

significantly reduced with age, whereas only internal details decline across age when scored with the Autobiographical Interview scoring procedure.

Conclusions: The new scoring protocol suggests that both mind's mind and mind's eye details undergo change with age, a finding that shares similarities and differences with results from the Autobiographical Interview scoring technique. Taken together, our results hint at a more elaborate set of detail types forming autobiographical memories that change with age, with implications for understanding episodic and semantic memory.

Categories: Aging

Keyword 1: aging (normal)

Keyword 2: memory: normal

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43 Mood and Everyday Function in Older Adults: Analyses of Self-report and Performance-based Measures of Everyday Function

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Objective: The relation between depressed mood and functional difficulties in older adults has been demonstrated in studies using self-report measures and has been interpreted as evidence for low mood negatively impacting everyday functional abilities. However, few studies have directly examined the relation between mood and everyday function using performance-based tests. This study included a standardized, performance-based measure of everyday action (Naturalistic Action Task, NAT) to test the prediction that report of depression symptoms are associated with self-report and performance-based tests of everyday function. Associations with anxiety symptoms and motivation/grit and everyday function also were explored.

Participants and Methods: 68 older adults without dementia were screened and recruited (n = 55, M age = 74.21, SD= 6.80, age range =

65 to 98) from the community and completed self-report measures of depression symptoms (GDS), anxiety (GAI), motivation (Short Grit-S), and everyday functioning (FAQ). Participants also performed the NAT, which requires completion of a breakfast and lunch task and is scored for task accomplishment, errors (micro-errors, overt, motor), and total time. Additionally, an informant also reported on the participant's everyday function. Spearman correlations were performed and results showing a medium effect size or greater are reported.

Results: Participant mood (GDS) was associated with self-reported function (FAQ; $r = .45$) but not performance-based measures of everyday function (NAT). Self-reported anxiety and motivation were not meaningfully associated with either self-reported or performance-based everyday function. Participant self-report (FAQ) and informant report of participant's function (I-FAQ) supported the validity of performance-based assessment as both were meaningfully associated with NAT performance (FAQ x NAT overt errors $r = .34$; I-FAQ x NAT micro-errors $r = .34$; I-FAQ x NAT motor errors $r = .49$).

Conclusions: Mood, but not anxiety or motivation, was associated with self-reported everyday function but not performance-based function. When considered alongside the meaningful relations between self/informant-report of function and everyday task performance, results suggest mood does not impact everyday function abilities in community-dwelling older adults without dementia. We suggest that frameworks to be reconceptualized to consider the potential for mild functional difficulties to negatively impact mood in older adults without dementia. Additionally, interventions and compensatory strategies designed to improve everyday function should examine the impact on mood outcomes.

Categories: Aging

Keyword 1: everyday functioning

Keyword 2: self-report

Keyword 3: mood disorders

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44 Dietary Nitrate Intake in Older Adults Associated with Increased Cognition and Reduced Depression