

CELISE WORKSHOP

5th workshop of the Center for Lifespan Developmental Science

OCTOBER 24, 2025

ROSENSÄLE, FÜRSTENGRABEN 27, 07743 JENA

Schedule Overview

Time	Session
12:30 – 13:00	Welcome Coffee, Gathering & Poster Setup
13:00 – 13:15	Opening Remarks
13:15 – 14:00	Keynote 1 (Prof. Dr. Michael Eid)
14:00 – 14:45	Flash Talks (15 min. each)
14:45 – 15:00	Coffee Break
15:00 – 15:45	Keynote 2 (Prof. Dr. Hannes Zacher)
15:45 – 16:00	Coffee Break
16:00 – 17:00	Poster Session 1
17:00 – 18:00	Poster Session 2
18:00 – 18:15	Wrap-up & Closing Remarks
18:15 –	Reception with Food & Drinks

Keynotes

Keynote 1

Title: *Modeling Multimethod Change Data Using the Example of Reciprocal Attachment Experiences in Young Adulthood*

Speaker: Prof. Dr. Michael Eid (Freie Universität Berlin)

Abstract. The analysis of change processes is central to almost all subfields of psychology. From a methodological perspective, two questions are essential: (1) How can stability and change be measured? (2) Are the conclusions drawn from longitudinal studies valid? In recent years, numerous psychometric models for longitudinal research have been developed to address the first question. These models make it possible to separate unsystematic variability due to measurement error from systematic changes over time and to examine the conditions for stability and change. These models are usually formulated for the analysis of data obtained using a single assessment method (e.g., self-report, physiological measurements). Therefore, they are limited with regard to the second research question. Multimethod designs are an important research strategy for examining the validity of conclusions drawn from empirical studies. To analyze convergent validity, various psychometric models (e.g., multitrait-multimethod models) have been developed. However, both perspectives—longitudinal and multimethod approaches—have rarely been combined. This talk will demonstrate how multimethod longitudinal models can be formulated and applied. A multilevel multimethod latent state-trait model with autoregressive effects will be presented and illustrated using a longitudinal study on reciprocal attachment experiences between young adults and their peers.

Keynote 2

Title: *Antecedents and Consequences of “Feeling Old” at Work*

Speaker: Prof. Dr. Hannes Zacher (Universität Leipzig)

Abstract. Lifespan and organizational scholars have become increasingly interested in self-perceptions of aging, such as subjective age. In this talk, I first explore when and why people consider themselves and others to be “older workers”. Second, I present findings from a line of research on the antecedents and consequences of “feeling old” in the work context. Although most studies find that a higher subjective age predicts lower levels of important work and life outcomes, I argue that these associations are confounded by core self-evaluations, or how people generally feel about themselves. I conclude with ideas for future theory development and empirical research on self-perceptions of aging at work.

Flash Talks

F-1. Estimating Causal Effects of Time-Varying Treatments in Latent State-Trait Models for Longitudinal Data

Speaker: Fabian F. Münch (Friedrich-Schiller-Universität Jena).

Abstract. With advancements in data collection methods as, for instance, experience sampling, new challenges arise to identify causal effects in these intensive longitudinal data. If allocation to a (possibly time-varying) treatment is not randomized as in most observational studies, causal effects may be confounded due to (possibly time-varying) covariates. However, adjusting for time-varying covariates in the outcome model may then lead to post-treatment bias. In such cases, g-methods, e.g., inverse probability of treatment weighting (IPTW, Robins et al., 2000), can be used to estimate causal effects. In this talk, we show how g-methods can be combined with latent state-trait (LST, Steyer et al., 1992; Steyer et al., 2015) models for longitudinal data to estimate causal changes in trait stability and situational carry-over. By building upon the recently introduced moderated nonlinear LST approach (MNLST; Oeltjen et al., 2023), we illustrate how time-varying treatment variables can be included to explain key model parameters in LST models such as mean trait level, trait variability, or autoregressive effects.

