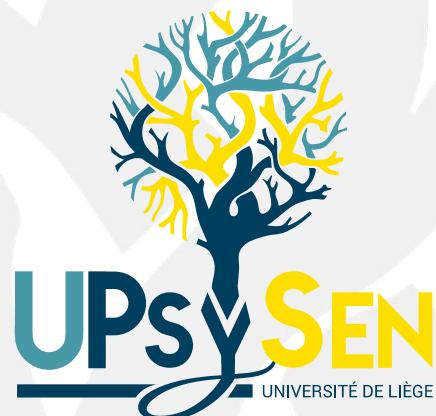


Conference

“Happiness and aging: Reality or fiction?”



ADAM Stéphane

EXAM... ! !



Exam

Questions ...

1. What is the percentage of people over 65 living in a nursing home?
2. What is the percentage of people over 65 who suffer from depression?
3. What is the percentage of people over 65 who feel lonely?

Examens

Questions ...

4. What is the percentage of men aged 80 to 102 who have had penetrative sex (at least once in the past 12 months)?
5. What is the percentage of woman aged 80 to 102 who ...



The real question is ...

Depression



Happiness



vs.

Part 1

“Facts”



Facts ...

Aged people and negative life experience ...

Nécrologie

Toots Thielemans est mort à l'âge de 94 ans

Jean-Baptiste Frédéric Isidore Thielemans ou «Toots», est l'un des musiciens belges les plus respectés et connus dans le monde. Il est décédé ce matin à l'âge de 94 ans.

L'harmoniciste et compositeur de jazz bruxellois Toots Thielemans s'est éteint ce lundi matin à l'âge de 94 ans, a indiqué sa manager Veerle Van de Poel. L'artiste est décédé à l'hôpital, où il avait été admis après une chute le mois dernier.

«Toots Thielemans est décédé ce lundi matin dans son sommeil», a affirmé Mme Van de Poel. Il était hospitalisé depuis le mois dernier en raison d'une chute. «Il n'y a pas eu de complications. Il est mort de vieillesse, son corps était tout simplement épuisé», a-t-elle précisé.

Un registre de condoléances sera probablement ouvert plus tard dans la journée à La Hupe, où Toots Thielemans résidait.



Part 2

“The beliefs ...”



The beliefs ...

(Belgian students of psychology; $n = 130$)



The beliefs ...

(Belgian students of psychology; n = 130)



The beliefs ...

(Belgian students of psychology; $n = 130$)

■ Neutral words (de -1 à 1)



The beliefs ...

(Belgian students of psychology; n = 130)

 Neutral words (de -1 à +1)  Positive words (de +1 à +5)



The beliefs ...

(Belgian students of psychology; n = 130)

 Neutral words (de -1 à +1)  Positive words (de +1 à +5)  Negative words (de -1 à -5)



The beliefs ...

(*Nurses of the oncology department - CHU Liège; n=76*)



■ Neutral words

■ Positive words

■ Negative words



The beliefs ...

Questions ...

- ✓ What is the percentage of people over 65 living in a nursing home?

Etude KCE 2007 - [http://www.kbs-frb.be/uploadedFiles/KBS-FRB/05\)_Pictures,_documents_and_external_sites/09\)_Publications/PUB2009_1853_Lamale.pdf](http://www.kbs-frb.be/uploadedFiles/KBS-FRB/05)_Pictures,_documents_and_external_sites/09)_Publications/PUB2009_1853_Lamale.pdf)

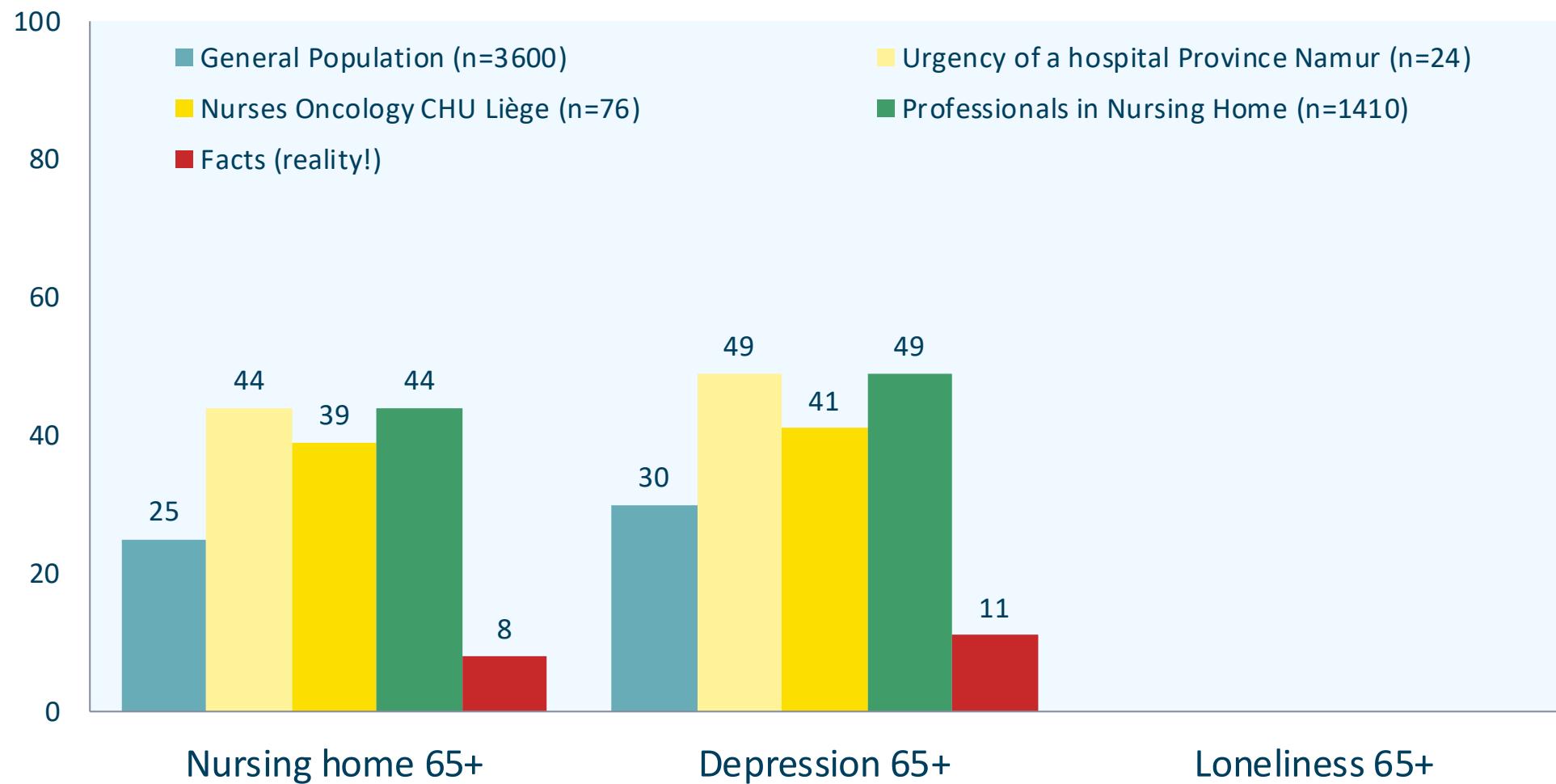
- ✓ What is the percentage of people over 65 who suffer from depression?

