

had similar risk factors, but pain was more strongly associated with physical functioning (higher sensitivity), and also more prevalent among women (higher exposure). The higher exposure to low educational level and not having a paid job also contributed to the lower physical functioning score among women. In contrast, smoking, mental health problems and a low educational level were more strongly associated with a lower physical functioning score among men and lower physical activity and higher BMI were more prevalent. So, few risk factors seem to contribute the more reported limitations in physical functioning among women aged 26 to 90 years. Our findings provide no indications for reducing this sex difference by promoting a healthy lifestyle but stress the importance of sex differences in pain, work and education.

## Session 4440 (Symposium)

### PSYCHOLOGICAL IMPACTS AND IMPLICATIONS OF AGING DURING A PANDEMIC

Chair: Joseph Mikels

Co-Chair: Laura Carstensen

Discussant: Susan Charles

Despite numerous losses associated with advanced age, older adults typically fare better than their younger counterparts in terms of psychological well-being. However, the COVID-19 pandemic has disproportionately threatened the physical and mental well-being of older adults. How have older versus younger adults been doing? The goal of our symposium is to shed light on this question through presentations of intriguing research findings regarding the psychological impacts of the pandemic on older adults. Stone and Mak will describe their work examining momentary changes in affect, activities, locations, and social interactions over time during the first several months of the pandemic for older individuals. Mikels and colleagues will report on completed and ongoing work illuminating the complex ways in which certain older adults have been faring well during the pandemic, whereas others not so much, with attention to underlying factors. Jeste will discuss a diverse line of research that has examined the relationships between loneliness, social isolation, and compassion in older adults before and during the pandemic. Chi and Carstensen will report on completed and ongoing research that links work and prosocial behavior to wellbeing with consideration of associated age differences. Collectively, these presentations will describe the complex and multifaceted psychological impact that the COVID-19 pandemic has had on older individuals, revealing the multiple ways in which they are resilient as well as vulnerable.

### CHANGES IN MOMENTARY EXPERIENCE WERE ASSOCIATED WITH THE ONSET OF THE COVID PANDEMIC

Arthur Stone,<sup>1</sup> and Hio Mak,<sup>2</sup> 1. *University of Southern California, University of Southern California/Los Angeles, California, United States*, 2. *University of Southern California, University Of Southern California, California, United States*

We explored the COVID-19 pandemic's effects on daily experience using momentary recordings of affect, activities,

locations, and social interactions, documenting changes in the pandemic's early stages. 123 individuals 50 years or older from an ongoing panel study completed 1-week bursts of Ecological Momentary Assessment (6/day) in March, May, and July. A pronounced spike in negative affect and decrease in positive affect was observed in late March compared with early March, which in May and June returned to early March levels. Levels of fatigue, however, did not follow this pattern. Being with one's spouse/significant other and family also increased, then decreased. Working and interacting with others dropped from early to late March and then remained steady; doing chores had the opposite pattern. Regarding location, being at the workplace dropped from early to late March and remained steady, and being at home had the opposite pattern. Additional analyses explored these patterns.

### AGE DIFFERENCES IN EMOTION AND COPING DURING THE COVID-19 PANDEMIC

Joseph Mikels, Nathaniel Young, and Alyssa Minton, *DePaul University, Chicago, Illinois, United States*

The COVID-19 pandemic unleashed a relentless stressor on the human species with numerous deadly risks. These risks have been disproportionately threatening to the health and wellbeing of older adults. Since April 2020, we have been studying how the pandemic has affected the emotional experiences of older and younger adults broadly in several studies. For instance, in one study, we found that older adults (N=176) experienced fewer negative emotions and coped with greater levels of agency than younger adults (N=181). In additional work, we have been examining how these age differences differ for older workers versus retirees as well as in minority populations. This work broadly supports and illuminates our recent theoretical framework that focuses on how evaluative appraisal processes underlie and contribute to age differences in emotional experience generally, but especially in the context of the stress experienced during a global pandemic.

### LONELINESS AND ISOLATION VERSUS WISDOM AND COMPASSION DURING THE PANDEMIC

Dilip Jeste, *University of California San Diego, La Jolla, California, United States*

Our studies of US national-level samples across adult lifespan as well as older adults in California and in Italy's Cilento region have found a consistently strong inverse correlation between loneliness and wisdom, especially its compassion component. Loneliness and social isolation are associated with worse physical and mental health while the reverse is true for wisdom and compassion. Follow-up of older adults in San Diego during the Covid-19 pandemic showed no change in this pattern. While the effects of the pandemic and the necessary social distancing were heterogeneous, older adults generally handled these stresses better than younger adults, with less loneliness and greater compassion. Our recent studies assessing EEG responses to emotional stimuli as well as alpha and beta diversity in gut microbiome showed opposing biological patterns characterizing loneliness and wisdom. I will also present preliminary data from a compassion training intervention to reduce loneliness among older adults.