

Ageing Mind Initiative

Issue 18 July 2013 Newsletter
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The AMI Newsletter has an overwhelming 18 research studies for you to read about and possibly participate in. There are some studies that we have advertised before that are still in need of some participants, while others are fresh off the press.

There are lots of studies seeking your opinions on ageing including "how much do you know about ageing?" (page 12) and "what is active ageing?" (page 19). There are also studies that explore transitions and changes that come about as we age including "transitioning to retirement" (page 12) and "employment over the age of 75" (page 15). Perhaps you are more interested in mood and emotions in which case the following may be of interest to you: "emotion across the lifespan" (page 19), "fear and anxiety" (page 20) and "Emotion processing in late adulthood" (page 16).

Whatever you interest, be it "social ties and mental ability" (page 15) or "facial expressions and mental illness" (page 17), you'll likely find it in this months edition of the AMI Newsletter.



ISSUE QUOTE:

"I am not young enough to know everything."
~ Oscar Wilde

The Importance of Active Ageing to Australians

Active ageing involves more than remaining physically active. It is a multidimensional concept that refers to ongoing participation in all areas of one's life. Since the concept's introduction by the World Health Organisation in 2002, active ageing has been used to inform healthy ageing agendas worldwide. Active ageing policies are designed to enhance the health, participation and security of older people. It is important for the wellbeing of individuals as well as for society.

Despite the importance of active ageing as a key policy concept, research into active ageing is limited. It is unclear how active ageing relates to older Australians or whether the concept reflects the experiences of Australians.

Conceptualisations of active ageing have been shown to vary according to cultural and contextual factors. It is important that Australian active ageing policies and interventions are tailored to the specific

needs of the Australian people. In order for this to happen, research into active ageing that allows for the identification of unique cultural variants is needed.

If you would like to help us build on active ageing research from an Australian perspective and explore what active ageing means to Australians, you can read more about the study currently being conducted by Hayley Thomason at The University of Queensland (page 19). This research is important to ensure that active ageing is conceptualised in an Australian context and will help to ensure that healthcare decisions reflect the priorities and experiences of Australians.

Hayley Thomason

hayley.thomason@uqconnect.edu.au





Working after 75? Could this be you?

According to Dr Patrickson, the nature of working life has changed markedly over the last 20 years. From the 1990s workforce conditions and participation changed as manufacturing declined and service industries grew. The waves of downsizing associated with this period saw many people involuntarily retire as a consequence of being made redundant. By 2008 much of this earlier workforce restructuring had stabilised but the Global Financial Crisis reduced the value of retirement savings. Older workers now face a different scenario to their predecessors. Instead of thinking about an early retirement many remain in the workforce until they turn 70 or even older. Statistics confirm the escalating higher participation rates for older Australians over this period.

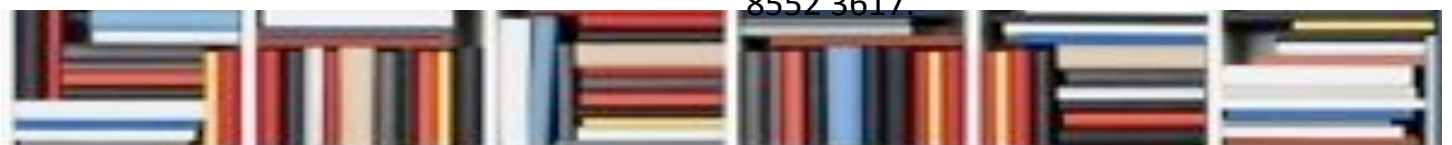
Research has revealed that individuals aged 60 to 75 still working full or part time do so either to augment their income or maintain their skills. Many do so because their sense of wellbeing and identity is tied to their job or profession. Success in finding suitable employment depends on a

combination of variables, but those more likely to secure ongoing paid work possess skills in demand such as hairdressing, accountancy, some building trades, or professional areas. However, there is little reliable information about type or conditions of employment, the key reasons older people continue working or the sources of workplace satisfaction.

