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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	Home Institution Projects	Mobility Period Projects
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- 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**.

- 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?*

- 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.

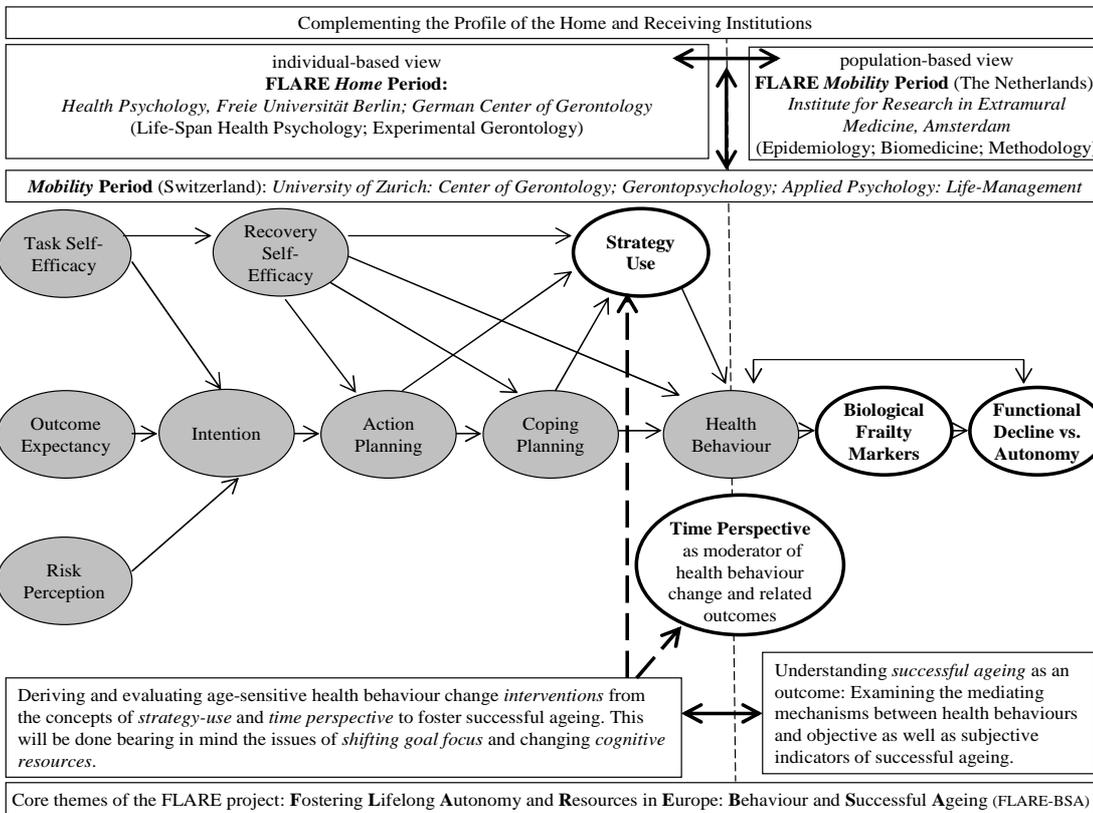


Figure 1. Theoretical and conceptual model of the FLARE-BSA projects.



Method	Anticipated Results	Work in Progress & First Results
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- Two age-sensitive longitudinal health behaviour change intervention projects will be designed.
- Multidisciplinary data from extensive longitudinal ageing studies will be used.
- Extending the Longitudinal Aging Study Amsterdam (LASA) with FLARE-BSA concepts as part of a new measurement point.
- The proposed FLARE studies are longitudinal and partly experimental (RCTs), based on objective data wherever possible.

- Novel approaches to support health behaviour change in all age groups (using the early life phases as foundation for successful development and optimal health in old age).
- Extending knowledge about interplay between health behaviours and successful ageing (as indicated by both objective and subjective parameters) which will yield further insights how we can make sure not only to add years to life but to add life to years.
- Innovative model of risk and protective factors for optimal health in old age, which then can be used to guide existing health care systems as well as individuals where to prioritize investments to ensure optimal ageing.

- FLARE-BSA has now started its period abroad and 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 launched in February 2009.
- Thus both at the receiving and the home institutions data collection is on its way and first results will be presented in 2009.
- A special section edited by the principal investigator on "Theory-Based Approaches on Stress and Coping" which also highlights lifespan aspects of stress and coping and resilience will be published in the European Psychologist.
- FLARE-BSA has informed the "Expert Workshop on Quality of Life in Old Age" which was supported by the Jacobs Foundation as part of the XXIX International Congress of Psychology.

