

RESEARCH PROJECT: BELIEFS ABOUT AGEING STUDY

Why is the research being conducted?

We are interested in how people maintain a positive mindset in older age

This project aims to gain a better understanding of the different beliefs people have about ageing and how this relates to their mood and well-being, thinking skills, and social experiences. Insights gained from the study could guide the development of new ways to promote positive adjustment to successful ageing.

This project has been approved by the Griffith University Human Research Ethics Committee (GU ref no: 2021/122).

You may be eligible to participate if you:

- are between 60 and 89 years of age
- are fluent in English
- have no history of neurological injury or disease (e.g., stroke, dementia)
- have no history of psychiatric illness (e.g., schizophrenia), and
- have no significant visual or hearing impairment that would hinder participation

What will I be asked to do?

- Part 1 involves completion of a telephone interview (45-60 minutes).
- You may then be invited to complete Part 2, an in-person assessment session (45-60 minutes) at a convenient and private place of your choosing (e.g., your home or a research office at Griffith University, Mt Gravatt).
- You will be asked questions about your health, beliefs about ageing and mood, and will be asked to complete some brief tasks involving language, thinking skills, and reflecting on social groups or meals.

To acknowledge your contribution to the study, you will receive a **\$20 Coles Myer gift card** at the end of Part 1.

How do I get involved?

If you are interested in taking part or would like more information, please contact:



Giverny Parker
PhD Candidate, Griffith University
T: (07) 3735 3304
E: giverny.parker@griffithuni.edu.au

This project is supervised by Prof. Tamara Ownsworth (Griffith University) and Prof. Catherine Haslam (University of Queensland).

Participation is voluntary and your information will be kept confidential. You are free to withdraw at any time, without explanation or consequence.