population increases, the number of older adults in need of mental health services also increases; however, little is known about the way older adults might utilize technology to inform mental health-related decisions. This study expands on the construct of eHealth Literacy by examining eMental Health Literacy, which is defined as the degree to which individuals seek, find, understand, and appraise basic mental health information and services online that are needed to inform mental health-related decisions. A sample of 244 older adults (M=68.34, range=65-82 years) were recruited online through Amazon Mechanical Turk. A structural equation model was estimated specifying eMental Health Literacy and psychological distress as predictors of extrinsic and intrinsic barriers to mental health services. After adding three correlated errors, the model achieved good fit (χ²(110)=329.20, p<.001, SRMR=.08, CFI=.93, TLI=.91, GFI=.86, RMSEA=.09). All indicators were significantly related to their latent construct (p<.001). The results indicated that, controlling for psychological distress, higher eMental health literacy was significantly related to fewer reported intrinsic barriers (β=.386, p<.001) and extrinsic barriers (β=.315, p<.001) to mental health services. Higher distress was also significantly related to more intrinsic barriers (β=.537, p<.001) and extrinsic barriers (β=.645, p<.001) to mental health services. These findings suggest that, as we move towards a more digital world, eMental health literacy could play a significant role in the way older adults navigate through the mental healthcare system.

MOOD LIFTERS: A PEER-LED MENTAL HEALTH PROGRAM FOR OLDER ADULTS VIA VIDEO CONFERENCING
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Effective and scalable mental health programs are greatly needed for older adults, given the vast majority in need do not receive formal mental health services. In this study, we adapted Mood Lifters—a peer-led, community-based program promoting mental well-being—to address the unique needs of older adults. The 14 weekly program sessions were delivered via Zoom. Twelve older adults (mean age = 69.7 years; 4 men, 8 women) enrolled; 9 completed the program (2 of 3 dropouts were due to health issues). A battery of validated measures administered within one week before and after the program assessed domains including depression and anxiety, stress management, and health behaviors. Compared to baseline, participants who completed the program showed significant improvements in perceived stress (p=0.03), sleep quality (p=0.02), and emotion regulation via cognitive reappraisal (p=0.06). Depression and anxiety symptoms (assessed by the Geriatric Depression and Anxiety Scales, respectively) were lower at program completion, although improvements were not statistically significant. No significant changes from pre- to post-test were reported in loneliness and health behaviors. Participant ratings of program satisfaction were very high (mean = 4.78/5, with 1=poor, 5=excellent). Results from this pilot test of Mood Lifters for Seniors suggest it is feasible and acceptable for outreach to older adults, with preliminary evidence of benefits in several domains related to mental health and wellness. Future randomized trials with larger, more diverse samples will be necessary to confirm program benefits.

PILOTING AN AUGMENTED REALITY LIFE REVIEW EXPERIENCE TO PROMOTE MENTAL HEALTH OUTCOMES IN AGING ASIAN AMERICAN WOMEN
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Asian-American older women report the highest prevalence of suicidal ideations and rates of completed suicide compared to other racial groups. Ironically, Asian-American communities report disproportionately low rates of formal mental health utilization—this may be attributed to the lack of culturally-relevant services and negatively ingrained perceptions of mental health aid. One potential solution that has not been widely investigated is the use of technology to help older Asian-American women engage in mental health interventions. This study leverages innovations in augmented reality (AR) technology (i.e., overlaying of digital holograms onto the real world) to create a life review intervention aimed at promoting mental health well-being. The application, Tell-Being, is a personalized holographic life review experience that facilitates older adults to foster a sense of coherence and wholeness within their lives. Pilot data collection was amassed from four aging Asian-American female participants averaging 51.3 (SD=8.61) years of age. Initial pre/post analyses showcased mean differences that trend towards a higher presence of emotion regulation from pre-test (M=4.88, SD=1.08) to post-test (M=5.21, SD=1.17). Although data collection was prematurely halted due to COVID-19, results trended in promising directions. The technological innovations and findings from this study may lead to promising novel avenues to address barriers for older Asian-American women in seeking mental health assessment and treatment in a “new normal” world.

TECHNOLOGY BASED COGNITIVE BEHAVIORAL THERAPY ON PSYCHOLOGICAL DISTRESS: EXPLORING HEALTH, PAIN, AND ACTIVITY
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This randomized controlled trial investigates two technologically based self-administered cognitive behavioral depression treatments (CBT) on psychological distress in older adults. Health may change the ability to participate in types of activities, thereby impacting mental well-being and treatment response. The aims of this research are 1) to understand the impact of technologically based cognitive behavioral treatment on psychological distress 2) explore how health, pain, and activity engagement may affect treatment response. Fifty one participants recruited were randomized to one of 3 groups: audio-based cognitive behavioral