Rapport de la FRB 2009 - [http://www.kbs-frb.be/uploadedfiles/kbs-frb/05\)_pictures,_documents_and_external_sites/09\)_publications/pub2009_1853_lamaisondu21esiecle.pdf](http://www.kbs-frb.be/uploadedfiles/kbs-frb/05)_pictures,_documents_and_external_sites/09)_publications/pub2009_1853_lamaisondu21esiecle.pdf)

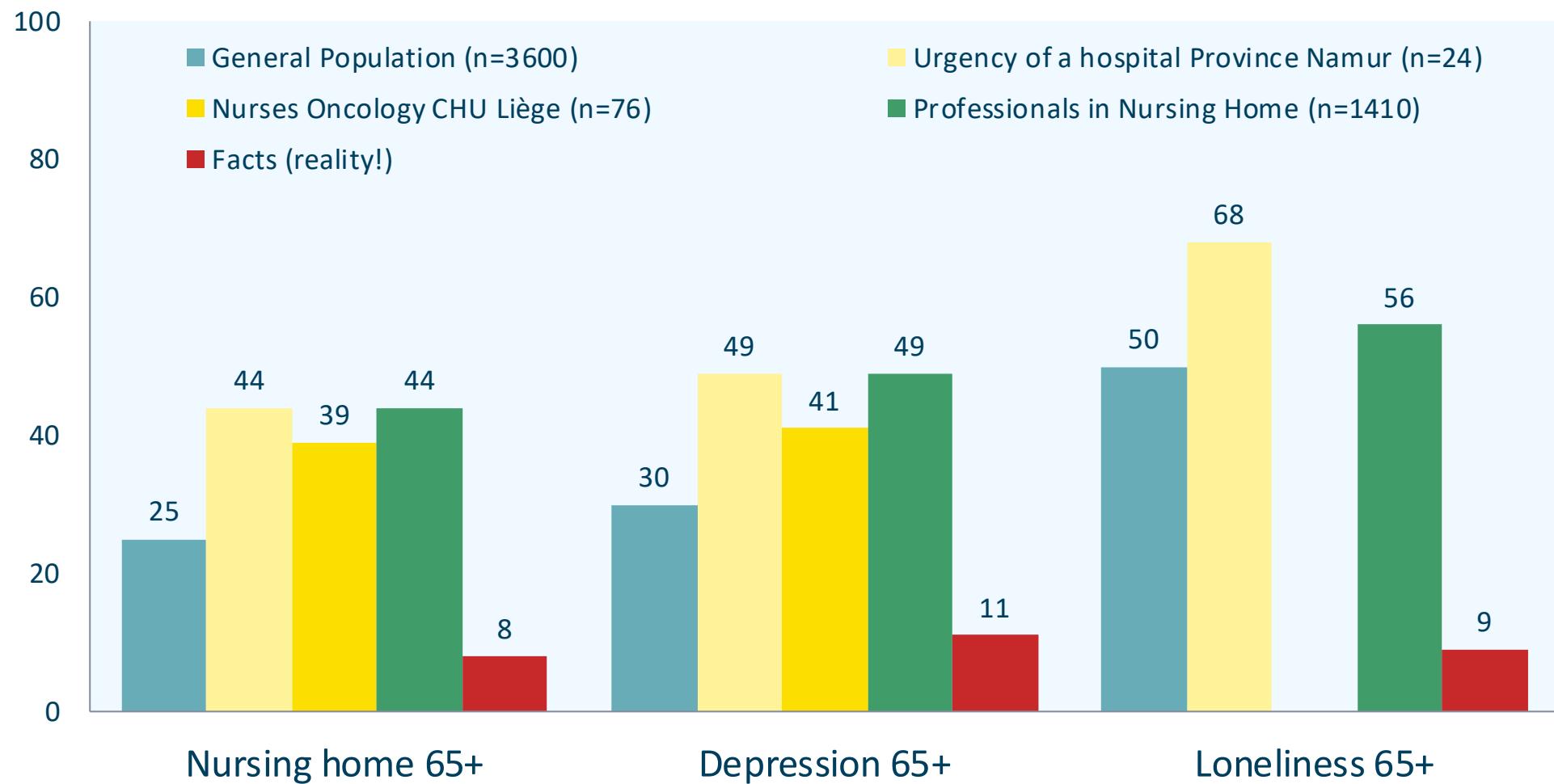
- ✓ What is the percentage of people over 65 who feel lonely?

Enquête de la FRB de mars 2012 – voir
http://intergeneration.be/publication.php?id_publication=161

The beliefs ...

