

## THE LONG ARM OF CHILD MALTREATMENT AND MENTAL HEALTH IN LATER LIFE: THE EFFECTS OF MALTREATMENT AND FAMILY CONTEXT?

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**Purpose.** This article examines the role of family context in shaping the influence of childhood maltreatment on later life psychological well-being in the cultural context of Chinese society. **Method.** Data were drawn from the China Health and Retirement Longitudinal Study (CHARLS) baseline. Maltreatment was measured by corporal punishment by either mother or father in childhood. We used family violence, parents' family socioeconomic status (SES) and mental health to represent family context. **Result.** Our ordinary least square regression analysis shows that corporal punishment administered by a mother was associated with higher depressive symptoms ( $b=0.308$ ,  $p<0.05$ ) in later life while being hit by father did not result in higher depressive symptoms. Family contexts had residual ("long arm") influence on respondents' mental health: violence in the family, including being hit by siblings ( $b=0.657$ ,  $p<0.001$ ) and witnessing violence between parents ( $b=0.658$ ,  $p<0.001$ ) contributed significantly to higher depressive symptoms. **Conclusion.** Corporal punishment by parents had long term effects on mental health of their children in later life. Cultural values, such as filial piety did not eliminate the negative impacts of being hit in childhood on mental health in later life. Family contexts including violence between parents also played important roles in shaping the relationship between child maltreatment and mental health in later life. **Implication.** Our study offers important insights about the complex matrix of cultural traditions, social circumstances and diversity in dealing with child rearing stress and their consequences for later life mental health.

## USE OF COMMUNITY-BASED PARTICIPATORY RESEARCH IN MENTAL HEALTH STUDIES WITH OLDER ADULTS: A SYSTEMATIC REVIEW

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Community-based participatory research (CBPR), a bottom-up approach that community stakeholders and academics are involved equitably, is an effective approach for enhancing relevance and value in public health research and has gained popularity in recent decades. However, little is known about how CBPR can be used in mental health studies with older adults. This systematic review examined the current state of knowledge about how CBPR approach has been adopted in mental health research among older adults in different societies. According to the PRISMA guidelines, we searched five major databases and screened the literature using these criteria: 1) journal articles reporting use of CBPR in mental health research among older adults, 2) articles published in English language, 3) studies conducted in any settings with any mental health research. Initial search found 3,227 articles and preliminary screening identified 23 eligible

articles. We found that around 90% of studies were conducted in the West. Most studies adopted CBPR to develop community-based mental health interventions or to revise current interventions or models while addressing the cultural needs of their studied population. Few studies adopted CBPR to evaluate existing mental health workshops or programmes. The extent of involvement of older adults in the CBPR approach varied across studies, from questionnaire design to programme evaluation. Our review uncovered ways of CBPR implementation across different societies and elements of successful implementation in CBPR practices in mental health research among older adults.

## Session 4285 (Symposium)

### PODCASTS AND YOUTUBE VIDEOS: INNOVATIVE TOOLS FOR DISSEMINATING MENTAL HEALTH AND DEMENTIA EDUCATION TO THE PUBLIC

Chair: Regina Koepp

Co-Chair: Natali Edmonds

This symposium will discuss two examples of innovative public education tools used to disseminate evidence-based information to the general public about mental health and aging and Alzheimer's Disease and related dementias. The first is the Psychology of Aging Podcast hosted by Regina Koepp, Clinical Geropsychologist. Since its launch in April 2020, there have been 50 weekly episodes and more than total 25,000 downloads. The goal of the Psychology of Aging podcast is to facilitate access to information and education about mental health and brain health among older adults with the hope of de-stigmatizing mental health care for older adults, reducing ageism, and promoting access to mental health and dementia care for older adults and their families. The second is Dementia Careblazers, created and hosted by Dr. Natali Edmonds, board certified Geropsychologist. The goal of Dementia Careblazers videos is to offer easy to access information to family members who care for someone with dementia. In her weekly videos, Dr. Edmonds provides actionable, evidence-based information and resources focused on dementia caregiving in brief videos. Since its launch on YouTube November 2016, Dementia Careblazers, has 65,000 subscribers, has posted 231 videos, and has had more than 4 million views nationally and internationally. Drs. Koepp and Edmonds will discuss the role podcasts and YouTube videos play in public education and share tips for professionals wanting to start an evidence-based program of their own. This virtual modality may be of increased interest considering recent health risks through face to face interactions and advancements in technology.

### PSYCHOLOGY OF AGING PODCAST: PUBLIC EDUCATION TOOL FOR SHARING EVIDENCE-BASED MENTAL HEALTH AND AGING INFORMATION

Regina Koepp, *Center for Mental Health & Aging, Brookhaven, Georgia, United States*

Psychology of Aging Podcast, created and hosted by Dr. Regina Koepp, Clinical Geropsychologist, is the first podcast of its kind devoted solely to mental health and aging. The goal of the Psychology of Aging podcast is to facilitate access to information and education about mental health and brain