F-2. Adult-Age Differences in the Inclination for Social Sharing of Emotion

Speaker: Dr. Antje Rauters (Friedrich-Schiller-Universität Jena).

Abstract. After emotional events, people tend to tell others. This behavior is called social sharing of emotion. It can shape development in important ways, as it affects people’s emotional experiences and their relationships. Both domains are subject to motivational changes across the adult lifespan. This could imply age-related differences in the motivation for social sharing. We hypothesized that younger adults engage more in social sharing than older adults. In study 1, we recorded spontaneous conversations among 136 individuals (28 younger couples, Mage = 29; 40 older couples, Mage = 76) shortly after they had watched emotional film clips. Social sharing was assessed with external content coding, participants’ self-reports, and automated word count using LIWC15. Actor-Partner-Interdependence Models showed that social sharing was more frequent in younger than older adults when measured with content-coding or self-reports. No such differences emerged for LIWC scores. In Study 2, we preregistered the hypothesis to replicate the significant age differences for content-coded social sharing. We reanalyzed existing transcripts from 156 individuals (37 younger couples, Mage = 24; 41 older couples, Mage = 70) discussing personal problems (Rohr et al., 2019). APIMS again showed more frequent content-coded social sharing in younger than older adults. Again, no age differences emerged for LIWC scores. That is, age effects in social sharing converged across studies and measures, except for LIWC coding. This underscores the value of multi-method assessment of social sharing in age-mixed samples. It also cautions against relying solely on LIWC to investigate this behavior in

age-mixed samples.

F-3. **Concurrent Prediction of Aging Success by Objective and Subjective Markers of Aging: An Integrative Approach**

Speaker: Fabio Selovin (Friedrich-Schiller-Universität Jena).

Abstract. Cognitive decline, immune function, and inflammation are considered objective markers of aging (OMAs) and are commonly used to predict an individual's aging success. We propose that subjective factors – such as a person's beliefs and perceptions about their own age and aging – that can also predict development in old age be defined as subjective markers of aging (SMAs). Our study goes beyond previous research by using OMAs and SMAs simultaneously to predict different facets of successful aging. OMAs were assessed through measures of cognitive functioning (Trail Making Test), inflammation (interleukin-6, c-reactive protein), and immune aging (neutrophil-to-lymphocyte ratio). SMAs were captured by estimates of subjective age and self-perceptions of aging. Both OMAs and SMAs were used to predict functional (autonomous daily functioning), and evaluative (health-related quality of life, life satisfaction) facets of successful aging. We used cross-sectional data from 456 older adults (MAge = 74 years, 60-86 years) from the LIFE Adult Study to investigate predictive validity of OMAs and SMAs on the different facets of successful aging. Regarding OMAs, cognitive functioning and inflammation predicted daily activities and health-related quality of life, respectively, but did not predict life satisfaction. In contrast, both SMAs predicted life satisfaction, and self-perceptions of aging predicted health-related quality of life, but none of the SMAs predicted levels of daily functioning. Our results suggest that fundamental objective (biological, cognitive) and subjective (self-perceptions of aging) markers of aging are selectively associated with functional and evaluative facets of successful aging, respectively.

Poster Session I

I-1. **Temporary Shake or Long-term Shift? Different Types of Late Life Relocation Shape Older Adults' Personality and Life Satisfaction**

