaches to support health behaviour change in an age sensitive way were derived from existing studies and the first FLARE-BSA intervention study and are now being tested in a further longitudinal intervention study.
- Using data from the Interdisciplinary Longitudinal Study of Adult Development (ILSE) new knowledge was gained about the interplay between health behaviours and successful aging giving further insights how we can make sure not only to add years to life but to add life to years.
- In a book project key concepts of risk and protective factors for optimal health in old age will be published. This publication resource will guide the health care systems as well as individuals where to prioritize investments to ensure optimal ageing.

## Work in Progress

- FLARE-BSA has now completed most of its periods abroad and continues its multidisciplinary collaboration with all three receiving institutions.
- At the two home institutions a major intervention fostering health self-regulation in older adults will be completed in 2010.
- Thus both at the receiving and the home institutions the empirical projects were successful and results were already presented at national as well as international conferences and are written up for publication.
- FLARE-BSA is now part of the network "Integrative Analysis of Longitudinal Studies on Aging (IALSA) which has a high potential for further cross-national collaboration.