

SELF-PERCEPTIONS OF AGEING:

ASSOCIATIONS WITH HEALTH-ENHANCING BEHAVIOURS AND HEALTH AT THE INDIVIDUAL AND INTERPERSONAL LEVEL



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Due to population ageing, the number of people experiencing physical health conditions and cognitive impairment is increasing. Because health conditions and cognitive impairment have a detrimental impact on individuals, their families, healthcare systems, and the economy, promotion of health maintenance in older age is a global public health priority. Negative self-perceptions of ageing (e.g., believing that ageing equals poor health) may be a modifiable risk factor for health conditions and cognitive impairment as they cause people to abandon or ignore health-enhancing behaviours.

In this talk we will first provide an overview of literature linking self-perceptions of ageing with health-enhancing behaviours and indicators of mental, physical, and cognitive health at the individual level. We will then introduce the rationale for exploring self-perceptions of ageing, health-related behaviours, and health at the interpersonal level with a specific focus on couples (i.e., spouses or cohabiting partners). In this regard we will present preliminary evidence from the Socio-Economic Innovation Sample SOEP-IS, the Couples and Healthy Ageing Project, and a recent pilot study on how positive and negative perceptions of ageing, health (including cognitive functioning), and health-related behaviors relate to each other.



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Campus Mundet
Department of Clinical
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