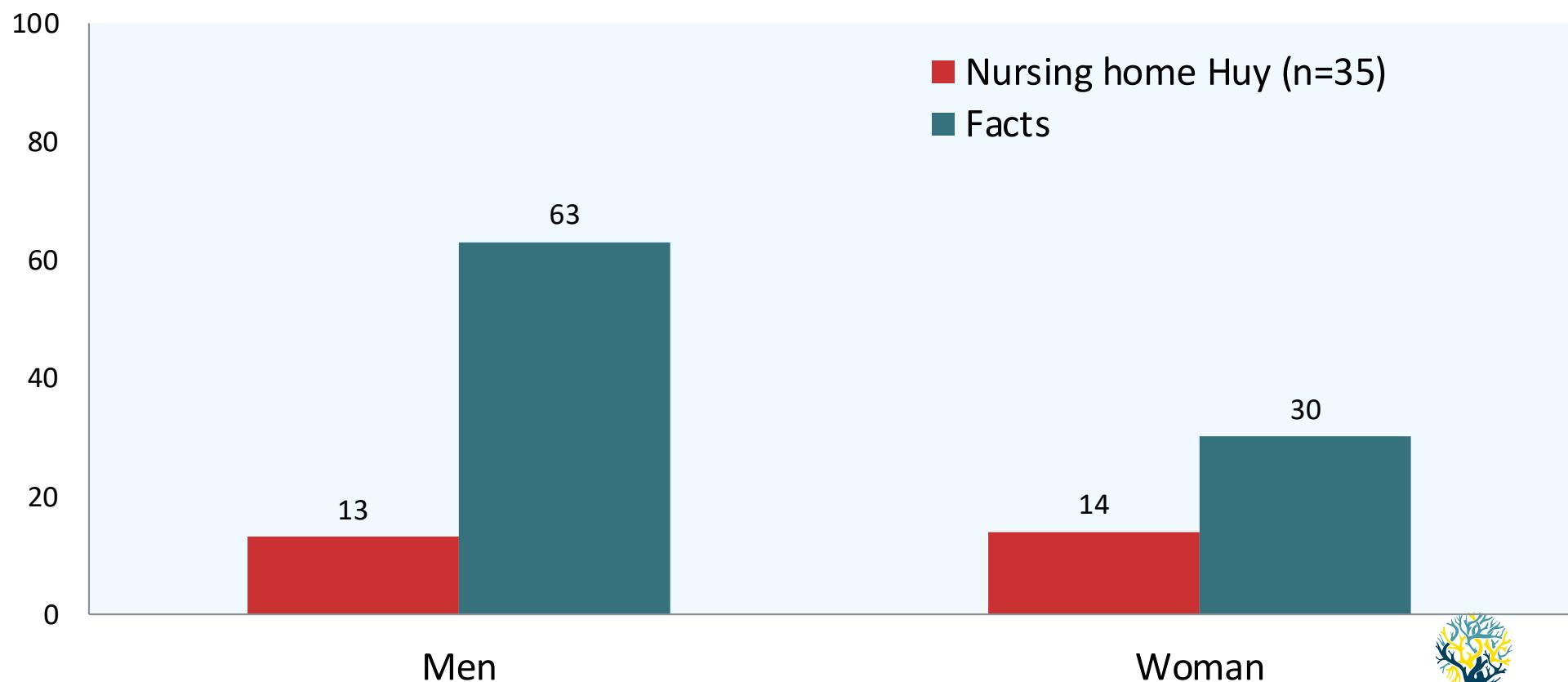


The beliefs ...



The beliefs ...

% of people aged 80 to 102 who have had penetrative sex
(at least once in the past 12 months)



Bretschneider, J.G., McCoy, N. (1988). Sexual interest and behavior in healthy 80- to 102-year olds. *Archives of Sexual Behavior*, 17, 109-129.

Part 3

“Attitudes ...”



« Attitudes » ...

“Overtreatment!!”

antidepressants

anxiolytics



« Attitudes » ...



From: **Benzodiazepine Use in the United States**

JAMA Psychiatry. 2015;72(2):136-142. doi:10.1001/jamapsychiatry.2014.1763

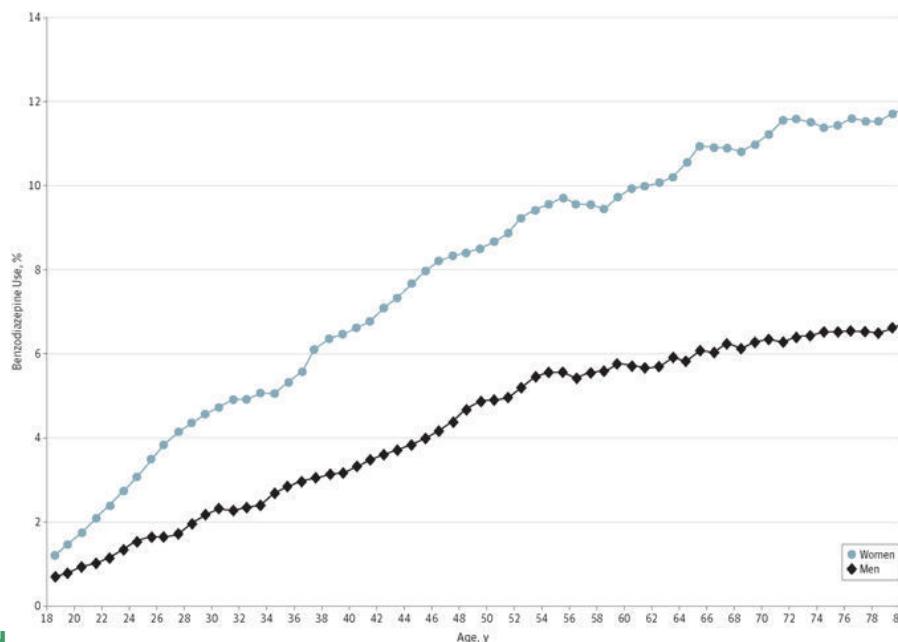


Figure Legend.

% of population in the USA in 2008 with any Benzodiazepine use by sex and age
The data source was 2008 IMS Life

Date of download: 11/1/2016

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« Attitudes » ...

Table 1: Symptoms, level of depression and chronic usage, by age.

	18–35 years (n = 690)	36–55 years (n = 846)	>55 years (n = 289)
Depressed mood	90.6%	86.9%	79.9%*
Diminished interest/pleasure	78.6%	76.8%	66.1%*
Thoughts of death/suicide	62.5%	52.1%	44.3%*
Mean number of symptoms	7.16	6.57	5.68*
Met DSM criteria†	78.3%	74.0%	59.4%*
‘Severe’ depression in year prior to starting ADs	44.2%	42.9%	38.7% ns
Chronic usage‡	33.5%	46.9%	59.0%*

*P < 0.0001. †Five DSM symptoms and no loss of loved one in previous two months.

