capacity and complaints. Results suggested that associations
ratified associations between word recall and both memory
and r = .33 for metamemory). Moreover, extraversion mod-
memory) and conscientiousness (r = -.26 for complaints
than objective memory, and the most consistent associations
stronger linkages between performance and perceptions. The
need to consider potential moderators of this association,
are modest in magnitude. Therefore, researchers have noted
while subjective memory perceptions are positively associ-
between performance and perceptions of performance. Finally, Dr. Julia Sheffler will discuss how we
performance. Finally, Dr. Julia Sheffler will discuss how we
evaluative importance of psychosocial and lifestyle factors for
requiring consideration of cases how a wide range of methods can be employed to re-
development more broadly. Together, this symposium show
ventures. She will share quantitative and qualitative findings
factors in cognitive health to inform the development of inter-
knowledge of psychosocial and lifestyle fac-
mentary assessment and activity trackers to investigate links
mgive cognitive status, and cognitive healthspan. First, Dr.
consider a wide range of psychosocial and lifestyle factors
and lifestyle factors in cognitive health. Across four talks, we
personality, stress, physical activity, and nutrition,
cordance between subjective and objective cognitive functioning. Second, Dr.
importance of psychosocial and lifestyle factors for
level the importance of psychosocial and lifestyle factors for
on cognitive healthspan (i.e., years without cognitive impairment)
show that extraverted older adults may construct
social interactions more than objective cues. These findings
terpretation is that extraverted older adults may construct
adults who scored lower on extraversion. One possible in-
neuroticism. Importantly, none of the traits appeared to be
higher in conscientiousness were estimated to live longer
pectancy analyses suggested that participants who were
a ~22% decreased risk of transitioning from NCI to MCI
NCI to MCI; higher conscientiousness was associated with
impairment, MCI; dementia) and death. Further, multinomial
We used multi-state survival models to investigate whether
are dependent outcomes and the likelihood of each increases
impact of traits on dementia while accounting for death as a
traits are associated with dementia and with risk of mortality.
However, few studies have simultaneously examined the im-
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DAILY STRESS AND SAME-DAY SUBJECTIVE
MEMORY: AGE DIFFERENCES AND PHYSICAL
ACTIVITY AS A BUFFER
Nicole Stuart1, Jin Wen1, Patrick Klaiber1, Anita DeLongis1,
Eli Puterman1, and Nancy Sin1, 1. University of British
Growing research indicates that daily stress is associated with poor same-day memory performance, but it is unclear whether this relationship varies by age and whether moderate-to-vigorous physical activity (MPVA) might offset the within-person link between stress and memory in daily life. Ecological momentary assessment data were collected from adults aged 25-88 across British Columbia, Canada. For 14 days, participants (N = 249) wore a tri-axial physical activity monitor, reported stressor occurrence and perceived stressfulness of the events in mobile surveys 4 times per day, and rated their memory at the end of each day. Multilevel modeling was run to evaluate daily perceived stressfulness as a predictor of subjective memory, with same-day MPVA engagement (activity counts >570 counts/60s) and age (years) entered as moderators. At the within-person level, on days when stressors were perceived as more stressful than usual, subjective memory was rated as relatively worse (b = -0.037, CI[-0.061, -0.017], p < .001). MPVA did not buffer against the within-person associations of daily stress with subjective memory, nor did age (p > .05). Future work could examine the mechanisms that might explain the link between stress and memory, for example cortisol, as well as the associations of different intensity and forms of physical activity on stress across age groups.