

WORKPLACE PROSOCIAL ACTIVITIES AND DAILY WELL-BEING DURING COVID-19

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Workplace prosocial activities, such as providing unpaid assistance to colleagues, has been linked to better well-being. However, little is known about how these associations unfold in daily life. This study examines how prosocial activities at work are associated with daily well-being during the COVID-19 pandemic. A sample of 22 employees (aged 22-69 years) from a wealth management firm reported their daily activities and well-being on 10 consecutive workdays. On days when individuals provided help to someone they work with, they experienced higher positive affect, and greater enjoyment and interest at work, compared to days when they did not provide help. Individuals who provided more help reported greater meaning at work. Initial findings suggest that workplace prosocial activities have positive implications for daily well-being during the pandemic. Subsequent analyses will examine whether these findings replicate in a separate sample of working adults. Age differences in helping and meaning will be discussed.

Session 4445 (Symposium)

SLEEP, ACTIVITY, AND WELL-BEING IN PERSONS WITH DEMENTIA: FINDINGS FROM THE HEALTHY PATTERNS TRIAL

Chair: Nancy Hodgson

Discussant: Darina Petrovsky

Irregular sleep-wake patterns are common in persons living with dementia (PLWD), pose a great burden to caregivers, and are the principal causes of distress and institutionalization of PLWD. A growing body of research supports the importance of activity-based interventions to reduce the frequency and intensity of sleep wake disruption, reduce neuropsychiatric symptoms, and improve quality of life. To date, there are no studies linking sleep disruption and well-being with the nature and timing of activity. This session focuses on lessons learned from the Healthy Patterns Study - a randomized trial of a home-based activity intervention in 200 dyads of PLWD and their caregivers (NCT03682185). Session 1 focuses on the main findings from the clinical trial. Session 2 focuses on the cultural adaptation of the timed activity protocol to improve quality of life (QOL), improve sleep and reduce neuropsychiatric symptoms in older Latinos Session 3 describes the community outreach efforts used over a one-year period to recruit a diverse sample of PLWD and their caregivers for the Healthy Patterns trial. Session 4 examine the relationship between caregiver mastery and neuropsychiatric symptoms in PLWD. Together these findings highlight the complex role of sleep and wake activity in promoting well-being in persons with dementia.

EFFICACY OF A TIMED ACTIVITY INTERVENTION TO IMPROVE SLEEP: FINDINGS FROM THE HEALTHY PATTERNS STUDY

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We conducted a two-arm RCT with dyads of 200 persons living at home with dementia (PLWD) who reported sleep disruption and family caregivers. Components of the Healthy Patterns intervention included: 1) assessing PLWD functional status, preferences and interests; 2) educating caregivers on environmental cues to promote activity and sleep; and 3) training caregivers in timed morning, afternoon, and evening activities. Outcomes included: PLWD quality of life, sleep, and neuropsychiatric symptoms. Sleep-wake patterns were assessed using wrist actigraphy and proxy-reported measures. The main intervention effects were tested using ANCOVA. The average age of participants was 73.4 years, 67% were female, 80% were African American/Black). At 4 weeks, the intervention group demonstrated less sleep-related impairment ($p = 0.0031$) and reported higher quality of life than the control group ($p = 0.0074$). These results provide new fundamental knowledge regarding the effects of timing activity on sleep and well-being.

A CULTURALLY ADAPTED TIMED-ACTIVITY RCT FOR LATINOS WITH ADRD AND CAREGIVERS: FEASIBILITY, ACCEPTABILITY, AND EFFECTS

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Latinos are twice as likely to develop Alzheimer's disease (AD) compared to non-Latino whites, yet, account for <2% of clinical trial participants in AD research. This randomized controlled trial examined the feasibility, acceptability and effects of a culturally-adapted timed-activity intervention designed to promote quality of life (QOL) and reduce behavioral symptoms in older Latinos with AD and their caregivers. Healthy Patterns [Pautas Saludables] was implemented among 40 Spanish-speaking dyads. Measures assessed at baseline and 4 weeks post-intervention, indicate improvements in sleep efficiency ($p=.06$) and QOL ($p=.01$) among intervention participants. Pautas Saludables was found to be feasible and acceptable. Intervention attendance rate was >90% with low attrition ($n=0$); no adverse events. Most (74%) rated timed-activity sessions as helpful and appropriate; 58% recommended refreshers. Results provide evidence that Latinos with AD will participate in clinical trials and can improve on key health outcomes, when interventions are adapted to meet their cultural needs.

EFFECTIVE RECRUITMENT STRATEGIES FOR COMMUNITY-DWELLING PERSONS LIVING WITH DEMENTIA AND THEIR CAREGIVERS

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