Authors: Yang Sun¹, Libin Zhang², & Cornelia Wrzus¹

Affiliation: ¹Heidelberg University, ²Beijing Normal University

Abstract: Late life relocation, a major life event among older people, remains insufficiently studied with regard to its psychological impact, particularly on personality development and life satisfaction. Using nine biennial waves of the Health and Retirement Study (HRS), we analyzed two groups: older adults who moved between community dwellings (4,238 movers, 12,028 controls; 16-year follow-up), and older adults, who relocated to a nursing home (645 movers, 13,396 controls; 8-year follow-up). After balancing baseline covariates using propensity-score overlap weighting, piece-wise linear mixed models decomposed each trajectory into (a) pre-move selection, (b) the immediate relocation “jump,” and (c) linear and quadratic post-move change in the Big Five traits and life satisfaction. Community movers differed minimally from controls before the relocation; relocation brought no observable rapid shocks on personality compared to controls, but there was a small, short-lived rise in life satisfaction. Then, trait slopes remained virtually flat, and life satisfaction recovered gradually. By contrast, future nursing home residents already showed lower trait levels and lower life satisfaction before the relocation. Compared to the control group, older people admitted to the nursing home experienced a sharp decline in conscientiousness and openness, a rise in neuroticism, and a brief rise in life satisfaction. Over the following years, conscientiousness and openness partially rebounded, neuroticism gradually subsided, and life satisfaction initially declined steadily and then recovered gradually as residents adjusted. Thus, community moves appear psychologically mild, whereas nursing-home entry triggers substantial, yet partly reversible personality changes alongside an extended loss of

life satisfaction. These contrasting patterns delineate boundary conditions on personality plasticity in very old age and highlight the need for targeted psychosocial support during institutional transitions.

I-2. Distinct effects of face and voice age on impression formation - a comparison between age groups

Authors: Helene Kreysa¹, Effi Metzkes^{1,2}, Romi Zäske^{1,5}, and Stefan R. Schweinberger^{1,2,3,4,5}
Affiliation: ¹Friedrich-Schiller-Universität Jena, ²Leipzig University, ³Jena University Hospital, ⁴University of Geneva

Abstract: When forming first impressions, information from the face and voice is rapidly integrated into a unified representation of the individual (Young et al., 2020). To disentangle differential contributions of the face and voice to first impression formation, as well as potential differences between age groups, we combined photos of middle-aged faces (40-50 years old; Ebner et al., 2010) with voices (Zäske et al., 2019) that were either younger or older than these faces (20 vs. 70 years old). In an online experiment, participants were asked to rate each “audiovisual person” for trustworthiness, attractiveness, and dominance, and to estimate their age. Ratings were compared cross-sectionally between three age groups: young adults (M = 22.1 years, range 19–25 years; n = 38), middle-aged adults (M = 36.8 years, range 30-45 years; n = 18), and older adults (M = 57.8 years, range 52.76 years; n = 32). Largely in line with findings from a similar lab experiment (CELISE Annual Workshop 2023), the age of a voice presented with a middle-aged face significantly influenced the perception of all four characteristics. Faces paired with young voices were rated as more trustworthy, more attractive and younger than those paired with older voices. In contrast, faces paired with older voices were perceived as more dominant than those paired with young voices. The age of the participants affected ratings for dominance (young participants rated male stimuli as more dominant than female stimuli; middle-aged and older participants did not) and attractiveness (older participants were more likely overall to rate stimuli as attractive), but did not influence trustworthiness and age-estimates. Moreover, own-age biases did not seem to play a role, suggesting that factors affecting first impressions may be fairly stable across the life-span.

I-3. Reading Minds or Reading Patterns: Schema Use in Younger and Older Adults’ Empathic Accuracy

Authors: Julia A. Freitag¹, Antje Rauters¹, Michaela Riediger¹

Affiliation: ¹Friedrich-Schiller-University Jena

Abstract: Empathic accuracy – the ability to accurately understand another person’s thoughts and feelings – relies on two key social perception processes: On the one hand, (a) bottom-up, which integrates perceptual cues like facial expressions and tone of voice. On the other hand, (b) top-down, where prior knowledge, expectations, and experiences guide interpretation. A key aspect of top-down processes involve schemas —structured frameworks of general knowledge and beliefs that help organize and integrate information. Schema use, however, may vary depending on individual factors (e.g., age, gender) and situational characteristics (e.g., topic valence). This study examines how schemas shape empathic accuracy, drawing hypotheses from lifespan theories such as Socioemotional Selectivity Theory, and how their use varies across age, and topic valence. Using one dataset from a naturalistic conversation study, we analyzed interactions between unacquainted older and younger adult dyads sharing emotional experiences. The paradigm’s design was optimized for eliciting emotional states and ensured high ecological validity. Participants provided self- and other-ratings after the conversations, allowing us to measure empathic accuracy as self-other agreement. Our findings suggest that schemas play a stronger role in empathic accuracy during positive conversation and that age further shapes these dynamics. These

results provide fresh insights into the interplay of schemas and social perception, highlighting the importance of age and lifespan perspectives in empathic processes.