Dr Patrickson observes that we know even less about the age group 75 to 90 even though anecdotal information confirms that individuals in this age group continue to work. Uncovering the experiences of this group is the purpose of the “working after 75” research project and involves a 40 minute interview that can take place via Skype.

The interview would be conducted by Adjunct Associate Professor Margaret Patrickson from the University of South Australia.

If you meet the age criteria and would like to participate, please contact Margaret at encounter@internode.on.net or (08) 8552 3617.





Optimal Aging Workshop

Presented by Dr Paula E. Hartman-Stein, Ph.D.

Promoting optimal aging: From models of neuroscience to holistic interventions and proactive prevention

The promotion of successful or optimal aging is an area of significant research and growing public interest. This workshop will review some of the research about successful aging that includes recent discoveries about the human brain as well as how behavioural choices impact health and well-being across the life span. Examples of holistic programming for people with mild cognitive impairment as well as proactive wellness programs for older adults will be presented. This workshop will include experimental components of meditation strategies and reflective writing useful in psychotherapy.

When: Friday 20th September 2013

Time: 9am-5pm (Registration from 8:30am)

Where: Women's College, University of Queensland. St Lucia QLD 4072

Cost: APS Members \$120, Students \$50, Non-APS Members \$200 (This includes tea & coffee on arrival; morning tea; lunch; and afternoon tea.)



For more information contact:

Dr Leander Mitchell

Leander.mitchell@uqconnect.edu.au

About Dr Paula E. Hartman-Stein, Ph.D.

During her 30 years in the field of psychology and aging, Paula E. Hartman-Stein, Ph.D. has provided clinical and consulting services, contributed to public policy, conducted research and training, and has had leadership roles in professional organizations. Currently Dr. Stein provides training for professionals and conducts holistic wellness programs in the community in addition to memory evaluations, psychotherapy and elder care consultations at the Center for Healthy Aging, and organization she founded in Kent, Ohio, USA. She has two edited books; *Enhancing cognitive fitness in adults: A guide to the use and development of community-based programs* and *Innovative Behavioural Healthcare for Older Adults*. She has published over 90 newspaper articles as well as numerous book chapters and peer reviewed journal articles. Currently she is an Associate Professor of Psychology in Psychiatry at Northeast Ohio Medical University for the Nicholas A. Cummings Behavioral Health Program, Arizona State University, where she is developing an online course on integrated geriatric healthcare.

RESEARCH UPDATES

Memory for Future Intentions Study Update

By Sebastian Jeoffry

Prospective memory (PM) is a type of memory that is essential for independent living and describes the process of remembering to do things in the future, for example, remembering to take medication, attend an appointment or turning off the oven at a specific time. Cognitive ageing research has shown that the effect of ageing on this type of memory is complex and that PM performance appears to differ depending on the task requirements. There is also theoretical debate in relation to the cognitive processes that support PM functioning, specifically, whether prospective remembering is done through automatic processes (e.g., when a future intention 'pops into ones mind') or controlled processes (e.g., consciously reminding oneself of the future task).

It has been suggested that emotion might influence prospective remembering and potentially eliminate age-associated decline. However, the few studies that have addressed this question have produced inconsistent results. Furthermore, when studies show an

emotional effect on PM, the stage of memory responsible for the effect is unclear, for example, initially at encoding (i.e., when the intention is formed) or later at retrieval (i.e., when the intention is recalled). These research questions were addressed in the present study.

The first major finding to emerge was that PM performance did not vary as a function of emotion at encoding, and that this effect did not interact with age group. The second finding of note was that although no overall age group differences in PM accuracy emerged, prospective remembering was detrimental to ongoing task accuracy and reaction time, with these costs being greatest for older adults.

Taken together these findings firstly suggest that emotion at encoding does not appear to be an important determinant of PM performance, and that this is true for both younger and older adults. Secondly, the wider field of PM needs to move beyond a simplistic focus of accuracy as the key dependent measure as analysis of this variable alone would suggest that PM performance was the same across age groups. Rather the findings suggest that there was a dual-task trade-off for older adults, whereby comparable PM performance across age groups came at the cost of ongoing task accuracy and reaction time.

