of the tailored Savvy program. For psychosocial outcomes, there were trends in greater care planning, increases in asking friends/family for support, and decreased loneliness. Additional research is needed on culturally-relevant aging services and behavioral interventions for care providers of LGBTQIA+ persons living with ADRD.

Session 3575 (Symposium)

MARGRET M. AND PAUL B. BALTES AWARD LECTURE: OPTIMISM AND HEALTH: RESOURCE OR DELUSION?
Chair: Eileen Crimmins
The lecture will be given by the 2020 Baltes Award recipient, William Chopik, PhD, of Michigan State University. The recipient of the 2021 Baltes Award is Laura B. Zahodne, PhD, of the University of Michigan. The Margret M. and Paul B. Baltes Foundation Award in Behavioral and Social Gerontology recognizes outstanding early-career contributions in behavioral and social gerontology. The award is generously funded by the Margret M. and Paul B. Baltes Foundation.

OPTIMISM AND HEALTH: RESOURCE OR DELUSION
William Chopik, Michigan State University, East Lansing, Michigan, United States

There is a general, widely-held belief that optimism is always a good thing. While there is much previous research suggesting that optimists enjoy several health and wellness benefits, there is also a large body of research suggesting that optimism is not always advantageous. Examining how optimism develops and changes across the lifespan may give us insight into how we use optimism and allow us to determine if and when optimism is helpful or maladaptive. In this talk, I will review evidence debating the efficacy of optimism, as well as examine how optimism develops across the lifespan. I also discuss how life events may or may not impact the developmental trajectory of optimism. Lastly, I address currently unanswered questions and emphasize the contextual nature of optimism’s advantages. Ultimately, being persistently optimistic about the future is a nearly universal human trait. But the exact contexts in which this positive thinking is helpful—or ever—is an intriguing question that speaks to how we think about ourselves, how we think about others, and how we think about our many possible futures.

Session 3580 (Paper)

Marriage and Health

MARITAL QUALITY AND HEAVY ALCOHOL USE AMONG OLDER COUPLES
Angela Curl, Jennifer Bulanda, and Amy Restorick Roberts, Miami University, Oxford, Ohio, United States

Supportive marital relationships may reduce partners’ problematic health behaviors, whereas unhappy relationships may lack efficacious spousal monitoring of health and increase the likelihood of using maladaptive coping strategies, such as heavy alcohol use, to deal with relationship problems. We used pooled data from the 2014 and 2016 waves of the Health and Retirement Study to examine how both partners’ perceptions of marital quality were associated with heavy drinking. Our analytic sample included married couples in which both spouses were over age 50, completed the leave-behind psychosocial questionnaire, and provided non-missing data on marital quality and alcohol use (n=2,095 couples). Measures included both positive and negative dimensions of marital quality and controls for sociodemographic, economic, health, household and marital characteristics. Using Proc Glimmix, we estimated a dual-intercept Actor-Partner Interdependence Model (APIM), in which separate equations were computed simultaneously for husbands and wives. For husbands, higher negative marital quality was associated with an increase in the odds of their own heavy drinking (OR=1.27), but there was no significant association between wives’ marital quality and husbands’ heavy drinking behavior. For wives, marital quality was not significantly associated with their own heavy drinking, but husbands’ higher ratings of both negative and positive marital quality increased the risk of wives’ heavy drinking (OR=1.60 and OR=1.75, respectively). Results suggest that marital quality is associated with heavy drinking in later life: self-ratings of marital quality matter for men, whereas spousal perceptions of marital quality are more important for women.

MARITAL STATUS, MARITAL TRANSITIONS, AND SLEEP QUALITY IN MID TO LATE LIFE
Kristin August, Rutgers University, Camden, Camden, New Jersey, United States

Sleep is an important behavior in the prevention and management of chronic conditions in later life. Marital status may account for variability in sleep quality, but little is known about this association in the later part of life or how transitions into and out of marriage are related to changes in sleep quality. This study used the resource model and crisis model as frameworks to understand how marital status and marital transitions were related to sleep quality in mid to late life and whether these findings differed by gender. Interview data from 2,872 participants 50-74 years old (M=59.77 years; 63.7% women) from the ORANJ BOWL, a longitudinal panel study in New Jersey, were used. Marital status and sleep quality were examined in two waves approximately 10 years apart. All analyses controlled for health and sociodemographic characteristics. Weighted regressions revealed that individuals in committed romantic relationships and women had worse sleep quality than those in other marital status groups and men (p<.005). Weighted fixed effects regressions revealed that compared to individuals who remained married, individuals who remained divorced or widowed or who became widowed had better sleep quality, whereas those who became divorced had worse sleep quality (p<.05); individuals who transitioned into marriage had better sleep quality than those who remained divorced or widowed (p<.03). Findings differed depending on the index of sleep quality examined. Efforts to understand which middle-aged and older adults are most vulnerable to sleep disturbances can inform the design of interventions to promote better sleep quality.