individuals who wish to continue with their employment. Many lose their positions before receiving a diagnosis, whilst others take sick or disability leave or early retirement. The process of understanding what is happening and coping with this new situation is highly individualistic and involves several transitions. The MCI@work project is an international initiative taking place in Canada, Finland, and Sweden where we examine these transitions through the personal narratives of individuals who have either currently or recently gone through the experience of developing dementia whilst in the workforce. From these data, we have developed a framework for understanding the transitions experienced by people who develop dementia whilst in the workforce. The aim is to assist individuals and their employers to better understand the needs of people living and working dementia as well as engage in appropriate actions that support choices and dignified transitions either within the context of employment or out of the workforce.

SESSION 2470 (SYMPOSIUM)

USING INTENSE LIFESPAN DATA TO GAIN DEEPER INSIGHT INTO COPING AND EMOTION REGULATION PROCESSES

Chair: Claire Growney Co-Chair: Jennifer Bellingtier Discussion: Carolyn Aldwin

Effective coping and emotion regulation are important for well-being across the lifespan. Successful maintenance or improvement in these processes are often invoked as explanations for age-related stability or enhancement of well-being. In this symposium, we leverage intensive data to gain a deeper understanding of how individuals manage daily emotions and stressors, critically examining evidence for age-related differences and similarities. Growney and English used experience sampling to examine interpersonal emotion regulation in adults aged 25-85, finding a negative association between age and interpersonal emotion regulation strategy use, but evidence suggesting more effective interpersonal emotion regulation in older age. Bellingtier and colleagues present evidence for age similarity in flexible emotion regulation strategy use across hassle domains in an experience sampling study of adolescents and adults aged 14-88, noting that hassle domain differentiation was associated with emotion regulation strategy use. O’Brien and Neupert used daily diaries to examine associations between daily stressor appraisals and affect in adults aged 60-90, identifying daily negative self-views of aging as a moderator which may be particularly consequential in older adulthood. Cerino and colleagues used data from the National Study of Daily Experiences to examine relationships between perceived stressor control and daily affect, highlighting differing findings across domains of interpersonal stressors. Finally, a discussion will center on the value of considering both age-related similarities and differences, age-relevant factors for successful emotion regulation and coping (e.g., negative and positive aspects of social relationships, views of aging), diverse contexts in which these processes occur, and statistical considerations with micro-longitudinal approaches.

MOMENTARY INTERPERSONAL EMOTION REGULATION IN AN ADULT LIFESPAN SAMPLE

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Older adults are theorized to maintain emotional well-being by drawing on their available resources, such as social partners who support their emotional goals. In the present study, adults (N = 290) age 25-85 completed an experience sampling procedure (6x/day for 10 days) in which they reported their current emotions and use of interpersonal emotion regulation (IER) strategies. Unexpectedly, older age was associated with lower overall use of IER strategies. Results from multilevel models indicate that within-person associations between IER strategy use and positive affect were strongest among older adults, with older adults experiencing highest positive affect on occasions where they report engaging in IER. Between-person associations between IER strategy use and negative affect were only present among younger and middle-aged adults, indicating that younger individuals who use IER more on average tend to have higher negative affect. Findings highlight the role of social partners in older adults’ emotional wellbeing.

MOMENTARY EMOTION REGULATION ACROSS HASSLE DOMAINS

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Adapting emotion-regulation strategy use to flexibly match contextual features of a hassle is thought to aid in effective coping. We investigated if hassle domains are a pertinent feature for understanding emotion-regulation strategy selection in the everyday lives of adolescents through older adults. Participants, ranging from 14 to 88 years old (N = 325), completed an experience sampling study of approximately 9 days over a 3-week period. At each momentary assessment, participants reported on their affect, hassles, and emotion-regulation strategies. Our findings indicated that strategy use varied by domain. For example, distraction was most common in the health domain, whereas emotion expression was least likely to be used at work or school. More strategies were used when hassles were associated with multiple domains. However, greater domain differentiation was not associated with reduced hassle reactivity. Findings were similar across ages suggesting domains may similarly relate to strategy selection across the lifespan.

DAILY STRESSOR APPRAISALS AND SELF-VIEWS OF AGING PREDICT SAME-DAY AFFECTIVE RATINGS

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Prior work suggests that more frequent or higher exposure to stressors relates to less positive affect and more
negative affect in daily life. Limited knowledge exists about whether subjective appraisals of such stressors (i.e., perceived negative impacts on daily routine, personal health and safety, and finances) also have negative links to daily well-being. This study examines this link using data from an 8-day daily diary study (n=675 days) in an online sample of older adults (n = 110 people, ages 60-90). We also explored potential psychological moderators particularly relevant to the experience of aging (i.e., self-views of aging, S-VOA). Results from multilevel models indicate that people reported more negative affect and less positive affect on days with more negative appraisals, especially on those days when they also had more negative self-views of aging. These findings highlight S-VOA as psychological resources that help people cope with stressful events in everyday life.