I-4. **Motivating Empathy: The Effects of Enhancing Empathic Motivation in Older Adults During Naturalistic Conversations**

Authors: Alissa von Großmann¹, Jenny Jaquet¹, Antje Rauters¹ & Michaela Riediger¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

Abstract: Empathic accuracy, the ability to correctly infer the thoughts and feelings of others, is a cognitive form of empathy crucial for social well-being across the lifespan. Although cognitive abilities decline with age, empathic accuracy does not consistently appear to be lower in older adults than in younger individuals. Studies suggest that older adults can achieve levels of empathic accuracy comparable to their younger counterparts, depending on their level of motivation. Using a naturalistic dyadic interaction design, our study aims to test the effects of motivation on empathy-related outcomes in older adults. Therefore, we investigated the impact of manipulating empathic motivation in naturalistic conversations. We videotaped semi-structured conversations among 113 sex-homogeneous dyads of older participants (aged 66 to 87 years). One person was assigned the role of the target and was asked to share personal experiences. The empathizer was asked to listen and respond to what was said. Before the conversation, we aimed to increase empathizers' motivation in the experimental group by highlighting the significance of being empathetically accurate for the subsequent task and for participants' personal and social well-being. We hypothesized that empathizers in the experimental group, compared with the control group, would a) report enhanced empathic motivation and b) empathic behavior, c) show more observable empathically motivated behavior, d) have higher empathic accuracy, and e) be perceived as more empathic. Secondly, we hypothesized that targets in the experimental group would a) report more expressive motivation and b) self-disclosure, and c) share more emotions. Preliminary analyses provided some initial evidence in line with these predictions. We will discuss motivational aspects of empathic accuracy in older adults, considering both the role of the empathizer and the role of the target.

I-5. **Changes in Dark Personality Traits and Relationship Quality: Evidence from a Longitudinal Dyadic Study**

Authors: Anna Braig

Affiliation: Friedrich-Schiller-Universität Jena

Abstract: The reciprocal influence between personality and relationship experiences has been of much interest, but there is little research on the extent to which changes in relationship quality are shaped by changes in dark personality traits or, conversely, how changes in relationship quality impact these traits. In the present study, we examined how the dark triad traits (i.e., Machiavellianism, psychopathy, and narcissism) are linked to key aspects of romantic relationships, including relationship satisfaction, commitment, reciprocity orientation, and verbal aggression. We used data from the German Family Panel (pairfam). The analyzed sample included $N = 1,925$ couples, with a mean age of 36.48 years ($SD = 7.62$) for anchor persons and 36.91 years ($SD = 8.71$) for their partners at the first measurement occasion. Across three waves of data collection, each two years apart, we applied extended bivariate latent change models. The results revealed both cross-sectional associations and correlated changes between the dark triad traits and relationship satisfaction, commitment, reciprocity orientation, and verbal aggression, with both actor and partner effects. Generally, higher levels in the dark traits were linked to lower relationship satisfaction and commitment, alongside higher reciprocity orientation and verbal aggression. Moreover, findings indicated a reciprocal influence between personality (change) and relationship (change), again involving both actor and partner effects, with narcissism showing the most consistent associations

with relationship dynamics. The results are discussed in the context of existing literature on personality development in partner relationships

I-6. **Can We Facilitate Empathic Accuracy in Older Adults by Promoting Their Empathic Motivation in an Online Intervention?**

Authors: Jenny Jaquet¹, Alissa von Großmann¹, Antje Rauters¹, & Michaela Riediger¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

