



Center for Lifespan  
Developmental Science



FRIEDRICH-SCHILLER-  
UNIVERSITÄT  
JENA

# CELISE WORKSHOP

October 27<sup>th</sup> 2023  
Rosensäle | Fürstengraben 27

## Program

## Schedule Overview

1.00 – 1.30 pm *Welcome Coffee, Gathering. & Poster Setup*

1.30 – 1.45 pm **Workshop Opening**

1.45 – 3.00 pm **Keynote “Positive Emotions as Resilience and Vulnerability: Implications for Healthy Aging”**

*Anthony D. Ong, Cornell University, USA*

3.00 – 3.15 pm *Coffee Break*

3.15 – 4.15 pm **Flash Talks (15 min.)**

| No. | Title  | Presenter                  |
|-----|--|----------------------------|
| F-1 | The Rise of Happy Singles? A Cohort-Sequential Study from Adolescence to Young Adulthood   | Tita Gonzalez Avilés       |
| F-2 | Effectiveness of a Stepped Counseling Intervention for Distressed Family Caregivers: Primary Outcome Results of the ReDiCare Study         | Nicolas Wrede              |
| F-3 | Age-Related “Shoulds” and “Should nots”: The Relevance of Prescriptive Age Stereotypes for Aging Research                                  | M. Clara P. de Paula Couto |
| F-4 | Medit-Ageing– A Longitudinal Clinical Randomized Controlled Trial Testing How Non-Pharmacological Interventions Can Promote Healthy Ageing | Olga Klimecki              |

4.15 – 4.30 pm *Coffee Break*

4.30 – 5.30 pm **CELISE Projects – Poster Session I**

| No.  | Title   | Presenter                                       |
|------|---|---|
| I-1  | Codevelopment of the Dark Triad and Depressiveness from Emerging Adulthood to Midlife   | Anna Braig                                      |
| I-2  | How Effective is Psychotherapy Offered at University Outpatient Clinics for Older People?   | Nicolas Wrede (on behalf of Mareike Hillebrand) |
| I-3  | Are There Adult-Age Differences in Interpersonal Motor Coordination Between Strangers?  | Jenny Jaquet                                    |
| I-4  | Tearjerkers May Leave Some Eyes Dry: Emotional Reactivity to 66 Film Clips from Adolescence to Old Age                                    | Antje Rauers                                    |
| I-5  | Conveying Emotions in Bi- and Multilingual Families: The Role of Language Choice for Family Functioning                                   | Andrea Schlesier-Michel                         |
| I-6  | Dealing with Feelings in Adolescence: Age Differences in Emotion Regulation and Associations with Subjective Well-Being                   | Felix Sternke                                   |
| I-7  | Individualized Music for People with Dementia Living at Home - Acceptance and Effectiveness of an App-Based Music Intervention (IMuD-App) | Doreen Rother (on behalf of Lisa Schön)         |
| I-8  | Quality of Life and Ageing Experiences of Autistic Adults with and Without Learning Disabilities  | Hannah Viner                                    |
| I-9  | Follow Me and I Will Tell You More: Associations Between Interpersonal Motor Following and Self-Disclosure                                | Alissa von Großmann                             |
| I-10 | The Effects of Late-Life Relocation on Anxiety and Personality Traits: Evidence from China and Europe                                     | Sun Yang  |

5.30 – 6.30 pm **CELISE Projects – Poster Session II**

| No.   | Title  | Presenter          |
|-------|--|--------------------|
| II-1  | Short Interventions for Fostering Feeling and Thinking in Different Age Groups   | Antonia Baumeister |
| II-2  | Model Selection in Bayesian Structural Equation Modeling   | Christian Bloszies |
| II-3  | Investigating Mu Rhythm and its Source Localization During the Observation of Human Social Interaction and Biological Movement in Young Adults with Autism | Samaneh Dastgheib  |
| II-4  | Age Differences in Social, Emotional, and Behavioral Skills  | Maria Jalynskij    |
| II-5  | Living’ La Vida Sola: Perceived Social Support Mediates the Longitudinal Associations of Personal Network Diversity with Mental Health, and Well-Being     | Philipp Kersten    |
| II-6  | Age-Related Differences in Self-Reflection and Its Impact on Personality Development   | Gabriela Küchler   |
| II-7  | Links Between Musicality and Vocal Emotion Perception – a Matter of Music Training or Natural Auditory Sensitivity?  | Christine Nussbaum |
| II-8  | Impression Formation Across the Life-Span: Differential Contributions of Face and Voice Age  | Helene Kreysa      |
| II-9  | Manipulating the Endorsement of Prescriptive Views of Aging – Specificity and Internalization  | Maria Wirth        |
| II-10 | Memory for Voices: Assessing Neural Correlates and Individual Differences  | Romy Zäske         |

6:30 pm **Reception with Food & Drinks**



## Abstract – Keynote

### Positive Emotions as Resilience and Vulnerability: Implications for Healthy Aging

*Anthony D. Ong*

Cornell University, USA

Changes in cognitive and physiological functioning pervade the aging process. Importantly, alterations in these processes are not invariant with age, but are influenced by individual differences in resilience and vulnerability that accrue across the lifespan. In this talk, I focus on what is known about positive emotions as a contributing factor in both restorative and deteriorative health processes. Plausible mechanisms that underlie the association between positive emotions and mental and physical health are described, and illustrative studies examining these mechanisms are reviewed. Overall, findings indicate that the effects of positive emotions on health are bivalent in character, exerting both risk-protective and risk-augmenting effects. These findings point to new research questions that pose important challenges for future research.

