how individuals narrate (i.e., with purpose, with redemption) the challenges that have occurred in their lives mediates effects of challenge. Specifically, exhibiting a sense of purpose mediated the relation between perceived self-disruption and cognitive well-being. Redemption buffered negative effects of both self-disruption and number of challenges on eudaimonic well-being. Mediation results held regardless of age. Findings suggest purpose and redemption are two narrative mechanisms that act as psychological resources to support well-being in the face of life’s inevitable challenges.

RESILIENCE AMONG OLDER ADULTS WITH TYPE 2 DIABETES FROM THE LOOK AHEAD TRIAL
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There is growing interest in identifying factors protecting against aging-related decline. This cross-sectional study evaluated associations of self-reported resilience (ability to bounce back) with factors linked to aging-related decline among older adults with Type 2 diabetes (T2DM). Participants were 3,199 adults (72.2±6.2 years, 61% female, 61% white, BMI 34.2±8.2 kg/m2) enrolled in Look AHEAD (a multi-site RCT comparing weight loss to diabetes education among individuals with T2DM), who were followed observationally after the 10-year intervention was discontinued. The following items were assessed approximately 14.4yrs post-randomization: Brief Resilience Scale; overnight hospitalizations in past year; physical functioning measured objectively (gait speed, grip strength) and via self-report (Pepper Assessment Tool for Disability; Physical quality of life (QOL; SF-36)); a composite measure of phenotypic frailty based on having ≥3 of unintentional weight loss, low energy, slow gait, reduced grip strength, physical activity. Depressive symptoms (PHQ-9) and mental QOL (SF-36) were also measured.

THE EFFECT OF BEHAVIORAL ACTIVATION ON OLDER ADULTS’ ENGAGEMENT AND WELLBEING: A RANDOMIZED CONTROL TRIAL PROTOCOL
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Meaningful activity engagement in later life is widely recognized as crucial for ageing well, but age-related changes and transitions can impede such participation. A behavioral activation framework can provide a person-centred, value-consistent therapeutic approach to increasing activity engagement that is both easy to administer, cost effective and accessible to a broad audience. Although there is evidence supporting the utility of behavioral activation as a treatment for depression in older adults, this study will be the first to examine whether a behavioral activation is more effective in increasing activity engagement and psychological wellbeing among a non-clinical sample of older adults, compared to a multi component positive psychology intervention. This randomized controlled trial will examine the impact of two therapeutic approaches on activity engagement and wellbeing among older adults. One hundred and fifty adults aged 65+ who have relatively lower scores on a measure of engagement with life will be randomized to either a behavioral activation-based intervention, or a multi-component positive psychology intervention. The interventions will involve six individual weekly sessions conducted via telephone or video conference. Participants will be assessed pre-, post-intervention, and at three months follow-up. Outcome measures will include activity engagement, positive affect, and psychological wellbeing. Intra-individual variability will also be assessed via micro-longitudinal data in the behavioral activation condition. This study will be the first to provide evidence to the effectiveness of behavioral activation as an intervention to increase activity engagement and wellbeing among older adults, compared to other therapeutic approaches to increase psychological wellbeing.

THE MODERATION ROLE OF ACCULTURATION ON DIETARY PATTERNS AND STRESS AMONG U.S. CHINESE IMMIGRANTS
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Studies have demonstrated that healthy dietary patterns are related to diminished stress. However, the potential moderation role of acculturation on dietary patterns and stress is unclear among the those whose eating habits are impacted by immigration. The aim of this study is to explore the moderation role of acculturation on dietary patterns and stress among Chinese elder immigrants in the United States. Data were conducted from the PINE Study with 3053 Chinese adults aged over 60 years in the Great Chicago area. Dietary patterns were measured via a 48-items Food-frequency questionnaire with frequency and size weighted. Items were identified into different food groups based on Dietary Guidelines. Acculturation was assessed by a 12-item short-scale among the population. Stress was measured via a 10-item Perceived Stress Scale with cutoff 14 indicating either low or high stress.