EXAMINING THE RELATIONSHIP BETWEEN COGNITIVE FUNCTIONING AND SUBJECTIVE WELL-BEING ACROSS AGE

Francesca Falzarano,[1] Jillian Minahan,[1] Neshat Yazdani,[1] Karen L. Siedlecki,[1] and Timothy Salthouse[2], *1. Fordham University, Bronx, New York, United States, 2. University of Virginia, Charlottesville, Virginia, United States*

Higher levels of subjective well-being (SWB) are associated with myriad of positive outcomes, including better physical health. Several variables have been shown to predict SWB, including cognitive functioning. The relationship between aspects of SWB (positive affect, negative affect, and life satisfaction) and cognition were examined in participants (N = 5, 125) between the ages of 18- 99 years from the Virginia Cognitive Aging Project (VCAP). Participants completed a battery of cognitive tasks, including tests of verbal episodic memory, processing speed, reasoning, spatial visualization, and vocabulary. Cross-sectional analyses were conducted using structural equation modeling, using full information maximum likelihood estimation. In the models, the five latent cognitive constructs simultaneously predicted each of the SWB outcome variables separately. Age, education, gender, and self-rated health were included as covariates. Results show that reasoning was a significant unique predictor of negative affect (-.30), vocabulary was a significant unique predictor of positive affect (-.21), and spatial visualization was a significant unique predictor of life satisfaction (.21). Age moderation was examined by dividing the sample into three age groups (younger, middle-aged, and older). There was some evidence of age moderation. Namely, spatial visualization was a significant unique predictor of life satisfaction in the younger sample only. Reasoning and processing speed predicted negative affect in the younger group, whereas only reasoning predicted negative affect in the older group. In conclusion, in a large community-based sample spanning adulthood, there is evidence that cognition predicts aspects of SWB but there is variation across SWB outcome variables, and across age.

DOES CHANGE IN COGSTATE MONTHLY COGNITIVE MONITORING OF OLDER ADULTS TRACK WITH 2-YEAR CHANGE IN GLOBAL COGNITION?

Taylor J. Atkinson,[1] and Ross Andel[1], *1. University of South Florida, Tampa, Florida, United States*

CogState is a repeatable, accessible online cognitive testing suite with evidence of low practice effects that could be used as a monitoring tool to detect cognitive decline early. We compared participants' change in CogState to change in the Telephone Interview for Cognitive Status (TICS). Participants (N = 41, age M = 75.5, 66% female) completed monthly CogState and two TICS assessments over two years. Reaction time on a psychomotor speed task, attention task, and working memory task, and accuracy on a memory task were assessed. A TICS difference score was calculated to measure change. Standardized scores were used. Covariates were age, sex, and education. Paired t-tests indicated that participants performed worse on the TICS the second time, p = .02, Cohen's d = 0.39, but better on their last working memory task, p = .007, Cohen's d = 0.45, and their last memory task, p = .001, Cohen's d = 0.56. Growth curve models indicated CogState memory and working memory scores improved over time, ps < .05, by 0.17 SD accuracy units and 0.16 SD speed units, respectively. There were no significant TICS difference score by time interactions, indicating that changes in CogState were not related to change in TICS. CogState monthly repeat assessment did not track with change in the TICS, indicating that participants may become more proficient in task performance with repeated testing even while global cognition worsens. Despite prior evidence of low practice effects, less frequent assessment may still be warranted to avoid losing sensitivity to change.

EFFECTS OF MINDFUL FELDENKRAIS EXERCISES AND STRENGTH TRAINING ON COGNITIVE EXECUTIVE FUNCTION IN OLDER ADULTS

Gerhild Ullmann,[1] Yuhua Li,[2] and Meredith A. Ray[2], *1. University of Memphis, School of Public Health, Memphis, Tennessee, United States, 2. University of Memphis - School of Public Health, Memphis, Tennessee, United States*

Decline in cognitive function associated with aging is one of the greatest concerns of older adults and often leads to significant burden for individuals, families, and the health care system. This 3-arm randomized controlled trial (RCT) responds to the urgent need to identify strategies which can enhance and/or maintain cognitive vitality in older adults. The study is funded by the National Institute on Aging, and aims to examine the effects of both the mind-body exercise Feldenkrais and strength training on cognitive executive function in independent living older adults (N=90) age 65 to 85. Participants of the first wave (n=45) were randomized to a (1) Feldenkrais group, (2) strength training and (3) no-intervention control group. Intervention groups met twice a week for 12 weeks. Cognitive and physical performance measures of the NIH-Toolbox were used at baseline, post-intervention and at a 3-month follow-up. Results of changes in cognitive executive functions within and across groups will be presented. The findings will suggest if such interventions would be a viable low-cost option for older adults to maintain cognitive vitality and thereby impact the development of programs and guidelines for combatting decline in cognitive function.

COGNITIVE FUNCTIONING AMONG BREAST CANCER SURVIVORS AND NON-CANCER PARTICIPANTS: EVIDENCE FOR SIMILARITIES

Giancarlo Pasquini,[1] Brent J. Small,[2] Jacqueline Mogle,[3] Martin Sliwinski,[4] and Stacey B. Scott[1], *1. Stony Brook University, Stony Brook, New York, United States, 2. University of South Florida, Tampa, Florida, United States, 3. Penn State University, University Park, Pennsylvania, United States, 4. Penn State University, Center for Healthy Aging, University Park, Pennsylvania, United States*

Breast cancer survivors may experience accelerated decline in cognitive functioning compared to same-aged peers with no cancer history (Small et al., 2015). Survivors may show important differences in mean-level performance or variability in cognitive functioning compared to those without a history of cancer (Yao et al., 2016). This study compared ambulatory cognitive functioning in a sample of breast cancer survivors and an age-matched community sample without a history of cancer