therapy, computer-based cognitive-behavioral therapy, and control group. The combined treatment groups are compared to the control group. Health was examined in multiple ways; the Vulnerable Elders Scale-13 score (Saliba et al., 2001); and a reported chronic pain condition. For overall psychological distress, improvement on the Brief Symptom Inventory General Severity Index (GSI; Derogatis & Spence, 1983) scores from baseline to post-treatment indicated treatment response. The California Older Person’s Pleasant Events Scale (COPPES; Rider, Gallagher-Thompson, & Thompson, 2004) measured activity engagement. While controlling for the Time 1 GSI score, an ANOVA revealed a significant difference in psychological distress between the CBT treatment group and control group F(1, 43) =4.22, p = .046. A linear regression analysis with the VES-13 score and GSI baseline score as predictors and the GSI posttreatment score as the dependent variable, found that health did not significantly predict psychological distress outcomes. Observation of the descriptives and these analyses suggest that CBT can impact psychological distress, potentially even with variations in health and pain.

Session 9375 (Poster)

MENTAL HEALTH, SOCIAL CONNECTION, AND ISOLATION

DOG PARK MEMBERSHIP AND LIFE SATISFACTION AMONG OLDER ADULTS
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Dog park members initially join and attend dog parks for the wellbeing of their dogs, but often experience their own biopsychosocial benefits. This mixed methodology (Quantitative n=44, Qualitative n=11) pilot study utilized qualitative heuristic interviewing (Moustakas, C., 1990) and the Satisfaction with Life Survey (Pavot, W., & Diener, E. 2013). Data gathered from interviews and surveys administered to participants of a members-only dog-park indicate a high satisfaction with life. Members 60 years and older reported feelings of life satisfaction almost 7 points over the total respondent average, placing them in the “highly satisfied” range. All members experience the dog-park as a supportive social environment that benefits their physical health, mental health and the well-being of their canine companions. Five qualitative themes were identified: Canine Well-being, Community, Mental Health Benefits, Physical Health Benefits and Fights, Falls & Frustrations. These findings demonstrate the need for more research into the impact and importance of pet ownership, community dog parks and outdoor green spaces on older adults and life satisfaction.

SAVING FALL-INJURED OLDER ADULTS FROM DEPRESSIVE SYMPTOMS: THE MEDIATING ROLE OF SOCIAL PARTICIPATION
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Falls are the second primary cause of unintentional injury deaths globally. Prior studies found that fall incidences are associated with depressive symptoms among older adults, which could reversely lead to repeated fall incidences. However, few have investigated the role of social interventions in saving fall-injured older adults from experiencing depressive symptoms among older adults. Using the Chinese Health and Retirement Longitudinal Study (CHARLS) 2011-2018 data and multiple levels of fixed-effect analysis, this study examined the potential mediating role of social participation in alternating the effect of fall injuries on depressive symptoms. For the first time, this study specified the fall-injured older adults among those who had fall incidences. It also implemented the current literature by removing the bias caused by unobservable confounding variables at provincial and city levels. The descriptive results show that 22.2% and 20.6% of rural (n=4,972) and urban (n=3,258) older adults (65+), respectively, experienced fall incidences, among whom 45.1% needed one or more times of medical treatment. The fixed-effect results show that for urban older adults, social participation accounted for partial effects (17.2%) of fall injuries on their depressive symptoms. For rural older adults, fall injuries are significantly associated with more depressive symptoms.