

LIFE IN THE LIVING ROOM: AN EXPRESSION OF PERSONALITY IN LATE LIFE?

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Recent research has found that micro environments (i.e., residential spaces) provide information about psychological processes in young adults. This study examined older adults' living spaces. Participants (N = 171) from the Daily Experiences and Well-being Study completed measures of personality. Interviewers took 3 to 4 photographs of the room where participant spends the most time. Independent coders rated the rooms for 33 features (e.g., cleanliness, light, clutter) on a 5 point scale. Regression analyses revealed that personality was associated in anticipated ways. For example, conscientiousness was associated with rooms in better condition, neuroticism with less brightness, and by contrast, extraversion with greater brightness and more color. Discussion focuses on bidirectional emotional aspects of home environments that may contribute to well-being. Macro environments (e.g., neighborhoods) shape late life well-being, but understanding micro environments where older adults spend the majority of their time also may contribute to advances in the field.

SESSION 5900 (SYMPOSIUM)

DIVERSITY MATTERS FOR HEALTH: ACTIVITY DIVERSITY, EMO DIVERSITY, STRESSOR DIVERSITY, AND HAPPYVERSITY

Chair: Soomi Lee

Co-Chair: Emily Urban-Wojcik

Discussant: David Almeida

Aging theories suggest that diversity of experiences relates to social integration, cognitive reserve, and more psychological resources, all of which are important for successful aging. However, age-related declines may contribute to a monotonous daily life. Emerging studies suggest that activity diversity and positive emotional diversity are associated with better health; yet, we still know little about how a variety of diverse lifestyle indicators are associated with health in adulthood. This symposium showcases contemporary endeavors towards understanding how multiple diversity indicators of adult lifestyle relate to health. Paper 1 examines activity diversity (breadth and evenness of daily activity participation) and tests its associations with overall and nightly sleep health. Paper 2 investigates the relationship between activity diversity and hippocampus volume. Paper 3 examines whether there are age-related differences in the extent to which positive emotion diversity attenuates the association between stress and depressive symptoms. Paper 4 examines stressor diversity and how it is associated with blood pressure across age and SES. Paper 5 introduces a novel concept of happyversity (diversity in life satisfaction across different domains) and tests its association with terminal decline. These papers use different project datasets that include different populations of middle-aged and older adults, such as the Midlife in the United States Study, Intraindividual Study of Affect, Health and Interpersonal Behavior, Study of Health and Interactions in the Natural Environment, and German Socioeconomic Panel Study. At the end of these presentations, Dr. Almeida

will discuss their theoretical and methodological contributions, and consider challenges and opportunities for future research.

BIDIRECTIONAL ASSOCIATIONS BETWEEN ACTIVITY DIVERSITY AND SLEEP

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Activity diversity is important for psychological well-being and cognitive functioning. Yet, little is known about the relationship between activity diversity and sleep. This study examined how overall and nightly sleep health are associated with activity diversity. Participants (N=1841) from the Midlife in the United States Study II provided activity data for 8 days. We constructed overall and daily activity diversity scores. A composite score of overall sleep health across 8 dimensions and nightly sleep duration were measured. Analyses adjusted for sociodemographics, total activity time, and positive/negative affect. Participants with poorer sleep health overall had a lower activity diversity. On days following nights with short (<6hrs) or long (>8hrs) sleep duration, participants engaged in fewer-than-usual activities. Conversely, fewer daily activities also predicted long (but not short) sleep duration. Our results suggest cyclical associations between poor sleep health and activity diversity day-to-day, which, may accumulate over time to form a bidirectional relationship.

THE RELATIONSHIP BETWEEN HIPPOCAMPAL VOLUME AND ACTIVITY DIVERSITY

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The hippocampus, implicated in learning, memory, and spatial navigation, is one of the few brain structures that demonstrates neurogenesis across the lifespan. Hippocampal volume (HV), then, may be a marker of exposure to and engagement with novel events and environments, which may in turn be related to cognitive functioning. The present study examined the relationship between HV and activity diversity (AD), which characterizes the range and evenness of participation in daily activities. In 52 participants who completed the daily-diary and neuroscience projects of the Midlife in the United States Refresher study, greater levels of AD across an 8-day period were related to greater HV averaged across the left and right hemispheres when adjusting for overall brain volume, total activity time, time between projects, and relevant sociodemographic variables, $b=1128\text{mm}^3$, $t(43)=2.54$, $p=.015$. These findings may point to a mechanism through which AD has been related to better cognitive and mental health outcomes.