Abstract: Correctly understanding others' thoughts and feelings (empathic accuracy) is a cognitively demanding task. Due to cognitive mechanics declining in later life, researchers expected younger adults to exhibit higher levels of accuracy than older adults. However, in line with Selective Engagement Theory, empirical studies have underscored the role of motivation as a moderating factor for older adults' performance in empathic accuracy tasks. When assessed within self-relevant and meaningful contexts, past studies have found older adults' performance to approach that of younger adults. The current study used an online intervention to examine whether presenting empathic accuracy as a self-relevant skill increases older adults' empathic motivation and, subsequently, their empathic accuracy. Our sample consisted of 179 older adults (Mage = 75.3, SD = 5.0, 56% female) randomly assigned to the control group or one of two intervention groups. In the intervention conditions, participants were either told that empathic accuracy is a cognitive skill that is crucial for life management (intervention group A) or that it is essential for social adjustment and emotional well-being (intervention group B). The control group received no such information. All participants watched videos in which the protagonists reported personal emotional experiences. Empathic accuracy was operationalized as the agreement between participants' judgment of protagonists' feelings and protagonists' self-reported feelings. Empathic motivation was measured using both self-report and indirect measures of goal-congruent behavior. Preliminary analyses suggest that our interventions did not significantly enhance participants' motivation. Nevertheless, behavioral expressions of empathic motivation—but not self-reported motivation—were found to be associated with older adults' empathic accuracy. We will discuss the extent to which older adults' willingness to be empathically accurate can be enhanced through online interventions. Additionally, we will elaborate on the predictive value of direct versus indirect measures of motivation for accurate empathic judgments.

I-7. **Individualized music for people with dementia living at home: Results of a Randomized Controlled trial of an app-based music intervention (“IMuD-App”)**

Authors: Morena Kaiser¹, Sophie Gessner¹, Doreen Rother¹, Tanja Kalytta¹, Lisette Weise¹ & Gabriele Wilz¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

Abstract: Background: Listening to personalized music is an effective non-pharmacological intervention for improving the well-being of people with dementia (PwD). Previous research shows that listening to individualized music can promote positive emotions and memories, as well as reduce stress, agitation and anxiety in PwD. A randomized controlled trial was conducted to assess the feasibility and effectiveness of an app-based music intervention, carried out by their caregivers at home (Jakob et al., 2024; Sittler et al., 2021; van der Steen et al., 2018; Weise, Töpfer, Deux & Wilz, 2019; Weise, Töpfer & Wilz, 2020). Aims: This project aims to improve the quality of life of PwD, as well as the well-being of their caregivers and the quality of the dyadic interaction between PwD and their caregivers. Method: The dyads are randomly assigned to either an intervention (IG) or a control group (CG). The IG listens to individualized music via headphones and the IMuD-App on a tablet every other day for 20 minutes for six weeks. The CG receives standard care. Throughout the intervention period, dyads complete paper-pencil-questionnaires at four assessment points. A behavioral

observation and collection of hair samples were carried out by a member of the project team. Outcome measurements are Goal attainment, well-being, physiological stress, quality of life of the PwD and their caregivers, behavioural and psychological symptoms of dementia, resistance of PwD during care, reactions to the listened music, caregivers burden of care, positive aspects of care, the self-efficacy of caregivers and the quality of the dyadic interaction. The implementation, acceptance, and applicability of this intervention were also evaluated. Results: This RCT included 102 dyads. Initial analyses indicate good feasibility and a high level of satisfaction with the music intervention. The extensive data is currently being evaluated. Further results will be presented. Discussion: Music listening interventions can be an important, cost-effective support service for the home care of people with dementia and their family carers. It should be given more targeted consideration in future care approaches.