‡Taken ADs for three years and still taking them.



Part 4

“The consequences of these attitudes ... !!!”



The consequences of these attitudes ...!!!

Antidepressants

Falls

Anxiolytics

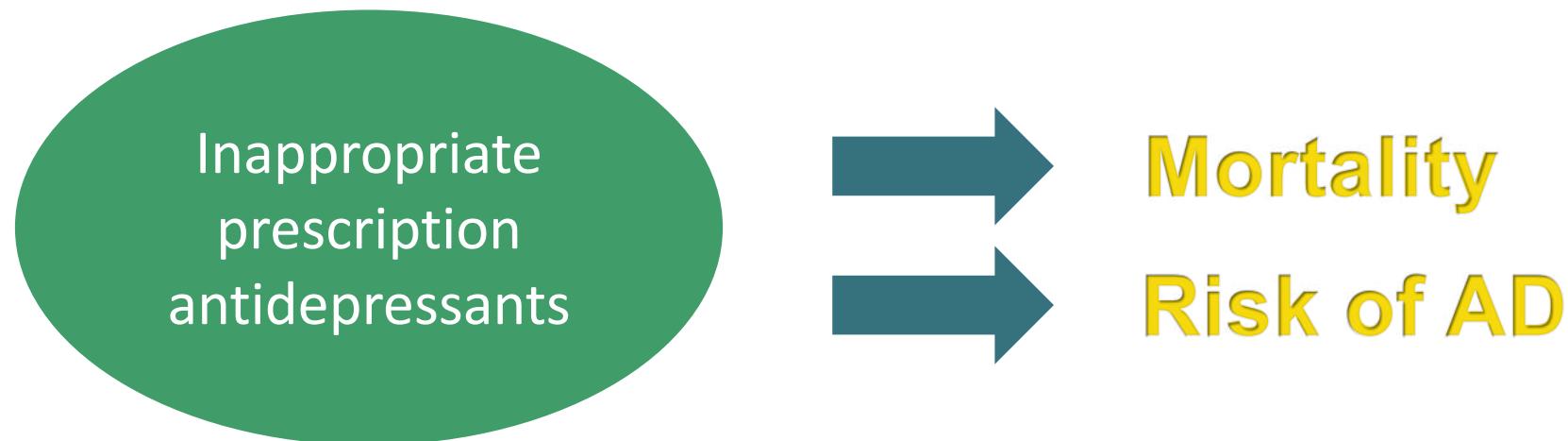
Sleeping pill



The consequences of these attitudes ...!!!



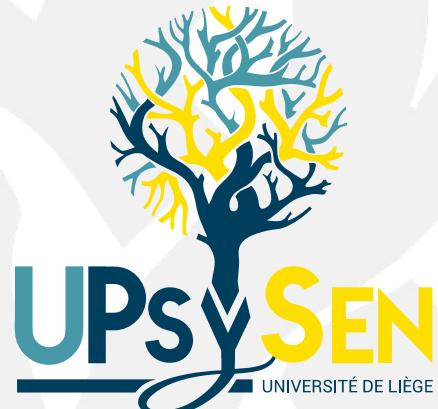
The consequences of these attitudes ...!!!



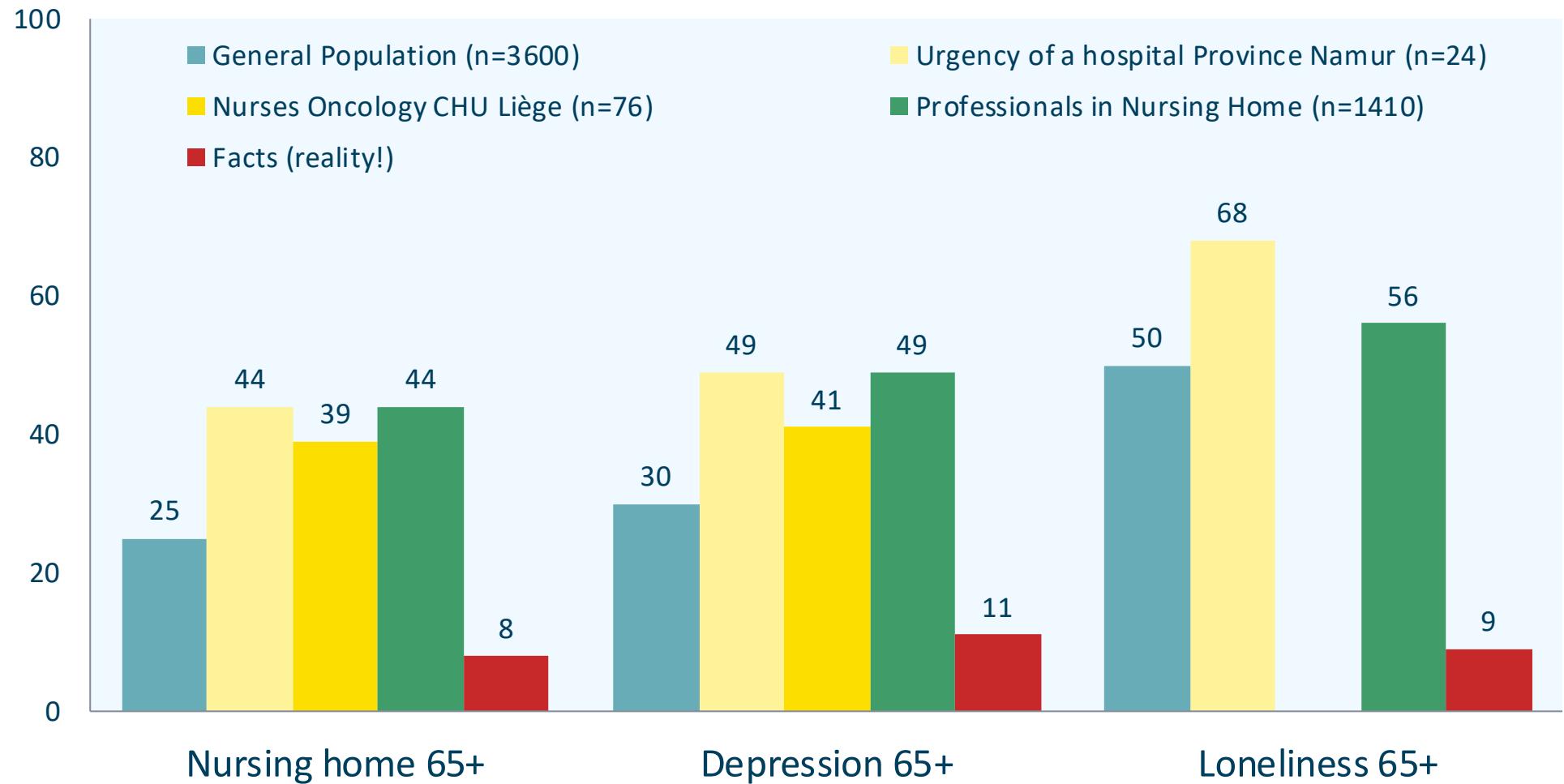
Heser et al. (2018). *Journal of Affective Disorders*, 226, 28-35.