## Abstracts – Flash Talks

### F-1 The Rise of Happy Singles? A Cohort-Sequential Study from Adolescence to Young Adulthood

*Tita Gonzalez Avilés<sup>1</sup>, Janina L. Bühler<sup>2</sup>, Naemi Brandt<sup>3</sup>, & Franz J. Neyer<sup>1</sup>*

<sup>1</sup>Friedrich Schiller University Jena, <sup>2</sup>Johannes Gutenberg University Mainz, <sup>3</sup>University of Hamburg


People share the strong belief that romantic relationships are the most meaningful social relationships in life and that those who are single are at risk of reduced well-being. However, being single has become more acceptable and normative over historical time in Western societies, especially among younger adults. These changes could also be reflected in singles' well-being, meaning that later-born singles would be more satisfied with their singlehood and with their life in general than their earlier-born counterparts. Using data from a representative cohort-sequential study from Germany, we examined differences in singles' well-being (i.e., singlehood satisfaction and life satisfaction). The sample of  $N = 3,161$  participants included four birth cohorts ranging from ages 14 to 40 years born between 1971 and 2003. The period of data collection included one decade, from 2008 to 2021, and for each cohort three consecutive years of data were used. In addition, we investigated the role of demographic (age and sex) and personality (extraversion and neuroticism) characteristics. Results from multi-group structural equation models revealed that later-born adolescent singles were more satisfied with singlehood than earlier-born adolescent singles. No cohort-related differences emerged among adults. Moderator analyses suggested that younger age and lower neuroticism predicted higher singlehood satisfaction and life satisfaction, regardless of historical time. Together, the results suggest that adolescent singles have become more satisfied with their singlehood over the past decade and highlight the importance of considering both societal and individual factors to understand singles' satisfaction.

### F-2 Effectiveness of a Stepped Counseling Intervention for Distressed Family Caregivers: Primary Outcome Results of the ReDiCare Study

*Nicolas Wrede, Nils F. Töpfer, Klaus Pfeiffer, & Gabriele Wilz*

Friedrich Schiller University Jena

*Background:* Informal caregivers of individuals with diseases or chronic conditions experience negative psychological, physical, social, and economic impacts. Despite the socio-economic relevance of caregiver intervention research, successful interventions have been infrequently translated into routine services. Hence, the Relieving Distressed Caregivers (ReDiCare) study evaluated the effectiveness of a stepped counseling approach for burdened caregivers in routine care settings. While previous caregiver interventions have been developed and evaluated for specific caregiver groups (e.g., dementia caregivers, stroke caregivers), this study focused on a broader group of caregivers. *Methods:* A pragmatic randomized controlled trial was conducted. Participants were family caregivers of older adults ( $N = 438$ ) assigned to either the ReDiCare intervention or a control group receiving routine care. The stepped intervention involved a low-threshold care counselling intervention first. Depending on a rescreening after care-counseling, a telephone-based cognitive-behavioral therapy (CBT) intervention was offered to caregivers who continued to experience high distress. Data were collected at baseline and after 3, 9, and 15 months with depressive symptoms measured with the CES-D as the primary outcome. *Results:* The results indicate that the ReDiCare intervention had significant effects on depression ( $d = .18$ ,  $p = .04$ ). Reliable change analyses suggest that the effects of the intervention included both enhancing reliable improvement and recovery from clinical depression scores as well as reducing reliable deterioration and preventing transition to clinical depression.



*Conclusion:* The results suggest that stepped counselling and CBT interventions for family caregivers delivered within existing routine care structures can effectively reduce depression in distressed family caregivers. To address the serious consequences of the expected increase in the number of family caregivers due to demographic change, evidence-based and cost-effective intervention concepts for family caregivers should be established as part of routine care.

F-3 **Age-Related “Shoulds” and “Should nots”: The Relevance of Prescriptive Age Stereotypes for Aging Research**

*M. Clara P. de Paula Couto*

Friedrich Schiller University Jena

Prescriptive views of aging (PVoA) reflect normative age-based expectations about how older adults should be. PVoA exert influence on older adults' behavior via means of social control and/or via its identity defining function. Previous studies have shown that failing to adhere to PVoA is associated with negative consequences for older adults. In this talk, I present recent findings that focus on two types of PVoA, altruistic disengagement (e.g., older adults should make way for the younger generation), and active aging (e.g., older adults should be active and socially engaged). These findings indicate (1) age-related differences and specificity in the endorsement of PVoA, (2) cross-cultural differences in the endorsement of PVoA, and (3) negative consequences of violating PVoA, and highlight the relevance of investigating PVoA. Prescriptive views of aging have a behavior regulation function and individuals and societies may misuse them for purposes that aim at justifying maltreatment and exclusion of older people based on the assumption that life becomes less worth living in old age.