Poster Session II

II-1. **Perceived age-related losses exacerbate stressor impact on negative affect**

Authors: Finn Leopold Schröder¹, Maria Wirth¹ & Klaus Rothermund¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

Abstract: Background: Although emotional aging research has been dominated by the idea of age-related improvements in emotional experience, current mixed findings call for a more differentiated, context-based approach. Specifically, it has been proposed that age-related improvements are absent in situations that are stressful and in which older adults are faced with age-related vulnerabilities or losses. Methods: We tested this prediction using data of 14-day diary study with 199 older participants (Mage = 65.00, 50-91 years). Participants reported on daily stressors, daily perceived age-related losses (e.g., impeded mental capacity), and daily negative affect. Results: Using multilevel modeling and controlling for daily positive events and daily perceived age-related gains, our results indicated that the effects of stressors on negative affect were moderated by daily perceived age-related losses and participant's age. Specifically, participants reported more negative affect on days with above average stressors and perceived age-related losses. This effect was most pronounced in our oldest participants (73 years and older). Conclusion: Our results support the idea of more differentiated approaches to emotional aging considering both contextual effects and age-related vulnerabilities. Such approaches will provide more detailed insights into how older adults manage and maintain their well-being.

II-2. **Biopsychosocial Benefits from In-Person Socializing Versus Video-Mediated Contact in Old Age: The Role of Behavioral Mechanisms and Individual Resources**

Authors: Jenny Schröder¹, Lara Schießl¹, Antje Rauers¹, & Michaela Riediger¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

Abstract: Maintaining close social ties is critical for late-life adjustment, health, and longevity. However, reduced mobility or geographic separation often limit opportunities for in-person interaction. Videoconferencing technologies offer a potential means of maintaining social connectedness in later life. However, their efficacy in fulfilling social and emotional needs remains an open empirical question. Emerging evidence indicates that some of the biopsychosocial benefits of social interactions are diminished in video-mediated communication, compared to face-to-face settings. We refer to those losses as LIVI (lost in video-mediated interactions) effects. While LIVI effects have been found in younger adults, experimental evidence for older adults is currently lacking. Older adults may particularly benefit from videocalls to sustain social ties, yet they might also be more susceptible to LIVI effects. To investigate the biopsychosocial outcomes of video-mediated versus in-person interactions the

proposed project will use a within-subject design. $N = 185$ older adults (aged 65 years +) engage in two naturalistic conversations with a younger close relative (18+): once in-person, and once via videocall. Primary outcomes will include hedonic experience, interpersonal gains, and autonomic arousal. All of these constructs matter for late-life adjustment and longevity. At the same time, they are assumed to vary by modality (in-person vs. videocalls). To identify potential mechanisms mediating LIVI effects, we will analyze interpersonal behaviors (interpersonal coordination, self-disclosure, and responsiveness) that might vary by modality and that are known to foster social connection. Lastly, we will examine age-graded resources (cognitive-mechanic resources, digital literacy, and age stereotypes) which may moderate how behaviors vary across modalities. We will present the theoretical framework and experimental design of this study.

II-3. Talking is Golden – Daily Social Sharing of Emotions and Closeness in Queer Relationships

Authors: Lara Schießl¹ & Antje Rauters¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

Abstract: When people feel emotional, they tend to disclose their emotions to others. An important context for the so-called social sharing of emotions in adulthood are romantic partnerships. Social sharing seems to play an important role in the development of these relationships, by fostering closeness, shaping the development of social relationships over time. The effect also depends on the responsive behavior of the close other. To investigate these processes, this preregistered study investigates associations of the social sharing of negative emotions and partnership closeness in daily life. We predicted that the more participants share their emotions with their relationship partner, the closer they feel to their partner on the same day. We furthermore predicted that this effect would be partially mediated by the fit between desired and received partner support. $N = 107$ adults in non-heterosexual romantic relationships participated in a daily-diary study over 10 consecutive days. Social sharing, closeness and response fit were recorded daily on a scale from 0-100. Mixed linear models showed that social sharing significantly predicted closeness on the same day. There was no mediation of the relationship between social sharing and closeness by fit between desired and received partner support. Nevertheless, fit was a unique predictor of daily closeness. These results extend existing evidence on the role of daily social-sharing behaviors for relationship closeness, and highlight the additional role of the fit between interpersonal expectations and behaviors. The study encourages inclusion of non-heterosexual individuals in relationship research.