Part 5

“Reality...!!!”



« Reality » ...!!!

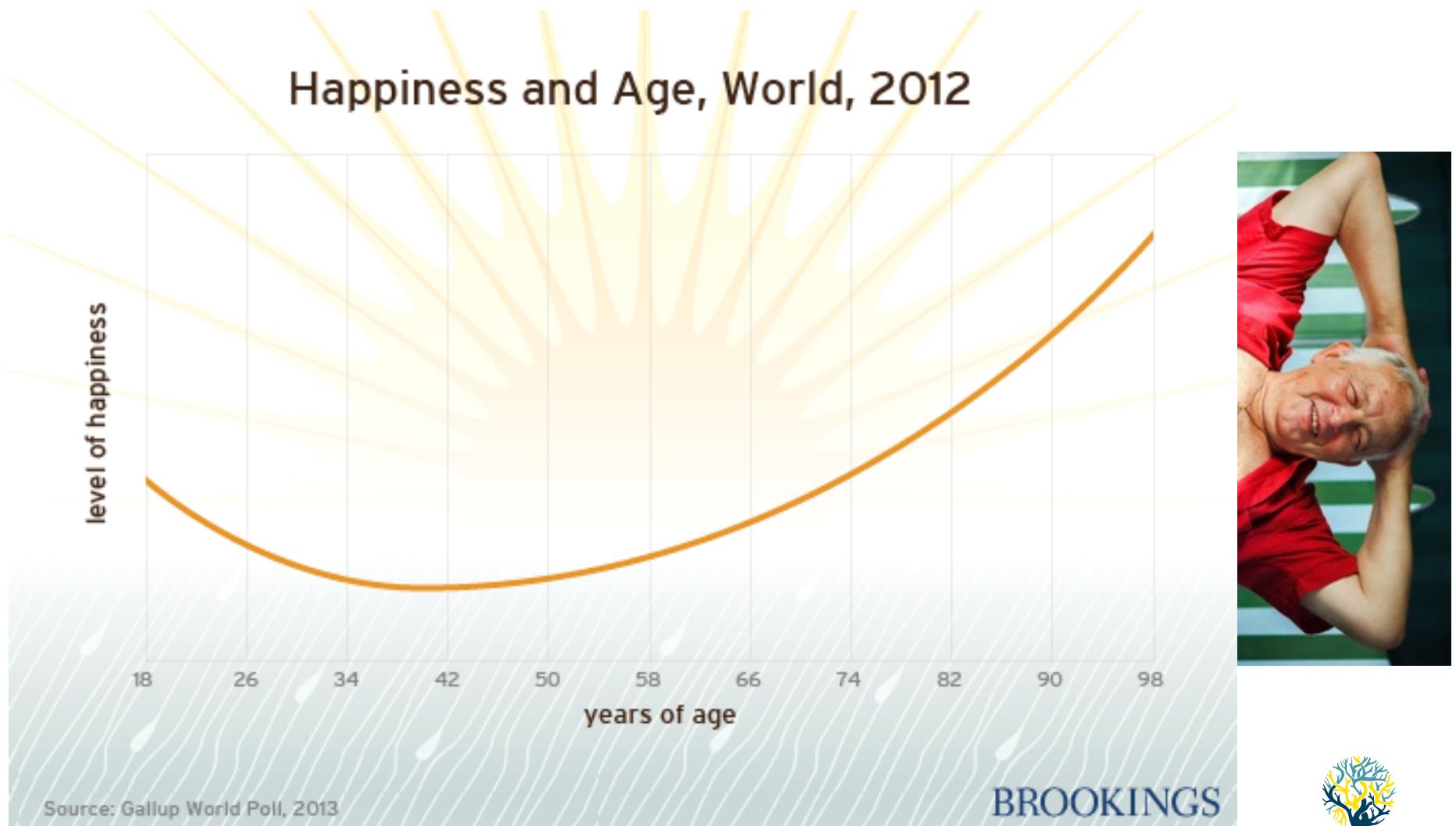


« Reality » ...!!!

- ✓ Well-being does not diminish with age (it's even the opposite!)
- ✓ Older = overall happier than younger



« Reality » ...!!!



Part 6

“But god, how are they doing?!!”



But god, how are they doing?!!