UPCOMING EVENT

The Australian Psychological Society, National Psychology and Ageing Interest Group Conference 2013 is being held on 15th - 16th November 2013. The conference is to be hosted by Swinburne University, VIC Australia. Website and further event details TBA. General enquiries can be directed to leander.mitchell@uqconnect.edu.au

RESEARCH UPDATES

Physiotherapy Diagnosis of Lower Back Pain

By Nicholas Karayannis

There are several physiotherapy approaches to subgroup low back pain (LBP) patients. They present diverse consideration of movement dysfunction and there is little understanding of how these different schemes converge/diverge and how they consider motor control and psychological aspects of the LBP disorder within a biopsychosocial framework. In the research project previously advertised with AMI, Karavannis set out to:

- (1) Determine similarities and differences in assessment strategies and consideration of neurophysiological and psychological domains between schemes
- (2) Examine overlap between subgroups of the various schemes and determine whether in subgroups with purportedly poor prognosis in one scheme, alternative classification approaches could provide further treatment guidance
- (3) Explore whether elevated negative state psychological features were associated with specific movement-based subgroups;
- (4) Evaluate the extent to which trunk mechanical properties were associated with certain psychological domains and movement-based subgroups.

The study found that classification schemes are diverse in how movement informs LBP subgrouping and how broader neurosensory and psychological dimensions are considered. Subgroups associated with a poor prognosis in one scheme could be classified in another scheme to guide treatment using a different approach.

Taken together, these observations lend support towards an overarching assessment model in an effort to aid clinical decision-making and provide alternative and/or more targeted interventions.

Individuals with moderately elevated negative psychological states were variably distributed among scheme subgroups, and trunk mechanical properties were not specific to individual subjects. Thus, patients allocated to a single subgroup, and therefore considered to be homogeneous by that scheme, are heterogeneous in other domains. Individual subgrouping schemes are unlikely to be sufficient to guide treatment.

A combination of an overarching movement-based subgrouping approach combined with additional measures of psychosocial and biological features is likely to be required to aid treatment decision-making and account for the multidimensional presentation of people with LBP.



RESEARCH UPDATES

Pain Coping Skills Training and Strengthening Exercise for Knee Osteoarthritis

By Gwendolen Jull

A large team of researchers from around Australia and the United States have been working to find ways to improve the lives of those living with knee osteoarthritis. This debilitating condition can cause pain, stiffness, and weakness, and many people also describe issues such as difficulty coping with pain, anxiety and low mood.

In a collaborative project, between the Centre for Health, Exercise and Sports Medicine at the University of Melbourne, led by physiotherapist Professor Kim Bennell and the Centre of Clinical Excellence in Spinal Pain Injury and Health, of the University of Queensland led by Professor Gwendolen Jull, researchers have completed the first-ever study examining the benefits of the combination of two treatments for knee osteoarthritis - strengthening exercise and pain coping skills training - delivered by physiotherapists.

Pain coping skills training (PCST) is usually delivered by clinical psychologists and involves teaching techniques to help those with chronic pain such as osteoarthritis manage their pain. These techniques may include specific relaxation and distraction techniques, learning how to structure activities to do more with less pain, and helpful ways of thinking about pain.

Across the two research sites of Brisbane and Melbourne, 222 volunteers took part. All were aged over 50 years and had painful knee osteoarthritis. Participants were randomly allocated to one of three treatment groups:

exercise alone, PCST alone or a combined treatment. They attended sessions with a specially trained physiotherapist on 10 occasions over 12 weeks and were also asked to carry out their treatment program at home for the 12 month study duration. Researchers used questionnaires and physical testing to assess the changes immediately after the 12 week treatment as well as 9 months later.