II-4. All Attention on Social Anxiety in Kids – Understanding Attention Biases and Emotion Regulation in Laboratory and Everyday Life

Authors: Marie-Luise Völker

Affiliation: Friedrich-Schiller-Universität Jena

Abstract: Contemporary models of Social Anxiety Disorder (SAD) (Clark & Wells, 1995; Rapee & Heimberg, 1997; Spence & Rapee, 2016) emphasize negative cognitions and attentional biases as key maintaining factors. These processes are also central in youth research. However, findings differ depending on methodological context. While lab studies suggest hypervigilance in gaze behavior (Capriola-Hall et al., 2020; Seefeldt et al., 2014), ecologically valid studies indicate gaze avoidance in SAD (Lidle & Schmitz, 2024; Rubo et al., 2020), highlighting the importance of naturalistic settings. Emotion regulation (ER) also plays a critical role in SAD. Although transdiagnostic ER patterns exist, SAD shows specific ER deficits (Turk et al., 2005). Social support may moderate ER abilities. According to the Emotion Socialization Theory (Eisenberg et al., 1998), children develop ER strategies through interactions with their social environment. Thus, social support may influence ER capacity and SAD maintenance. Most research on social support relies on self-reports and

suggests beneficial effects on mental health (Chu et al., 2010), but few studies have examined this experimentally. Vietmeier et al. (2025) showed that adolescents receiving parental support or self-instruction during a social stressor reported fewer negative cognitions than those without support. This project aims to experimentally investigate how support from a self-chosen person affects ER in youths with SAD. A novel ER model for social situations was developed, integrating elements from Behar et al.'s (2009) Emotion Dysregulation Model and maintaining factors from prior SAD models, including attentional biases, anticipatory processing, self-focused attention, physiological arousal, and post-event processing. Social support is conceptualized as a moderating factor within this framework.

II-5. Mindfulness and prosociality in younger and older adults' daily life

Authors: Cornelia Wieck¹, Elisabeth S. Blanke¹, Martin Katzorreck¹, Carsten Wrosch², Steffen Nestler³, & Ute Kunzmann¹

Affiliation: ¹Leipzig University, ²Concordia University, ³University of Münster

Abstract: Previous research has shown that mindfulness, defined as the conscious, non-judgmental attention to the present moment, contributes to reduced stress and enhanced well-being at the individual level. However, its effects on interpersonal behavior, particularly prosocial behavior, remain insufficiently established. Grounded in the assumption that mindfulness cultivates a decentered and open attentional stance, which facilitates greater awareness of and attunement to others' emotional experiences and needs, we expected mindfulness to be positively associated with prosocial behavior. Drawing on lifespan theory, which posits that older adults place increased emphasis on prosocial goals due to heightened generativity, we further hypothesized that this association would be stronger among older than younger adults. To test our predictions, we employed a daily diary design assessing mindfulness and prosocial behavior at both trait and state levels, capturing both within-person and between-person variation. The sample consisted of 133 younger adults (aged 20–35) and 115 older adults (aged 64–80), who completed up to 28 consecutive days of daily diary entries. Initial analyses indicate that older adults report higher levels of trait mindfulness than younger adults, whereas no significant age-related differences emerged in prosocial behavior. Further, preliminary within-person analyses suggest that day-to-day increases in mindfulness tend to be linked to more prosocial behavior in both younger and older adults. In contrast, between-person associations revealed that mindfulness appeared to be related to prosocial behavior primarily among older adults. These findings underscore the importance of considering both situational and developmental contexts when examining socio-emotional processes. Implications for the measurement of mindfulness and prosociality, as well as for the design and implementation of mindfulness-based interventions, are discussed.