F-4 **Medit-Ageing – A Longitudinal Clinical Randomized Controlled Trial Testing How Non-Pharmacological Interventions Can Promote Healthy Ageing**

*Olga Klimecki*

Friedrich Schiller University Jena

Medit-Ageing is a Horizon 2020 funded project. It consists of several clinical randomized controlled trials testing how non-pharmacological interventions can promote well-being in old age. I will present results from the SCD-Well study that tested whether two months of meditation training are superior to a health education when it comes to decreasing anxiety (a risk factor for dementia) and improving cognition in older adults with subjective cognitive decline in four European countries. I will also present results from the Age-Well study that tested whether 18 months of meditation training or non-native language training can preserve brain structures and contribute to maintaining socio-affective and cognitive skills in older participants.

## Poster Abstracts – Session I

### I-1 Codevelopment of the Dark Triad and Depressiveness from Emerging Adulthood to Midlife

*Anna Braig*

Friedrich Schiller University Jena

Personality development from emerging adulthood onward has been characterized by maturation processes reflecting that traits become more socially desirable or healthy. However, little research has investigated maturational trends of so-called dark personality traits (i.e., Machiavellianism, psychopathy, and narcissism). Moreover, longitudinal trends and associations with relevant outcome variables are rather unclear to date. Addressing this gap, the current study analyzed the mean-level change of the dark triad traits over a period of 4 years and their concurrent and longitudinal associations with depressiveness. Bivariate second order latent growth curve models were conducted using 3 data waves (separated by 2-year time intervals) from the German Family Panel (pairfam) with a total sample of  $N = 5,127$  participants ranging from 22 to 46 years. Results indicated a significant linear downward trend for Machiavellianism and for psychopathy but no linear change in narcissism. Dark triad development was not moderated by age and gender. In addition, all dark triad traits were moderately positively correlated with depressiveness. Changes in the dark triad traits were moderately to strongly correlated with changes in depressiveness. Overall, findings suggest that from emerging adulthood into midlife, Machiavellianism and psychopathy develop in accordance to the maturity principle.

### I-2 How Effective is Psychotherapy Offered at University Outpatient Clinics for Older People?

*Nicolas Wrede, Mareike C. Hillebrand, Marlena L. Itz, Anne Katrin Risch, & Gabriele Wilz*

Friedrich Schiller University Jena

We will present results on the effectiveness of psychotherapy with older ( $\geq 65$  y.) and younger outpatients ( $< 65$  y.). Analyses will be based on longitudinal data from  $N = 9659$  patients ( $< 65$  y.:  $n = 9352$ ; 96.8%;  $\geq 65$  y.:  $n = 307$ , 3.2%) who were treated in university outpatient clinics of the KODAP network in Germany ("Koordination der Datenerhebung und -auswertung an Forschungs- und Ausbildungsambulanzen für Psychotherapie"). Outcomes will be average changes in the Global Severity Index (GSI, BSI) and Beck Depression Inventory II (BDI-II). Pre-post comparisons will be conducted in dependence of age group using analyses of variances. Possible covariates (e.g., gender, primary diagnosis, comorbidity, etc.) will be considered. The results of this study should illustrate the relevance of outpatient psychotherapy with older people in Germany and provide a basis for deriving practice-relevant implications for the treatment of older people, which is becoming more and more important in view of demographic changes.

### I-3 Are There Adult-Age Differences in Interpersonal Motor Coordination Between Strangers?

*Jenny Jaquet<sup>1</sup>, Antje Rauers<sup>1</sup>, Uwe Altmann<sup>2</sup>, & Michaela Riediger<sup>1</sup>*

<sup>1</sup>Friedrich Schiller University Jena, <sup>2</sup>Medical School Berlin

Interpersonal motor coordination (i.e., the act of aligning one's own body movements with those of at least one other person) has been found to be more pronounced when people interact with persons they like or wish to build a relationship with. It is therefore considered to be a behavioral expression of social motivation. According to socioemotional selectivity theory (Carstensen, 2006), social motivation and goals change across the lifespan. Driven by a limited future time perspective, older adults, in contrast to younger adults, are believed to prioritize close and emotionally meaningful relationships over peripheral contacts and the formation of new social relationships. Given this proposed shift in motivation, we aim to examine whether there are age differences in interpersonal motor coordination when interacting with a stranger. We expect that, on average, older adults engage in motor following less frequently and for a shorter time period compared to younger adults. Moreover, we assume that, also due to age-related changes in cognitive and physical abilities, the time lag until motor following occurs will be more extended for older adults than for younger adults. To test these hypotheses, we will analyze videos ( $N = 104$  dyads, with four video segments each) of conversations. The interlocutors were previously unknown younger (20-31 years old) and older women (69-80 years old) that were either paired in age-homogeneous (i.e., young-young or old-old) or age-heterogeneous (i.e., young-old) dyads. Using MATLAB, we performed motion-energy analyses (MEA) and extracted indices of interpersonal motor coordination from the individual time series of the amount body movement (Altmann, 2013). Age differences in these indices will be analyzed using multilevel modeling.

