

German Wall) and continued to recount many little incidents (e.g., a child asking an unretiring teacher if she is now "done with retirement"). Additionally, participants not only reminisced about work itself (i.e., what jobs were like) but equally about workplace relationships (e.g., particularly positive or negative relations with supervisors). Despite difficult times at work, participants reported that they were now at peace with how things went and generally satisfied with their current lives. We discuss how the type (i.e., big or small) and content (i.e., work- or relationship-focused) of retirees' memories and positive meaning-making (i.e., recounting work lives in a positive light) may contribute to well-being and propose a conceptual model for future research.

EMOTIONS SURROUNDING THE 2018 MIDTERM ELECTIONS

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Over the adult life-span there is a self-reported shift in daily life emotions towards feeling less negative and more positive. We hypothesized that variations in emotion regulation behavior over the life-span could explain why aging is associated with this "rosy glow". We collected survey data from 400 adults on Prolific (18-90, M = 47, SD = 16) at three time points: once before and two times following the 2018 Midterm Elections. We collected political engagement ratings, baseline emotion ratings, emotion ratings following the election, and self-reported emotion regulation behavior (e.g., situation modification, situation selection, reappraisal, seeking social-support). In our analyses we treated age as a continuous variable predicting differences in emotion ratings and emotion regulation reports. Consistent with past research, age predicted a decrease in negative and an increase in positive emotions at baseline (before the election). Controlling for political affiliation and we found that age predicted a lower likelihood of using social support regulation and situation modification. We also found that age was inversely predictive of the use of multiple strategies, such that younger adults are more likely to rely on a larger array of regulatory strategies than older adults. These results suggest that age-related differences in self-reported emotions in daily life may be attributed to a reduction in regulation-strategy usage over the life-span, and perhaps a reduced need to regulate negative emotion.

SESSION 1390 (POSTER)

MENTAL HEALTH

RELATED FACTORS OF MENTAL HEALTH WELL-BEING IN THE PARTICIPANTS OF SENIOR CITIZENS' COLLEGE

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The aim of this study was to clarify the mental health well-being and its related factors of participants in senior citizen's college. The participants were 364 persons (age 69.4+/-6.1) aged sixty years or over living in Hyogo Prefecture, Japan. We conducted a cross-sectional study that

included age, family structure, employed status, self-related health, presence of chronic disorders, Instrumental ADL (TMIG index of competence score), dietary variety score (1-10), cognitive social capital, structural social capital, the scales of grandchild-grandparent relationships, Japanese version of the abbreviated Lubben Social Network Scale (LSNS-6), the frequency of going outdoors, and Mental health well-being was assessed using the Japanese version of the World Health Organization Mental Health Well-being Index-five items, WHO-5. We carried out the surveys in October in 2018. The total score of WHO-5 was 19.6+/-4.7 among all participants. From the results of multivariate logistic regression analysis, "social isolation" (OR=4.001, 95%CI=1.584-10.043) was independently associated with low mental health well-being (WHO-5). These results suggest that, to advance the well-being of the elderly, it is necessary to develop and implement the projects which promote social functions including close relationship with others, neighbors or family members.

MEASURING MINDFULNESS IN OLDER ADULTS: A LITERATURE REVIEW OF EXISTING MEASURES

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Mindfulness is the process of non-judgmental, present-moment awareness and has increasingly been used in psychotherapy. Self-report measures that assess mindfulness are vital in clinical research and practice in order to determine the effectiveness of mindfulness-based psychotherapies. Many mindfulness measures have been developed, but it is unclear which measures have been validated with older adults. The purpose of this review was to identify measures that have been validated in adults age 50 and older. PubMed was searched through March 2019. Search terms were "mindfulness" and terms denoting measurement (e.g., "measure," "measurement"). Review articles, dissertations, and non-English publications were excluded. Articles were independently evaluated by three raters. Studies describing measures that did not exclusively evaluate mindfulness were excluded. Sixty-two articles were included and described 27 mindfulness measures. The most frequently studied measures were the Five Facet Mindfulness Questionnaire (n=13) and the Mindfulness Attention Awareness Scale (n=14). Only three psychometric studies had a participant sample with a mean age of 50 and over, with one study having a sample with a mean age of 71. The measures evaluated in these studies were the Five Facet Mindfulness Scale and Langer Mindfulness Scale. Eighteen studies included some older adults, though the numbers were not large enough to yield a mean age over 50. Validation of mindfulness measures in adults age 50 and over has been largely neglected. Additional psychometric research is needed to validate commonly used measures in this population.

THE AGING JOURNEY RAILWAY, ILLICIT DRUG (DE) RAILS, AND CARE: OLDER USERS IN BRAZIL AND PORTUGAL

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