ASSESSING SLEEP QUALITY IN OLDER ADULTS: A COMPARISON OF THREE MEASUREMENT APPROACHES

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Discrepancies between subjective and objective sleep measures have been reported for some time; however, it is critical to consider the implications of inaccurate or incomplete sleep assessment for frail older adults who are struggling to maintain independence. To compare sleep assessment methods, we collected objective sleep measurements (via wrist actigraphy), subjective measures via self-report sleep surveys (Pittsburgh Sleep Quality Index; Insomnia Severity Index, Sleep Hygiene Index), and qualitative data through semi-structured audio-recorded interviews, from 8 older adults who self-reported sleep problems while living in a retirement community in southwestern US. Participants’ objective sleep (Total Sleep Time, Sleep Onset Latency, Wake After Sleep Onset, and Sleep Efficiency) and qualitative narratives were congruent, but self-report measures failed to capture several unique sleep problems identified in the sample. Disordered sleep in older adults has been linked to increased incidence of falls, depression and anxiety, cognitive impairment, institutionalization, and mortality, but traditional sleep assessment instruments, designed for the general adult population, fail to capture many of the experiences and causes that are unique to older adults functioning. A sleep assessment tool designed to measure older people's sleep experiences could provide more accurate and sensitive data.

PRIMARY CARE PROVIDER ATTITUDES AND PERCEPTIONS OF ROUTINE COGNITIVE SCREENING IN OLDER ADULTS

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The 2011 Annual Wellness Visit (AWV) Medicare benefit includes a cognitive screening component intended to improve screening of older adults. However, available literature only presents physician perspectives on cognitive screening prior to 2011. The purpose of this study was to explore primary care provider (PCP) attitudes and perceptions of cognitive screening in older adults. An Internet-based survey link was sent to Virginia professional organizations and clinics to distribute to PCPs serving older adults. Likert scale, multiple choice, and free response questions were used to understand current attitudes, perceptions, and practices. The sample (N=39) was comprised of 26 nurse practitioners (NPs), 9 physicians, and four who did not disclose role. Most participants were aware of the AWV (n=31, 88.6%) and agreed that early detection “promotes earlier diagnosis and access to resources” (mean ± standard deviation, 1.58±0.69). However, less than half of NPs screened annually (n=10/26, 38.5%) and even less conducted screening during an AWV (n=7/26, 26.9%). About half of MDs conducted cognitive screening during an AWV (n=5/9, 55.6%). Although NPs screened less, they more strongly agreed that screening should occur annually (1.92±1.15 vs. 2.67±1.23) and “additional training would improve [screening] ability” (2.04±1.0 vs. 3.22±1.20). Also, few NPs independently managed impairment (n=5/26, 19.2%) compared to MDs (n=5/9, 55.6%). Our findings demonstrate that NPs screen less and feel less prepared to conduct cognitive screenings. It is important to provide additional resources and training for all PCPs, but especially NPs who are rapidly entering primary care to help improve identification and management of cognitive impairment.

PSYCHOMETRIC PROPERTIES OF THE PHQ-9 AND CESD-R DEPRESSION MEASURES WITH OLDER ADULTS

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Our understanding of older adult depression has been impeded by the paucity of assessment instruments with validity evidence for older adults. Therefore, measures of depression that were initially developed for use with younger adults are commonly used with older adults as well, such as the Center for Epidemiological Studies Depression Scale-Revised (CESD-R; Eaton et al., 2004) and Patient Health Questionnaire-9 (PHQ-9; Kroenke, Spitzer, & Williams, 2001). The CESD-R (Jiang et al., 2019; Van Dam & Earleywine, 2011) and PHQ-9 (Indu et al., 2018; Levis, Benedetti, & Thoms, 2019) have strong psychometric support for their use with young adults, and are two frequently used depression measures. In light of age-related differences in the experience and presentation of depression (e.g., Balsamo, et al., 2015; Fiske, Wetherell, & Gatz, 2009; Hybels, Laderman, & Blazer, 2012; Wuthrich, Johnco & Wetherell, 2015), the present study examined the psychometric properties of these instruments with older adults. Two-hundred-and-seventy-seven older adults (ages 65 and older) completed an online survey including the PHQ-9, CESD-R, and instruments measuring several other constructs with anticipated relations to depression (anxiety, general depression, positive and negative affect, self-esteem, personality traits, and satisfaction with life). The relation between the two depression scales and measures of the other constructs were examined. Both the PHQ-9 and CESD-R evidenced good internal consistency reliability (α = .82 and .83, respectively) and strong correlations in anticipated directions with many of the related constructs. These results support the use of the CESD-R and PHQ-9 with community-dwelling older adults.

SESSION 10140 (LATE BREAKING POSTER)

ATTITUDES ABOUT AGING

ADAPTING TO HEALTH CHANGE: AGING BIAS, SENSITIVITY, AND INTERPROFESSIONALISM IN AN AGING SENSITIVITY TRAINING

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GSA 2020 Annual Scientific Meeting
SENIOR ADULTS: DOES BODY IMAGE MATTER?  
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Through the theoretical framework of the Social Comparison Theory, the current study will examine general attitudes and perceptions of body image in senior adults who are currently participating in organized recreational activities. Participants between the ages of 50 years of age and older participating in organized recreational programs in the Southeast will be administered the Sociocultural Attitudes Toward Appearance Scale (SATAQ) to measure participants’ body image as influenced by general media, athletic and sport figures, as well as pressure to conform to the media ideal. The Figure Rating Scale will be administered, and is composed of nine drawings of bodies that progressively increase in size from very thin to overweight. Pearson product moment coefficient of correlation will be used to determine the association of scores between the SATAQ and Figure Rating Scale.

RELATIONSHIP WITH GRANDPARENTS AND YOUNG ADULTS' ATTITUDES ABOUT AGING AND FUTURE-ORIENTED TENDENCIES  
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It is important but always challenging to restrain from immediate temptations and behave conscientiously for long-term goals. Constructive interactions with older adults may promote young adults’ positive attitudes about aging. With a brighter later adulthood in mind, young adults may then manifest a higher level of future-oriented tendency in their behaviors. The current study recruited 371 college students (Mage = 22.43, SDage = 2.88; 203 females) from Hong Kong. They completed an online survey about their interaction with the closest grandparent, attitudes about aging, and measures related to future-oriented tendencies (i.e., consideration of future consequences, healthy lifestyle, and impulsiveness). Parental intimacy and demographic information were assessed as potential covariates. Supporting the hypotheses, more interaction with grandparents was related to more positive attitudes about aging, $\beta = .40$, SE = .11, p < .001. More positive attitudes about aging was then related to more consideration of future consequences, $\beta = .14$, SE = .07, p = .03, healthier lifestyle, $\beta = .16$, SE = .06, p = .005, and less impulsivity, $\beta = -.10$, SE = .03, p < .001. Bootstrapping tests for the indirect effects from interaction with grandparents to the future-oriented outcomes through positive attitudes about aging were all significant as well. Although the current cross-sectional data could not confirm the causal links among the variables, the results provide some initial insight on how older adults can foster a long-term orientation in younger generations and contribute to the sustainable development of our societies through constructive intergenerational interactions.