### I-4 Tearjerkers May Leave Some Eyes Dry: Emotional Reactivity to 66 Film Clips from Adolescence to Old Age

*Antje Rauers<sup>1</sup>, Lukas Aaron Knitter<sup>1</sup>, Markus Studtman<sup>2</sup>, & Michaela Riediger<sup>1</sup>*

<sup>1</sup>Friedrich-Schiller University Jena, Jena, <sup>2</sup>University of Potsdam

Film clips are frequently used to induce emotions in people from different age groups, often proceeding from the implicit assumption that such stimuli have comparable effects across age groups. However, conceptual reasons and empirical findings warrant doubts in this regard. Past evidence on age differences in subjective reactivity to emotional films is inconclusive, which may be due to the limited – and heterogeneous – age range, number of target emotions, and number of individual film stimuli included in past studies. The present study seeks to bridge these inconclusive results. We obtained  $N = 5843$  individual ratings from  $N = 99$  persons (adolescents, younger adults, middle-aged adults, and older adults) who rated their subjective experience to  $N = 66$  film clips. These were selected based on appraisal theory to induce happiness, fear, anger, sadness, disgust, or no emotion (neutral stimuli). We used crossed-random effects models to test for age differences in target-emotion intensity and emotion specificity (the tendency to primarily respond with the target emotion over other emotions). Age effects varied across target emotions and film clips. For most emotions, older adults and adolescents responded more strongly than middle-aged and older adults, while no age differences were found for disgusting and neutral films. Emotional specificity was comparatively lower in older adults versus younger age groups for disgusting and neutral films, but higher for happy films. Together, these results suggest that in studies using film clips as emotion-induction stimuli, age-fairness should not be taken for granted: It may be rather the exception than the rule.



## I-5 Conveying Emotions in Bi- and Multilingual Families: The Role of Language Choice for Family Functioning

*Andrea Schlesier-Michel & Michaela Riediger*

Friedrich Schiller University Jena

This study aims to examine the relationship between parental language choice for expressing emotions in the family context and family outcomes such as cohesion and communication quality. Prior research found that it is essential for children's well-being to have a common language base with their parents, which is particularly relevant for families in which more than one language is spoken. Children's knowledge of a minority language is thus particularly important when their parents do not speak the majority language well. It has been argued that this is the case because it allows these parents not only to transmit cultural beliefs and values, but also and particularly their emotions (Müller et al., 2020). Proceeding from previous studies that have suggested that most parents perceive their mother tongue as their "language of emotion", but are also flexible in terms of which emotions they express in which language (e.g., Pavlenko, 2004), we want to examine (a) which language parents use to express their positive and negative emotions, and (b) whether the child's knowledge of this language is related to higher family cohesion and a higher quality of family communication. The sample comprises families in Germany where more than one language is spoken regularly, recruited from diverse places in Germany. Data will be collected using an online questionnaire as well as paper-pencil versions. We will measure the frequency of language use for the expression of 18 positive and negative emotions in the parental languages, as well as children's ability to speak and understand those languages. Family cohesion and quality of communication will be measured using subscales of the FACES-IV questionnaire (Olson, 2011). This study has the potential to contribute to our understanding of the role of language in emotional expression and communication within families.

## I-6 Dealing with Feelings in Adolescence: Age Differences in Emotion Regulation and Associations with Subjective Well-Being

*Felix Sternke<sup>1</sup>, Steffen Nestler<sup>2</sup>, Elisabeth S. Blanke<sup>1</sup>, & Ute Kunzmann<sup>1</sup>*

<sup>1</sup>University of Leipzig, <sup>2</sup>University of Münster

Adolescence has been described as a phase of great developmental change in which tackling developmental tasks necessitate confronting negative emotions. Accordingly, a marked decrease in subjective well-being and increase in depressiveness occurs during adolescence, particularly early and middle adolescence, highlighting the importance of effective emotion regulation in this life phase.

Indeed, emotion regulation has repeatedly been linked to relate to subjective well-being and its components positive affect, negative affect, and life satisfaction as well as to depressiveness.

However, most of this research is limited to the regulation of negative emotions, whereas research on regulation of positive emotions remains scarce, particularly in adolescent samples. This is even more surprising given that studies indicate that positive events, positive emotions and positive emotion regulation occur at least as often if not even more often than their negative counterparts.

Within a daily diary study, our goal is to address two research questions – one refers to the links between the use of positive and negative emotion regulation strategies and subjective well-being components in adolescence. A second goal is to examine age differences in the use and variability of emotion regulation strategies within young, middle, and older adolescence.



During a 28-day daily diary study, approximately 100 adolescents aged 12-19 years report their use of emotion regulations strategies during one unpleasant and one pleasant event each day. All variables of interest, e.g. positive and negative affect and day satisfaction, will be assessed each day, enabling within-person analyses. The theoretical and empirical background and the methods of the study will be presented.