II-6. Perceiving Expectations for Active Aging – Daily Variations and Correlates

Authors: Maria Wirth¹ & Klaus Rothermund¹

Affiliation: ¹Friedrich-Schiller-Universität Jena

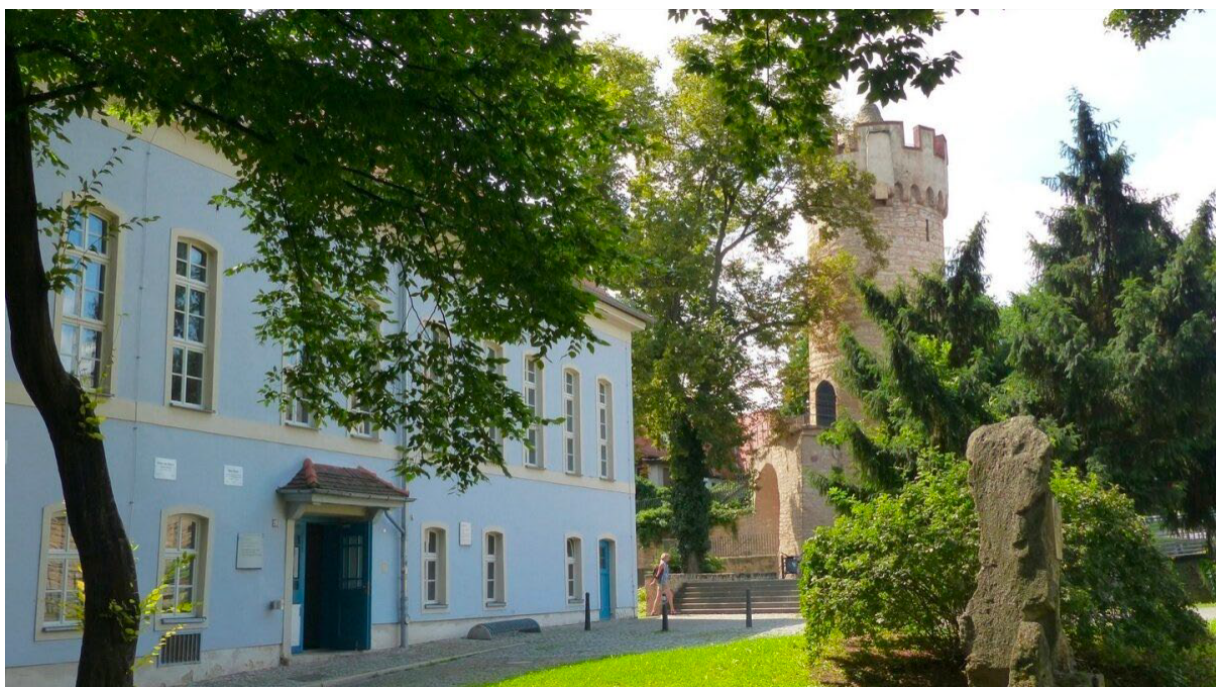
Abstract: Older individuals face increasing societal expectations to remain active and participate in society. Perceived expectations for active aging (PEAA) refer to individuals recognizing such expectations as being directed at them. Previous studies indicated that individuals cope well with active aging expectation and that PEAA have circumscribed effects on well-being and aging perceptions. However, these studies investigated PEAA only retrospectively and as a static construct, neglecting contextual influences and fluctuations in PEAA. Thus, in a 14-day diary study with 204 participants (Mage = 65.00, 50-91 years), we repeatedly assessed PEAA and related them to positive and negative affect as well as subjective age. Using multilevel modeling and controlling for daily hassles and uplifts, our results indicated that PEAA differed between but also fluctuated within individuals. Individuals reporting more PEAA overall had higher levels of negative affect and felt older.

In contrast, on days on which individuals perceived more expectations for active aging, they reported less negative affect and feeling younger. PEAA and positive affect were not related. These findings point to different dynamics at the between- and within-person level and emphasize the importance of assessing and understanding PEAA within individuals' daily contexts.

Important Information

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Locations & Map