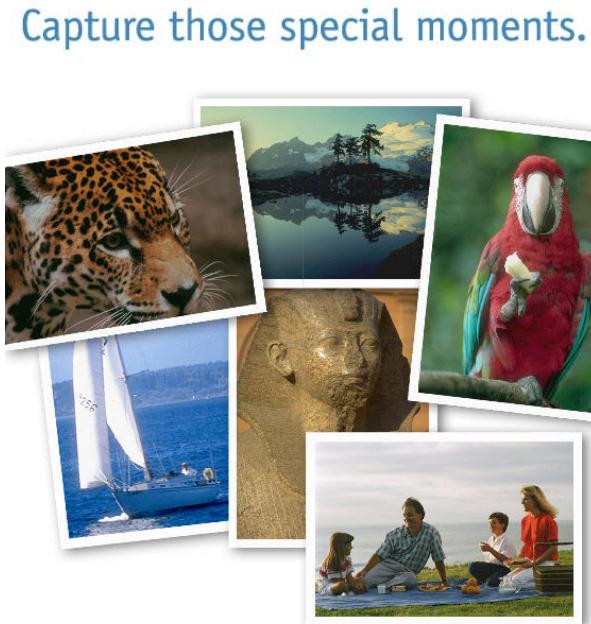
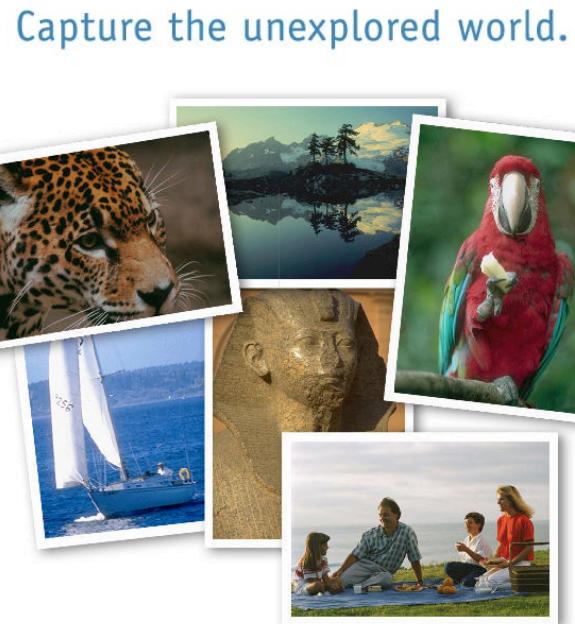
- ✓ Well-being does not diminish with age (even the opposite!)

“**paradox of well-being**”



Socioemotional selectivity theory

Fung & Carstensen (2003)



Socioemotional selectivity theory

Fung & Carstensen (2003)

Success is within reach.
Don't let time pass you by.



LESTER WATCHES
STANFORD, CALIFORNIA

Take time for the ones you love.
Don't let time pass you by.

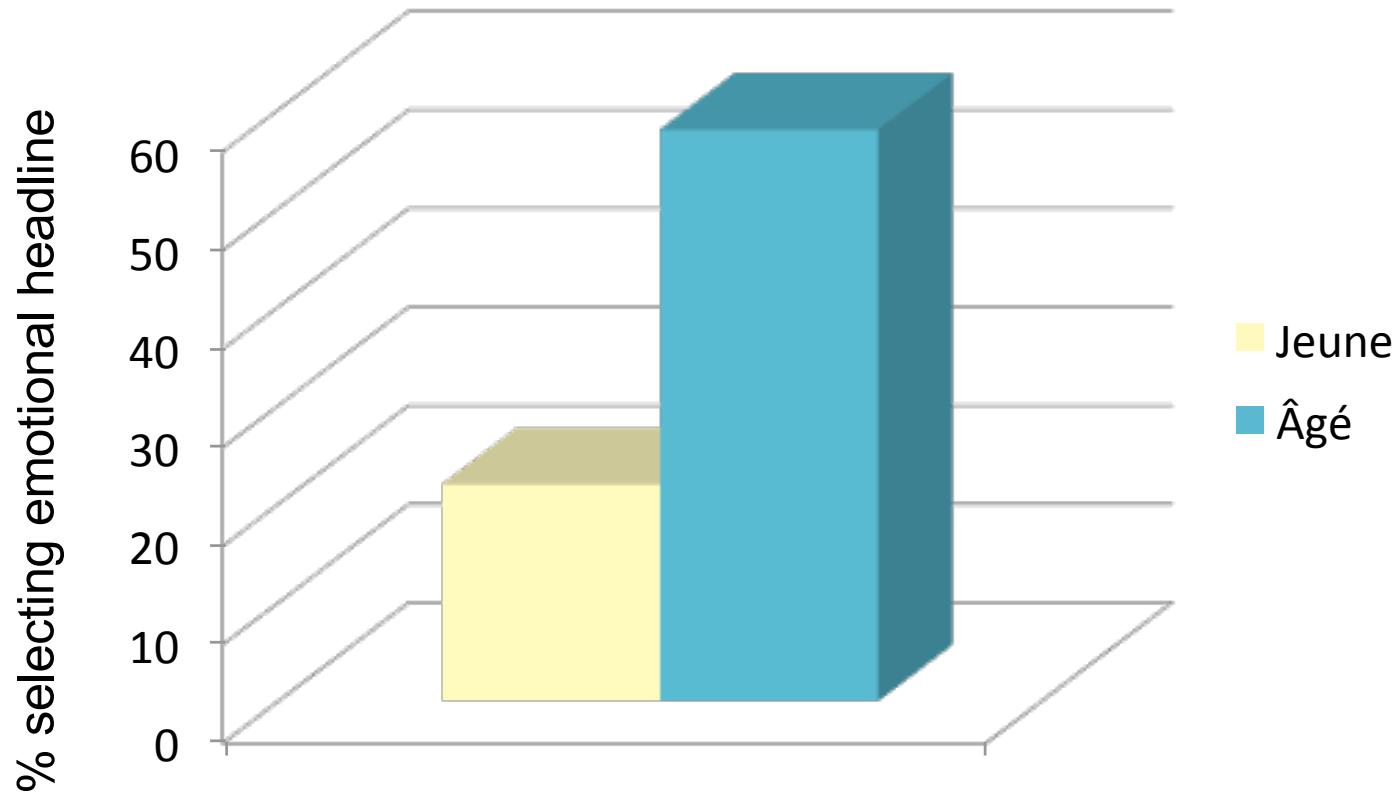


LESTER WATCHES
STANFORD, CALIFORNIA



Socioemotional selectivity theory

Fung & Carstensen (2003)