DAILY ASSOCIATIONS BETWEEN STRESSOR CONTROL AND AFFECT VARY AS A FUNCTION OF STRESSOR TYPE
Eric Cerino1, Susan Charles1, Jacqueline Mogle1, Laura Klepacz2, Jennifer Piazza2, Jonathan Rush2, and David Almeida2, 1. Northern Arizona University, Flagstaff, Arizona, United States, 2. University of California, Irvine, Irvine, California, United States, 3. The Pennsylvania State University, University Park, Pennsylvania, United States, 4. Department of Psychological Sciences, Northern Arizona University, Flagstaff, Arizona, United States, 5. California State University, Fullerton, Fullerton, California, United States, 6. University of Victoria, Victoria, British Columbia, Canada

Perceived control is an important psychosocial correlate of emotional well-being. Using data from the National Study of Daily Experiences (N=1,797, M=55.82 years, SD=10.35, 57.27% Female), we examined how self-reported control over different types of stressors (arguments, avoided arguments, work, home, network) was associated with negative affect (NA) and positive affect (PA). Over 8 consecutive days in waves conducted in ~2008 and ~2017, people reported their daily NA, PA, and control over stressors they had experienced. Within-person associations revealed lower NA on days when stressor control was higher than usual (p<.001), driven by control over arguments, avoided arguments, and work stressors specifically. PA was higher on days when individuals perceived greater control over avoided and actual arguments (p<.001), but lower on days when individuals perceived greater control over network stressors (p<.01). Results suggest the facilitative role of control over daily stress for emotional well-being depending on the type of stressor experienced.

SESSION 2480 (SYMPOSIUM)
WHY LOOKING AT THE FUTURE? FROM PSYCHOLOGICAL TO CONTEXTUAL MOTIVATORS
Chair: Yaeji Kim-Knauss Co-Chair: Frieder Lang
Discussant: Christiane Hopmann

Human beings can represent future events, anticipate future consequences, and act in light of those representations to achieve the most favorable outcomes in the future. Although future-oriented thoughts or behaviors concern distant and delayed rewards than the present and instant ones, their roles in people’s well-being and successful aging have been well-reported. Therefore, what motivates or differentiates such future-oriented thoughts and behaviors has been a central focus in developmental psychology. With a particular interest in future-oriented phenomena regarding age and aging, we look at the roles of psychological or contextual factors that drive views on aging and old-age preparation. Cohn-Schwartz et al. examine how having contacts with older adults benefits self-views on aging via changes in aging stereotypes. Park & Hess explore how importance attached to functioning and perceived control over functioning in different domains predict old-age preparation and compare patterns across different age groups. Fung et al. propose that perceived control, self-relevance, and responsibility for old-age preparation could mediate the well-reported cultural differences in old-age preparation. Rupprecht et al. investigate the adaptivity of approach and avoidance motivation in old-age preparation across different life domains, cultures, and age groups. Kim-Knauss & Lang looks at how the experience of social restrictions during the pandemic functions as a ‘wake-up call’ and thus induces people to engage in old-age preparation. Taken together, we suggest that various psychological appraisals and contexts shape future-oriented thoughts and behaviors, but these may vary across cultures, age groups, and target domains.

PANDEMIC-RELATED SOCIAL RESTRICTIONS INCREASED THE URGENCY AND ENGAGEMENT IN OLD-AGE PREPARATION
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We investigated whether people who perceive more restrictions on social contacts during the pandemic set an earlier deadline to prepare for social connectedness in old age (i.e., the latest still good age to start preparation) than they had perceived in the pre-pandemic time. We also looked at whether this change in the deadline induces the engagement in the preparation concerning the same domain. We first fit the data obtained from 356 German adults in 2018 and 2020 (aged 22–95 years) to a change score model. The deadline for preparing for social connectedness in old age was set about 23 years earlier in 2020 compared to that reported in 2018. We found that perceiving more social restrictions during the pandemic predicted this shorter deadline, which in turn, induced greater engagement in the preparation. A possible consequence of the pandemic may be related to an increased motivation to prepare for old age.

BENEFICIAL EFFECTS OF CONTACT WITH OLDER ADULTS FOR AGE STEREOTYPES AND SELF-VIEWS OF AGING
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