## I-7 Individualized Music for People with Dementia Living at Home - Acceptance and Effectiveness of an App-Based Music Intervention (IMuD-App)

*Lisa Schön, Doreen Rother, Juliane Meininger, Elisabeth Jakob, Mareike Hillebrand, Lisette Weise, & Gabriele Wilz*  
Friedrich Schiller University Jena

*Background:* Listening to personally relevant music can be regarded as a promising non-pharmacological intervention for people with dementia (PwD). Previous research shows that listening to individualized music can promote positive emotions and memories as well as a reduction of stress, agitation and anxiety of PwD (Sittler et al., 2021; van der Steen et al., 2018; Weise, Töpfer, Deux & Wilz, 2019; Weise, Töpfer & Wilz, 2020).

*Aims:* This ongoing project aims to improve the quality of life of PwD, the well-being of their caregivers and the dyadic interaction throughout an individualized music intervention for PwD in home care. *Method:* In this RCT, PwD and their caregivers are randomly assigned to either an intervention (IG) or a control group (CG). During six weeks, the IG listens to individualized music via headphones and the IMuD-App on a tablet every other day for 20 minutes. The CG receives standard care. Throughout the intervention period, observation of behavior is conducted for both groups. External assessments are conducted at four assessment points regarding the well-being of the PwD (e.g., reduction of depressive symptoms) and their caregivers (e.g., reduction of stress) as well as their dyadic interaction. Goal attainment, implementation, acceptance, and applicability are also evaluated. In addition, hair samples are taken from the PwD and their caregivers to capture the psychobiological stress assessment. The newly developed IMuD-App includes a music preference questionnaire, video tutorials on how to perform the music intervention, questionnaires to collect short-term effects of the intervention and the music playlists themselves. *Results:* The contents of the app and first results will be presented. Furthermore, current experiences with the implementation of the intervention will be shared. *Discussion:* We expect the app-based individualized music intervention for PwD and their caregivers to be applied successfully and with a high level of acceptance in home care.

## I-8 Quality of Life and Ageing Experiences of Autistic Adults With and Without Learning Disabilities

*Hannah E. Viner & Anna E. Kornadt*  
University of Luxembourg

Although autism is a lifelong condition, research to date has focused almost exclusively on children and young adults. With an ageing population of autistic adults (AA) it is important to understand their experiences of growing older, particularly their quality of life (QoL) so that we can provide appropriate services and support. Previous studies have painted a bleak picture, with AA consistently reporting lower QoL than nonautistic adults. However, those studies have relied on QoL measures which were design by and for non-autistic groups and therefore may not accurately represent QoL of older AA. Furthermore, despite representing 30% of AA, those with a learning disability have been almost entirely excluded from research. The present studies aim to engage directly with the autism community to develop a conceptual framework of "ageing well" as an autistic adult. In study 1 autistic adults (aged 40+), relatives, caregivers and professionals will be interviewed about their experiences and

perceptions of ageing and quality of life of adults on the spectrum. In study 2 autistic adults (aged 40+) with a learning disability will create a "Digital Story", a short video used to share their day-to-day experiences. Thematic analysis will be used to identify key themes across studies as well as highlighting similarities and differences in perceptions across groups. Based on these results, we will put forward a conceptual framework of "quality of life" of autistic adults.

## I-9 Follow Me and I Will Tell You More: Associations Between Interpersonal Motor Following and Self-Disclosure

*Alissa von Großmann<sup>1</sup>, Antje Rauers<sup>1</sup>, Jenny Jaquet<sup>1</sup>, Andrea Schlesier-Michel<sup>1</sup>, Uwe Altmann<sup>2</sup>, & Michaela Riediger<sup>1</sup>*

<sup>1</sup>Friedrich Schiller University Jena, <sup>2</sup>Medical School Berlin


Various interpersonal behaviors have been shown to support relationship-building. In conversations at zero acquaintance, two of them pertain to speakers' self-disclosure (i.e., the expression of one's own thoughts and feelings) and listeners' responsive behavior. Previous studies suggest that the latter may be expressed in interpersonal motor following (i.e., the alignment of the listener's own body movements with the speaker's movements). Past research has studied these aspects – self-disclosure and motor following – separately. However, both behaviors reflect mutual interest in the other person and may thus facilitate each other. This assumption of self-reinforcing speaker-listener dynamics has not been studied before. Thus, in our study, we hypothesize that one person's motor following is associated with the other person's self-disclosure, with mutually reinforcing effects. To test this, we will analyze existing videos ( $n = 104$ ) of dyadic conversations about emotional events among younger (20–31 years) and older (69–80 years) previously unacquainted women. To measure interpersonal motor following, motion energy analyses were performed and indices of the amount of body movement were extracted for the individual time series (Altmann, 2013). Four independent raters assessed the extent of participants' self-disclosure of their own indicated thoughts and feelings ( $ICC = .67 - .97$ ). Preliminary findings show that there is sufficient variance among the variables to test our preregistered hypotheses. The results will be discussed from a lifespan perspective.