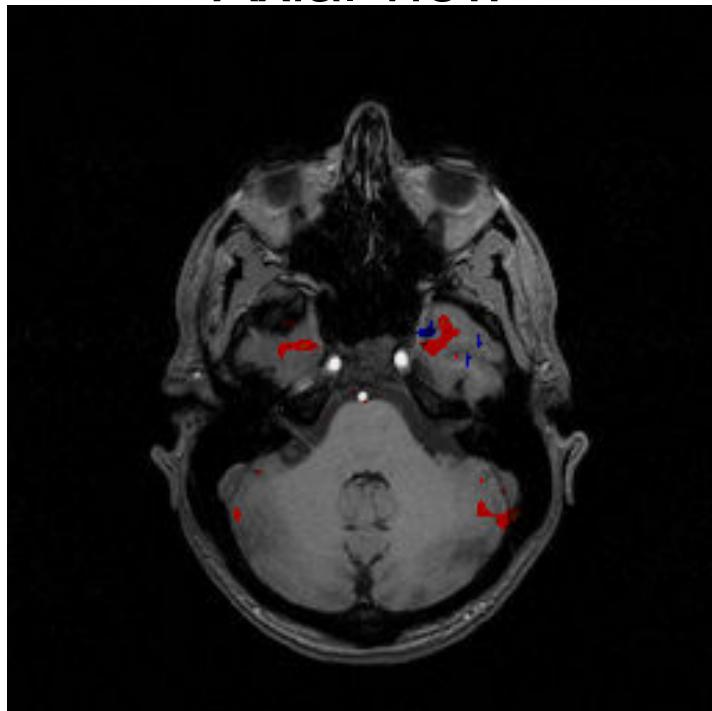


Fung & Carstensen (2003). *J. of Personality and Social Psychology*, 85 (1), 163–178.

Socioemotional selectivity theory

Méthodology:

Axial view



IRMf

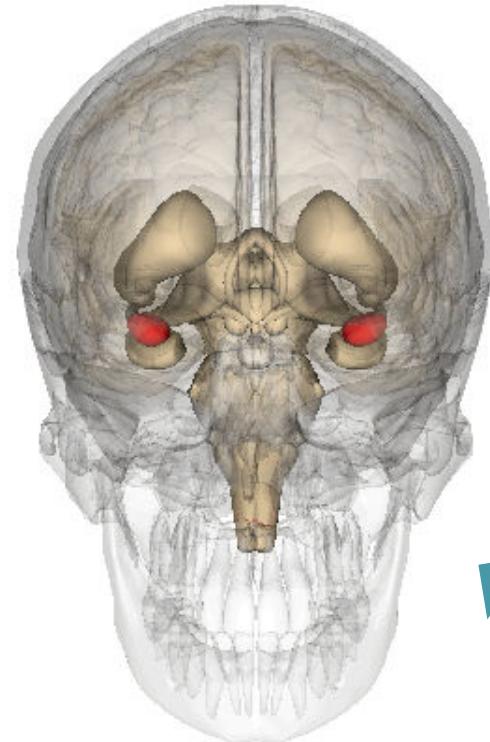


Mather et al. (2004). *Psychological Science*, 15, 259.

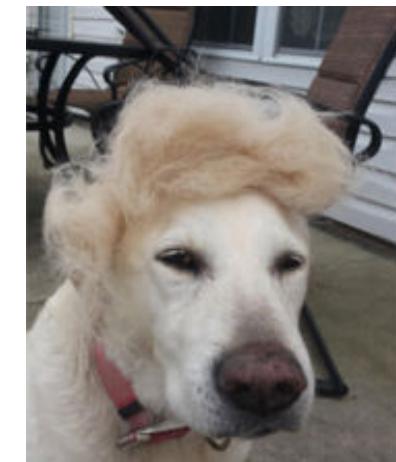
Socioemotional selectivity theory

Amygdala:

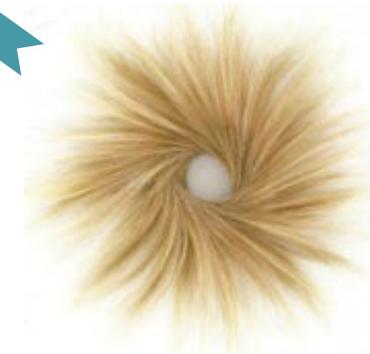
Negative



Positive



Neutral



Socioemotional selectivity theory

Results:

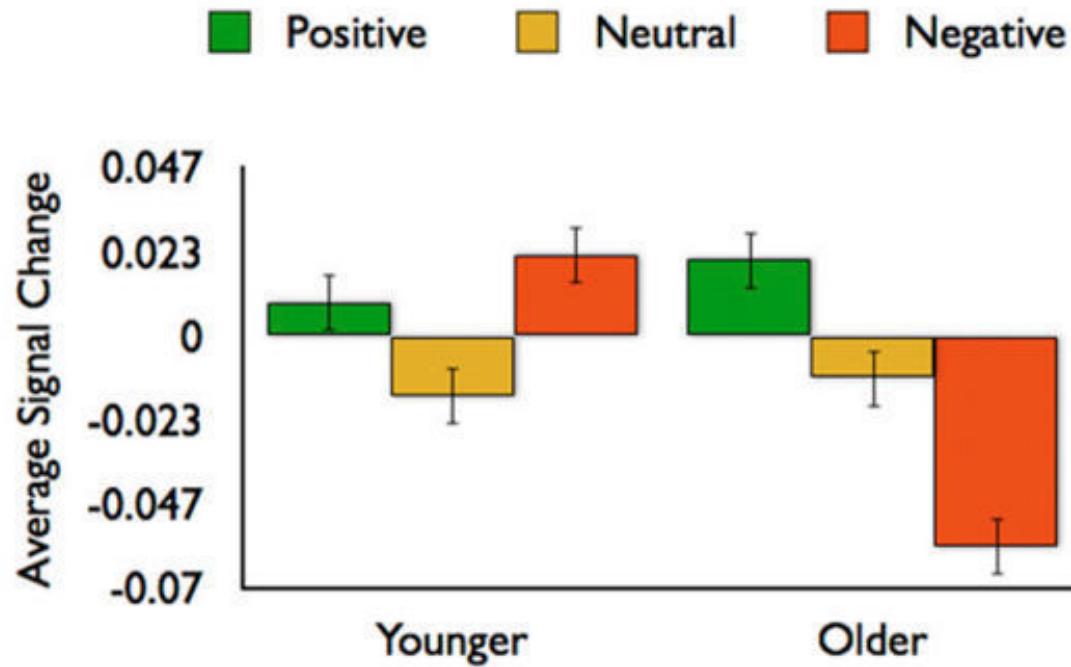


Figure 6.

Average signal change in the amygdala for younger and older adults while viewing positive, neutral or negative pictures. Figure is adapted from Mather, Canli *et al.*¹⁰³

Conclusion

“So what with all this?”



So what with all this?



vs.



So what with all this?

But not to be in angelism ...

