

showed reduced discrimination for actions that they had also performed themselves. The two groups were equally likely to falsely remember having performed an action that had only appeared in the videos, but young adults were better able than older adults to correctly identify the actions that they had in fact performed. Older adults thus have greater difficulty than young adults at distinguishing self-performed actions from actions performed by other people. This suggests the existence of common representations for the actions of oneself and others that must be bound to identity information to specify the correct source of the actions.

EVALUATION OF EPISODIC AND LEXICAL METAMEMORY AND EXECUTIVE FUNCTION IN HEALTHY OLDER ADULTS

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In older adults, it is important to maintain awareness of memory as well as memory performance. However, it is not clear whether the awareness of episodic and lexical memory changes with age and is related to self-evaluation of memory and executive function. Here age-related changes and the relationship between metamemory, executive function, and metamemory scale were investigated. Healthy old ($n=40$) and young ($n=34$) groups participated in this study. In the episodic memory task, participants were asked to memorize ten Kanji words and to estimate the number of words they could recall after ten minutes. In the lexical memory task, they rated the likelihood that they could write a target Kanji word written in hiragana and then wrote them down. They were also asked to complete the metamemory in adulthood (MIA) and the position stroop task. In the episodic and lexical memory and the position stroop task and MIA subscales, the performances of the younger group were significantly better than those of the older group. In the episodic memory task, there were correlations between the metamemory and MIA subscales in both groups, but in the lexical memory task, only in the old group. No correlation was found between the results of both memory tasks and the stroop test. These results suggest that older people overestimate memory performances in the episodic and lexical memory tasks and metamemory performances may be associated with self-evaluation of memory. In addition, metamemory might not be related to frontal lobe function as shown in executive function tasks.

FRAILITY AND PROCESSING SPEED PERFORMANCE AT THE CUSP OF MIDLIFE IN CATSLIFE

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Frailty is an important multi-domain measure of health status and aging. Processing speed (PS) performance may be predictive of later frailty among older adults, but the interrelation between frailty and PS at the cusp of mid-adulthood is unclear. Using data from the ongoing Colorado Adoption/Twin Study of Lifespan Behavioral Development and Cognitive Aging (CATSLife; $N = 1213$;

Mean age = 33.22 years; $SD = 5.0$), we constructed a 24-item frailty sum score across anthropomorphic, objective health, and perceived health and engagement measures based on the Accumulation of Deficits model. PS was measured using the Colorado Perceptual Speed (CPS) and WAIS-III Digit Symbol (DS) tests. All mixed-effects regression models accounted for clustering among siblings, and covariates included sex, age, race, ethnicity, and educational attainment. Intraclass correlations (ICCs) [95% CI] for frailty among siblings, adjusted for sex and age, ranged from near zero for siblings in adoptive families, .13 [.08-.30] for nonadoptive siblings/fraternal (DZ) twins, and .44 [.40-.48] for identical (MZ) twins, suggesting possible heritable influences. Poorer PS performance was associated with higher frailty, but was significant for DS only (B: DS = -0.43, $p = .005$). Furthermore, the DS-frailty association was magnified by age (B: DSxAge = -0.06, $p = .025$), suggesting that the associations between processing speed and frailty may increase with age. These findings help elucidate the interrelationship between indicators of frailty and cognitive performance for adults approaching midlife, a salient and understudied period within lifespan development.

HIGH COGNITIVE LOAD SITUATIONS WITH DIFFERENT CONVERSATION TOPICS AFFECT WALKING SPEED AND COGNITIVE COMPLEXITY

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Walking and talking on the phone are common high-cognitive-load-situations (HCLS; e.g. dual-tasks), requiring extra attentional allocation and increasing perceived stress. We explored whether two load types, 1) single-task (ST) walking or talking on a phone and 2) HCLS walking while talking on a phone, influenced walking and/or cognitive performance among young ($n=7$; age=23.00±2.08yrs), middle-aged ($n=14$; age=44.79±7.42yrs), and older ($n=15$; age=74.47±3.91yrs) adults while controlling for perceived stress. Participants completed 3-minute trials of single-task walking (ST-W), single-task phone conversations with common (e.g., weather; ST-C) and uncommon topics (e.g., life experience; ST-U), and walking while talking on a phone (HCLS-C and HCLS-U). Walking speed was analyzed with 3(ST-W;HCLS-C;HCLS-U) x 3(Age) ANCOVA. HCLS resulted in slower walking speed ($p < .001$). Older adults exhibited slower speed across conditions compared to young ($p = .015$). Cognitive complexity (i.e., conversational tone and words greater than six letters (SIXLTR)) on the Linguistic Inquiry and Word Count (LIWC) were analyzed with 2(Cvs.U) x 2(STvs.HCLS) x 3(Age) ANCOVAs. Older age was associated with less cognitive complexity; positive tone ($p = .014$) and SIXLTR ($p = .016$), respectively in conversations. Uncommon topics reduced positive tone ($p = .022$) and SIXLTR ($p = .003$). Effects of HCLS on tone ($p = .040$) and SIXLTR ($p = .005$) varied with age. HCLS with different conversation topics resulted in reduced walking and cognitive complexity while controlling for perceived stress. The analysis of cognitive complexity using common/uncommon conversation topics is a novel method to assess the impact of