

Cross-sectional and longitudinal studies showed that subjective age – individuals' perceptions of their own age as older or younger in relation to their actual age, is an important predictor of physical, cognitive, and mental health. Despite some initial findings suggesting that subjective aging responses to variations in the daily experiences, less is known about how daily and momentary experiences shape how old people feel, and how their perceived age affects their daily experiences. In this symposium, five studies using daily diaries and experience sampling methods will be presented and discussed to explore how subjective aging affects, and is affected by, daily changes. In the first presentation, Neupert will discuss her findings regarding the covariation of anticipatory next-day health-related stressors and coping with felt-age, suggesting that forecasting and coping with future stressors play a role in subjective aging. Presenting findings from his experience-moment-sampling study, Hughes will discuss the momentary association between subjective age and mind wandering. Zhang and Segel-Karpas will present findings from studies focusing on attitudes towards aging. Zhang will focus on state vs. trait subjective aging, exploring their association with daily variability in control and competence, while Segel-Karpas will focus on the moderating role of attitudes in the daily associations between subjective age and mental health. Finally, Shrira will present a study of rehabilitation patients, finding that subjective aging is related to physical and mental health, especially for patients with high age-awareness. Professor Lachman will lead a discussion.

A MICROLONGITUDINAL ASSESSMENT OF SUBJECTIVE AGE AND MENTAL HEALTH DURING REHABILITATION

Amit Shrira¹ Yuval Palgi² Noemi Heyman³
Oleg Zaslavsky⁴ and Ehud Bodner⁵, 1. Bar Ilan University, Ramat Gan, Israel, Israel, 2. University of Haifa, Haifa, Hefa, Israel, 3. Shoham Geriatric Center, Pardes Hanna-Karkur, HaZafon, Israel, 4. University of Washington, Seattle, Washington, United States, 5. Bar-Ilan University, Ramat Gan, HaMerkez, Israel

Recent ecological momentary assessments focused on the concomitants of daily views on aging among community-dwelling participants, yet clinical samples are underexplored. Hence, this study examined the relationships between views on aging and daily mental health during rehabilitation following osteoporotic fractures and cerebrovascular events. Measures of daily subjective age, psychological distress, and mental health were assessed among 132 older adult patients (mean age=77.9, SD=7.5, 65.9% women). Multilevel models showed that on days patients felt younger, they reported lower psychological distress and higher mental health. Time lagged analyses further showed reciprocal effects between subjective age and mental health. Finally, the subjective age-mental health covariance was stronger among patients high on age awareness. The suddenness and brutality of acute medical events highlight subjective age as an important factor in patients' wellbeing, especially among those more attentive to their age. These findings suggest that practitioners should consider interventions focused on patients' age identity.

DAILY FLUCTUATIONS IN SUBJECTIVE AGE AND MENTAL HEALTH: THE ROLES OF CHRONOLOGICAL AGE AND ATTITUDES TO AGING

Dikla Segel-Karpas¹ Amit Shrira,² and Ehud Bodner²,
1. University of Haifa, Haifa, Israel, Israel, 2. Bar-Ilan University, Ramat Gan, HaMerkez, Israel

Studies indicate that subjective age – individuals' perception of their own age as older or younger than their chronological age, is related to their depressive symptoms. Less is known about the role that attitudes towards aging might play in this regard. 334 participants (age 30-90, M=58.15) reported their subjective age and depressive symptoms every day for a period of 14 days. Attitudes to aging were measured at baseline. Results indicated that daily subjective age was related to daily variation in depressive symptoms. Furthermore, we found that attitudes to aging (psychosocial losses, gains and physical changes) moderated the subjective age-depression relationship, such that it was stronger when psychosocial losses were high, and when physical changes and gains were low. The moderating effect of losses was especially prominent for older participants. This indicates that the general perception of aging moderates the toll that feeling old takes on mental health.

FEEL YOUNGER, THINK YOUNGER? THE RELATIONSHIP BETWEEN MOMENTARY FLUCTUATIONS OF SUBJECTIVE AGE AND MIND-WANDERING

Matthew L. Hughes,¹ and Dayna Touron¹, 1. The University of North Carolina at Greensboro, Greensboro, North Carolina, United States

Subjective age is susceptible to day-to-day influence from external factors (e.g., stress), but it is not known how it fluctuates throughout the day. Mind-wandering, when one's concentration is not on the task at hand, can be induced in a laboratory, but less is known about older adults' mind-wandering in everyday life. This pre-registered study used experience sampling to investigate the relationship between mind-wandering and subjective age. Participants ages 50 years and older carried iPods for 7 days. Participants received 8 daily probes asking questions about mind-wandering and subjective age. Subjective age was assessed using an unmarked sliding scale between 0 and 120 years. For the first time, we demonstrated subjective age fluctuation within each day, with an average coefficient of variation of 12.40 (range 9.73–47.56). Participants also reported mind wandering about 34% of the time. Multilevel modeling provides insight into the relationship between everyday fluctuations of subjective age and mind-wandering.

FORECASTING AND COPING WITH FUTURE STRESSORS PREDICTS DAILY SUBJECTIVE AGE

Shevaun D. Neupert,¹ Shevaun D. Neupert,¹ and Xianghe Zhu¹, 1. North Carolina State University, Raleigh, North Carolina, United States

Stressors are associated with higher subjective ages, but the role of forecasting and coping with future stressors is unknown. 223 adults (107 aged 18-36, 116 aged 60-90) reported their subjective age, forecasts of next-day health stressors, and anticipatory coping with next-day health stressors each day for eight consecutive days. There was no