## I-10 The Effects of Late-Life Relocation on Anxiety and Personality Traits: Evidence from China and Europe

*Sun Yang<sup>1</sup>, Cornelia Wrzus<sup>1</sup>, & Shaobo Lv<sup>2</sup>*

<sup>1</sup>University of Heidelberg, <sup>2</sup>North China University of Science and Technology, China

Later-life relocation has been identified as an important life event that affects the living environment, social relationships, and daily routines of older adults with subsequent effects on mental health and personality. We explored the impact of relocation on anxiety and personality traits in older adults from China and Europe in two separate studies. In study 1, we administered the questionnaire to 301 Chinese older adults ( $M_{age}=69.51$ ,  $SD=5.02$ ) who experienced involuntary rural-urban relocation, with 61.8% of them reported severe to extremely severe anxiety. Excessive reassurance-seeking and concomitant negative information bias were processes that contributed to increased anxiety among relocated older adults, which was particularly detrimental for those adults who were otherwise resilient. In study 2, we investigated the differences in personality traits between older adults who moved to nursing homes and those who lived in private housing using data from Wave 7 of the European Health, Ageing and Retirement Survey (SHARE). Reports from a total of 4829 older people living in nursing homes ( $N_{NH}=360$ ) and private housing ( $N_{PH}=4469$ ) were included in the final analysis. Our results showed that older people who relocated to nursing homes



had lower extraversion and conscientiousness, and higher neuroticism. Additionally, older adults' age, gender, health problems, physical activity, community size, and national socio-economic status partly explained personality differences between older adults who relocated and who stayed in their homes. Our findings underscore the importance and necessity of studying advantageous and detrimental effects of late-life relocation, and provide new directions and ideas for future research.

## Poster Abstracts - Session II

### II-1 Short Interventions for Fostering Feeling and Thinking in Different Age Groups

*Antonia Baumeister, Laura Ackermann, & Avelina Lovis Schmidt*

University of Technology Chemnitz

In several projects, we develop and evaluate short interventions (e.g., counseling feedback, exercises) for supporting socio-emotional and cognitive competences of different age groups, covering lifespan from early childhood to retirement age. Some short interventions we focus on include, amongst others:

- The online survey ‚Bildungs- und Erziehungstest für TagesElternBetreuung (BET)‘ (‘Educational and Parenting Test for Home-Based Child Care’, EPT). For example, in a current study, we investigate relationships between parents’ emotional competences, pedagogical quality of home-based child care and children’s socio-emotional competences.
- The online platform ‘Fühlerei’, providing digital emotion-related exercises for different target groups.
- Classic courses to increase emotional competencies and stress management skills in young adults in attendance. For example, we conducted an emotional competence training in primary schools for children with special educational needs.
- The cognitive training programs by Karl Josef Klauer and colleagues for different age groups.
- Socio-emotional competence and resilience trainings (e.g., by Franz Petermann et al.). For example, we plan to study the relationships between cognitive/socio-emotional trainings and mindset (growth/fixed).

To answer our research questions, we apply various methods such as quasi-experimental studies, surveys, psychometric tests, video observations, meta-analyses as well as pre-, post-, and follow-up-test designs with interventions. We will present current studies, key findings and practical implications of this project.

### II-2 Model Selection in Bayesian Structural Equation Modeling

*Richard Maximilian Bee & Christian Bloszies*

Friedrich Schiller University Jena

Structural equation modeling (SEM) remains a popular tool in applied psychological research. In the more traditional approach, parameters are estimated using methods such as maximum-likelihood and weighted least squares, and are subsequently tested within a frequentist null hypothesis significance testing framework. In recent years, Bayesian approaches to SEM have gained popularity. Besides advantages such as integrating prior knowledge into the modeling process as well as more reliable results with small sample sizes and complex model structures, Bayesian methods enable researchers to employ elaborate model evaluation techniques that make use of the full posterior distribution. We give an overview of model selection within a Bayesian SEM context with a focus on predictive fit measures. The concepts are illustrated with our own research, where we used Leave-One-Out Cross-Validation (LOO-CV) to identify the correct Bayesian Mixture IRT model out of a number of candidate models.

## II-3 Investigating Mu Rhythm and its Source Localization During the Observation of Human Social Interaction and Biological Movement in Young Adults with Autism

*Samaneh S. Dastgheib, Jürgen M. Kaufmann, Andrea Kowallik, & Stefan R. Schweinberger*

Friedrich Schiller University Jena

Suppression of the mu rhythm (~8-12 Hz, recorded from central electrodes) during action observation has been suggested as a potential EEG marker for human mirror neuron system activation. Previous studies had suggested lower mu suppression in participants diagnosed with autism spectrum disorder. In our study, 18 participants with autism and 19 neurotypical participants (age range: 16 – 39 years) underwent 64-channel EEG recording at rest and during observation of two-minute videos showing either (1) non-biological movements (moving balls), (2) not goal-directed biological actions (simple hand movements), (3) goal-directed biological actions toward an object such as grasping (complex hand movements), or (4) social interaction scenes. We assessed mu power (8-12 Hz) in a 100-second segment of artifact-free data per condition. A Mu suppression index (MSI) was calculated relative to the moving ball's condition as the baseline. Surprisingly, initial results in the frequency domain suggested higher mu suppression in autistic than neurotypical participants during the observation of biological movements in all conditions, with the highest MSI during the observation of social interactions. Source reconstruction and cluster-based permutation t-tests to evaluate the pattern of mu activity across the cortex will also be reported. Considering that our results in the frequency domain are at variance with those from previous studies, we suggest that more research is required to explore if and how mu EEG suppression can be an indicator of the human mirror neuron system and of a putatively altered functioning of this system in autism.

