

ERQ reappraisal tended to be associated with negative emotion ($\beta = -.392, p = .067$) in multivariate analyses. Although comparisons were non-significant, effect sizes revealed that those who experienced daily suicidal ideation (C-SSRS) had lower reappraisal and higher brooding scores (Cohen's $d = 1.014 - 1.456$), as well as higher executive functioning (Stroop Color-Word trial) and overall cognition (DRS) scores (Cohen's $d = 0.625 - 0.792$) than less frequent ideators. Findings suggest that older inpatients with frequent suicidal ideation have poorer emotion regulation but may have more intact cognition and executive functioning than those with less frequent suicidal ideation.

INTERGENERATION BONDING: AN ACCEPTABILITY AND FEASIBILITY STUDY

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Social isolation and loneliness are detrimental risk factors to older adult's physical and psychological well-being and quality of life. Given the current situation of the COVID-19 pandemic, social isolation has risen. Social isolation affects younger adults as well and may increase the chances of depression and anxiety. In this study, we tested the acceptability and feasibility of an Intergenerational Bonding (IGB) Program with older and younger adults. Participants include students aged 19-29 at the University of Nebraska at Kearney and older adults above the age of 60 residing in the community. First, we surveyed younger and older adults to determine their interest level in participating in an IGB Program. Both groups of participants rated their interest in different activities. The most popular activities among both groups included engaging in conversations, board games, and an exchange of skills. Neither of the groups was in favor of participating in free housing opportunities or sports-related activities. Response rates were high in young adults but low in older adults, due to lack of trust. Then, in a pilot study, we measured the feasibility and acceptability of the IGB Program. Older adults residing in independent dwellings, assisted living environments, nursing homes and members of community groups were invited to participate in the intergenerational program. Response rates of older adults were low. Further, establishing collaboration with institutions such as nursing homes was not easy despite initial interest. Building trust and working with community activity group facilitators would be beneficial in recruiting older adults.

INTERNET USE AND COGNITIVE FUNCTIONING AT THE INTERACTION OF AGE AND GENDER AMONG OLDER ADULTS

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The positive relationship between internet use and cognition has long been documented in the gerontology literature, and researchers are consistently finding that internet use engages the brain in a way that improves cognitive functions

such as multitasking, information processing and executive thinking. While there are numerous studies examining this association, few studies have explored the three-way interaction between age, gender, and internet use on cognition. This study aimed to examine the gendered moderation effect of age on the relationship between internet use and cognition among older adults. The study sample was derived from the 2016 Health and Retirement study, which is a biennial longitudinal panel study of adults aged 50 and older in the United States. Multilinear regression models were used to examine the three-way interaction of age, sex and internet use on cognition while controlling for other covariates. Results showed that women gained a greater increase in cognition as a result of internet use as they became older, while men had the same amount of increase in cognition as a result of internet use regardless of age. This indicates that internet use can be a positive agent in improving cognition among older adults regardless of age and sex, and interventions should focus on increasing internet use among older adults, to ensure equitable access to the benefits of internet use on cognition.

MIND-BODY PRACTICE, PERSONALITY TRAITS, AND COGNITIVE PERFORMANCE: A 10-YEAR STUDY IN US ADULTS

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It is widely established that physical activity is associated with better cognitive outcomes, and accumulating evidence suggests that mind-body practice (MBP) may yield similar benefits. Personality is related to both daily activities and cognition, but its role in the association between MBP and cognition is not well understood. The current study examines bidirectional temporal associations between personality traits, MBP, and cognition in healthy adults. We used data from waves 2 and 3 (2004-2014) of the Midlife in the United States (MIDUS) study from a total of 2,050 individuals (age: $M=64$ years, $SD=11$, range=42 to 92; 56% women). We applied a cross-lagged regression analysis to examine bidirectional effects between MBP, Big Five personality traits, and two cognitive domains (episodic memory and executive function) and controlled for sociodemographic factors, health, and functional status covariates in wave 2. After controlling for covariates, MBP was independently associated with a more favorable change in episodic memory, but not in executive function. Regarding cross-lagged effects of cognitive function, episodic memory was related to subsequent MBP and agreeableness, and executive function was related to subsequent MBP, openness, and conscientiousness. Agreeableness had a negative effect on subsequent executive function. The findings point toward bidirectional associations between cognitive function MBP, while there was no evidence for cross-lagged associations between personality and MBP. Future research should guide us whether MBP can counteract cognitive decline as an alternative and complementary practice and the role that personality can play in such interventions.