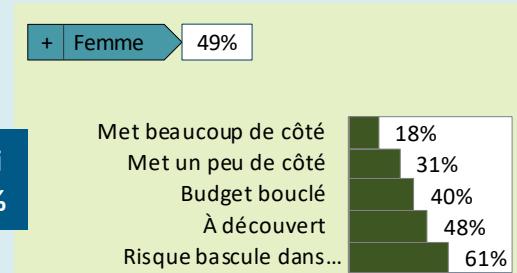
Some older people may feel lonely and
suffer from depression ...

It's important to ask how to intervene for these people!

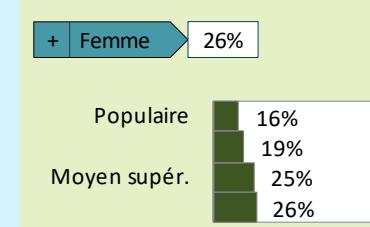


So what with all this?

- Cela vous est-il déjà arrivé de faire **appel à votre médecin de famille** quand vous ne vous sentez pas bien psychologiquement ?



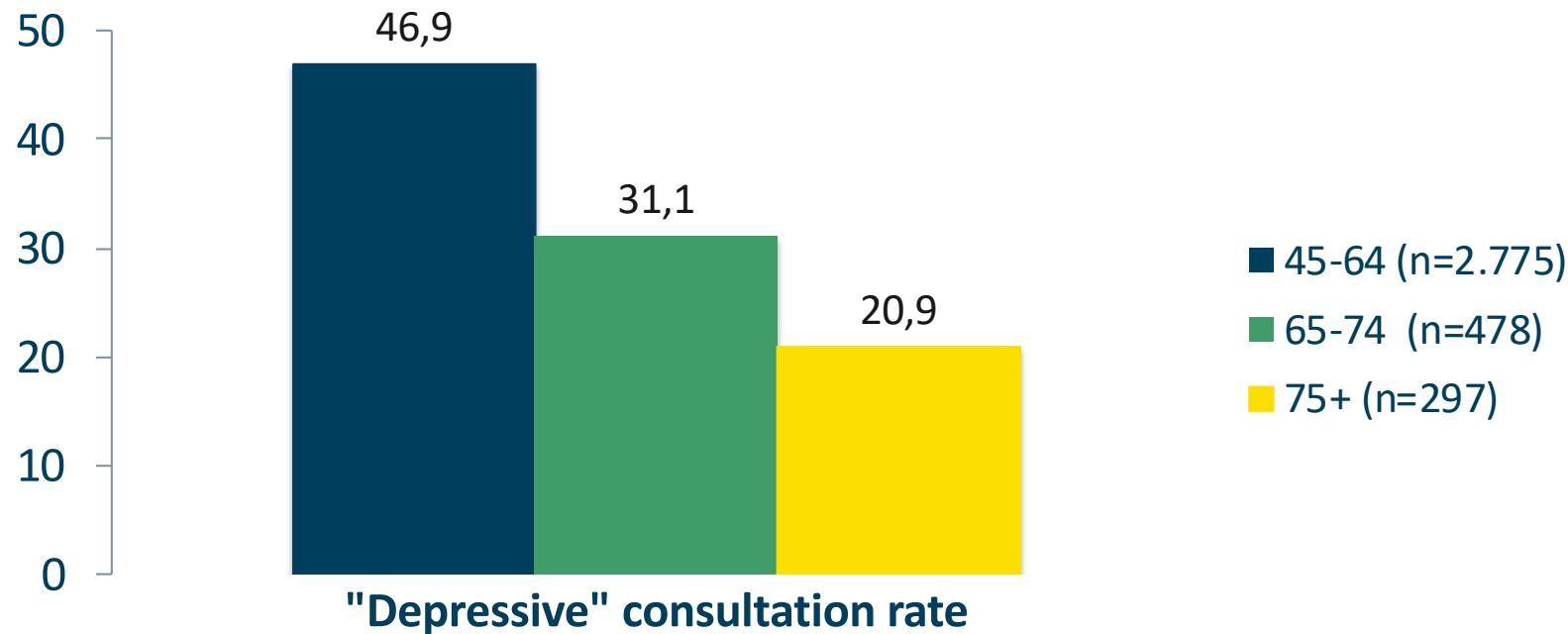
- Cela vous est-il déjà arrivé de faire **appel à un psychologue** quand vous ne vous sentez pas bien psychologiquement ?



So what with all this?

Canadian National Database (n=59.302 45+)

- ✓ Rate of consultation among respondents meeting criteria for major depressive disorder?



Crabb & Hunsley (2006). *Journal of Clinical Psychology*, 62(3), 299-312.

Une production ULg

Unité de Psychologie de la Sénescence

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Sarah SCHROYEN

(Bourse Française – 3 ans)

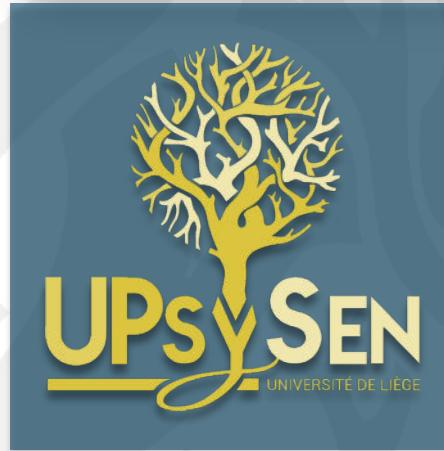
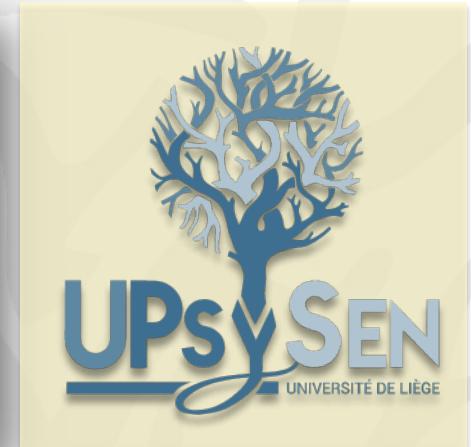
Université de Bordeaux

Thèse de doctorat en cours :

Audrey CLESSE

(Fonds privés)

Alisson FLAMION



Merci!



INTERNET: www.senescence.ulg.ac.be

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