## II-4 Age Differences in Social, Emotional, and Behavioral Skills

*Maria Jalynskij*

Friedrich Schiller University Jena

Social, emotional, and behavioral skills (SEB) are functional capacities to maintain social relationships, regulate emotions and behave in a goal-directed way. An open research question addresses how SEB skills change across the lifespan and whether there are age-specific relations with life satisfaction and health. Assuming measurement invariance in SEB skills, we expected skills to reflect age differences and associations with life satisfaction and health similar to the Big Five and crystallized intelligence. A sample of  $N= 940$  persons from Germany with an age range from 18 - 65 years is scrutinized to gain insights into cross-sectional age differences in SEB skills. Research objectives are examined by moderated non-linear factor analysis models (MNLFA). Results are discussed against the background of lifelong development of personality and abilities.

## II-5 **Living' La Vida Sola: Perceived Social Support Mediates the Longitudinal Associations of Personal Network Diversity with Mental Health, and Well-Being**

*Philipp Kersten<sup>1</sup>, Marcus Mund<sup>2</sup>, & Franz J. Neyer<sup>1</sup>*

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Numerous studies indicate that social networks are consistently associated with health and well-being outcomes – both cross-sectionally and longitudinally. In particular, research suggests that networks characterized by more diversified social opportunities – such as large numbers of confidants, daily social contacts, network members living in proximity, and a high heterogeneity of relationship types – predict better well-being and mental health. Several theories have proposed the perceived quality of social support as one psychological mechanism to explain the link between network diversity, health and well-being. However, longitudinal research in this field remains scarce. The aim of the present study was two-fold: First, we investigated whether network diversity predicted life satisfaction, loneliness, and depressive symptomology. Second, we examined whether perceived social support mediated these longitudinal associations. Data for the present study were drawn from the RIKSCHA (“Risks and Chances of Living Alone”) funded by the DFG. N = 389 adults living alone aged 35 to 60 years (at T1) completed three annual waves of online surveys between 2020 and 2022 on their personal networks, perceived social support, life satisfaction, loneliness, and depressive symptomology. Cross-lagged panel models revealed that higher network diversity consistently predicted higher life satisfaction, lower levels of loneliness, and lower depressive symptoms. Cross-lagged longitudinal mediation models revealed that perceived social support mediated the longitudinal relationships between network diversity, mental health, and well-being. Possible implications for adaptive psychological adaptation and social integration of middle-aged adults living alone in the long-term are discussed.

## II-6 **Age-Related Differences in Self-Reflection and Its Impact on Personality Development**

*Gabriela Küchler<sup>1</sup>, Kira Borgdorf<sup>2</sup>, Corina Aguilar-Raab<sup>2</sup>, & Cornelia Wrzus<sup>1</sup>*

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Current theories suggest that trait-incongruent behaviors are a fundamental mechanism for personality change in adulthood. Still, these behaviors have to be noticed through self-reflection, such as past-temporal and social comparisons, to elicit change in personality self-concepts. Specifically, downward comparisons may increase trait self-concepts, making positive behavioral changes more apparent to the individual. Personality development is less dynamic after young adulthood, possibly due to a decline in self-reflection in older age. To investigate these claims, we conducted two studies. In the correlational study 1 (N= 615), we examined whether the frequency of past-temporal and social comparisons of extraversion and emotional stability is decreased in older age. In the ongoing experimental study 2 (N= 166; Age(range) = 18-33, 65-94), we tested whether triggered past-temporal and social comparisons affect younger and older adults differently. Participants completed trait measures of extraversion and emotional stability at three measuring points before and after a brief behavioral intervention. The behavioral intervention at T2 elicited emotionally stable and extraverted behavior, and afterward, participants were randomly assigned to either a past-temporal or downward social comparison of their levels of extraversion and emotional stability. Our findings from study 1 showed that with older age, people reported past-temporal and social comparisons of extraversion and emotional stability less frequently. Study 2 replicated these findings but revealed that the increase in trait levels was not influenced by the comparison condition for neither younger nor older adults. However, there was a significant increase in extraversion and emotional stability after the intervention, which



was more pronounced when initial levels of these traits were lower. Additionally, we found that this effect was stronger for older adults than younger adults regarding extraversion. The findings suggest that, although older adults employ trait-specific self-reflection less frequently, it may have similar effects on their self-concepts once they engage in self-reflection.

## II-7 Links Between Musicality and Vocal Emotion Perception – A Matter of Music Training or Natural Auditory Sensitivity?

*Christine Nussbaum*

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High-levels of musicality are linked to benefits in vocal emotional processing, presumably due to enhanced auditory sensitivity towards emotional voice cues. However, it is unclear how musicians use these cues in a different way from non-musicians to infer vocal emotions. In the current study, we addressed this question by using acoustically manipulated stimuli which expressed vocal emotions through voice melody or timbre only. These stimuli were used to compare vocal emotion perception performance between highly-trained musicians (N = 39) and non-musicians (N = 38). We found that musicians are particularly tuned to the melody of vocal emotions - they outperformed non-musicians when emotions were expressed by the voice melody, but not when they were expressed by vocal timbre. Importantly, the link between auditory sensitivity towards melodies and vocal emotional skills even persists in the absence of any musical training, suggesting a predisposition in individuals to exploit melodic patterns in both music and voices. Although this does not rule out potential music training effects, these findings suggest that differences in auditory sensitivity might prepare some individuals to excel in and enjoy musical activities while also enhancing their vocal socio-affective skills.

## II-8 Impression Formation Across the Life-Span: Differential Contributions of Face and Voice Age

*Helene Kreysa & Stefan R. Schweinberger*

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When forming first impressions, we rapidly integrate information from the face and the voice to create a unified representation of our conversational partner (Young et al., 2020). Although many socially important aspects of a person can be inferred reliably from either modality, one modality may be preferred when both are available (Mileva et al., 2018). In order to tease apart differential contributions of faces and voices to first impression formation based on an individual's age, we combined photos of middle-aged faces (ca. 40 - 50 years of age; Ebner et al., 2010) with voices (Zäske et al., 2019) that were either younger or older than the faces (ca. 20 vs. 70 years old). Participants were then asked to rate each "audiovisual person" for trustworthiness, attractiveness, and dominance, and, in a final block, to estimate their age. In two experiments we assessed the contribution of the participants' own age to these ratings: Experiment 1 tested 27 students ( $M = 22$  years old); Experiment 2 tested 29 senior citizens ( $M = 75$  years). The students rated faces combined with younger voices as more attractive than the same faces combined with older voices; for senior raters, voice age did not affect attractiveness ratings. For dominance ratings, the pattern reversed: Students experienced faces combined with older voices as more dominant, whereas senior raters found faces with younger voices more dominant. Trustworthiness ratings were not affected by voice age or participant age. Age estimates tended to be close to the actual age of the face. Interestingly, despite age differences of roughly  $\pm 20$  years between faces and voices, face-voice pairings



typically were not experienced as strange or mismatching, which suggests that face age and voice age can differ considerably without appearing implausible.

## II-9 Manipulating the Endorsement of Prescriptive Views of Aging – Specificity and Internalization

*Maria Wirth, M. Clara P. de Paula Couto, & Klaus Rothermund*

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Prescriptive views of aging are beliefs about how older adults should be and behave. The two most prominent views entail that older adults should remain active and contribute to society (active aging) and that they should withdraw from important positions (altruistic disengagement). Prescriptive views of aging set societal standards for age (in)appropriate behaviour and many older adults internalize these norms so much that they appear completely natural to them. This study investigated the malleability of endorsing prescriptive norms using social consensus information: 367 participants (50–87 years) were asked to indicate whether the general public agreed or disagreed with altruistic disengagement or active aging in the health or social domain. Subsequently, participants were presented with (fictitious) social consensus feedback which was either in line with participants' estimation of social consensus or not (random assignment). Our results indicate that presenting social consensus feedback affected the endorsement of prescriptive views of aging. Learning that a majority of others supported (dis)agreement with a prescriptive age norm led to (lower) higher endorsement of this norm. This effect was specific to the norm and domain for which consensus feedback was presented. Thus, activation and disengagement are represented as separate norms in a domain-specific fashion. Endorsing prescriptions for older adults, in general, led participants to also more strongly endorse this norm for themselves. Our findings attest to the complexity and specificity of prescriptive views of aging and offer important insights for designing interventions.

## II-10 Memory for Voices: Assessing Neural Correlates and Individual Differences

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The ability to recognize others by their voice ranges from phonagnosia to super-recognition. To understand the neural mechanisms and individual differences underlying voice memory, we conducted a series of studies using recognition memory paradigms. Following few exposures to brief sentences, previously unfamiliar voices were recognized among novel voices, suggesting the rapid acquisition of voice representations. In the EEG, learned compared to novel voices elicited a suppression in beta-band oscillations from ~300 ms independent of speech content, indicating the detection of learned speaker identities across novel utterances (study I). In fMRI, explicit voice recognition independent of speech content recruited both voice-sensitive cortex areas of the right superior temporal gyrus and extra-temporal areas (study II). In terms of individual differences, we observed higher recognition performance for young vs. older adults (study III), and a general recognition advantage for old (vs. young) adult voices. Finally, to standardize the assessment of such differences, we developed the Jena Voice Learning and Memory Test (JVLMT), a novel and freely available research tool, suited to screen for phonagnosia and super-recognition abilities within ~22min. This standardized and validated listening test is based on item response theory (IRT) and is applicable across languages due to the use of pseudo-sentences.

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## Locations & Map