All three treatment groups showed improved pain following treatment. However, the combined treatment resulted in greater benefits than either treatment delivered alone, in terms of ability to perform daily tasks, quality of life and self-efficacy (belief in one's ability to carry out an activity). Importantly, the benefits of the intervention were not just short-term, but were maintained even after 12 months.

There is currently no cure for osteoarthritis, so it is exciting to have strong evidence for treatments that can make a difference to those living with this condition. This research shows that a combination of strengthening exercises and PCST can improve not only pain and physical function, but also enhance quality of life and the ability to cope and to divert attention from pain.

There are also advantages of using a single health-care professional, such as a physiotherapist, to deliver this type of combined treatment. These advantages include better integration of psychological techniques with exercise, increased availability of PCST treatment to those who may not have access to a psychologist, reduced time commitment and cost for patients.

The researchers thank all people who responded to our request in the AMI newsletter and helped make this research possible.

RESEARCH UPDATES

Evaluating Physical Activity Levels in Older Women

By Bridget Abell

There are currently several commercially available monitors which can be used to measure physical activity levels of people living in the community in a non-invasive and simple manner. To date however there have been no validation studies for three of these such monitors, the Actiheart®, Sensewear® and Actigraph®, which have focussed on a population of older women. Validation of such tools is important to ensure that the performance of the monitors is an accurate reflection of the gold-standard method of measuring energy expenditure, a technique known as doubly-labelled water, in this population group.

This study therefore aimed to determine whether these three different monitors would provide similar estimates of daily energy expenditure in a population of older women living in the community. Additionally it aimed to validate the Actiheart®, Sensewear and Actigraph® activity monitors for energy expenditure, using doubly -labelled water assessment as the reference. The virtue of the doubly-labelled water method (or DLW method) is that it measures daily energy expenditure (calories/day) and average metabolic rate, under normal everyday living conditions without the need to wear any type of monitoring device.

Participants were 33 healthy women aged 50 years and over (average age of 61 years) living

in the greater Brisbane community. Some of these participants were recruited from the Ageing Mind Initiative's 50+ Registry.

Once recruited, all women wore a Sensewear® armband, an Actigraph® accelerometer and an Actiheart® chest monitor over a consecutive 14-day period. To assist with data analysis, they were asked to keep a simple diary of any exercise undertaken during this time. Additionally, the women were required to participate in doubly-label water assessment over the same time period. This process involved drinking a dose of doubly-labelled water at commencement (a water mixture in which hydrogen and oxygen have been replaced for tracing purposes) and then collecting a daily sample of urine. By measuring the elimination rates of the DLW tracers, over time, in these urine samples, an average daily energy expenditure was calculated for each participant. The values obtained for energy expenditure from each of the monitors could then be compared to each other and to that obtained via laboratory analysis of the urine samples.



RESEARCH UPDATES

...continued

The mean daily Total Energy Expenditure (TEE) recorded by each of the monitors over the 14-day period was not significantly different. The Actiheart® recorded a mean daily TEE of 2246 calories/day, the Actigraph®, 2231cal/day and the Sensewear® 2275cal/day across all participants. On comparison with the values obtained from the urine sample analysis it was seen that each of the monitors underestimated the actual daily TEE by approximately 100-174 calories per day. None of the three showed a significant mean bias compared to DLW and the error recorded was only 4-6% of the total energy expenditure, an acceptable difference from the gold-standard and similar to that seen in previous studies of the same monitors in other populations.

As all three monitors were able to measure energy expenditure similarly, responses provided via a survey into other facets of the monitoring were also important to consider. When surveyed as to their preferred monitor, most women would choose either the Actiheart® chest monitor (48%) or the Sensewear® armband (33%). Additionally,

80% of women selected the Actiheart® as the monitor which caused the least disruption to their activities of daily living, work and exercise patterns, while in terms of comfort and wearability both the Actiheart® and Sensewear® fared similarly well (selected by 44% and 31% of women respectively). These findings are useful to note when deciding which monitor would be best suited for use in future research studies.

As this study validated the use of these monitors for measuring energy expenditure in women aged over 50 years living in the community, the findings can be used to assist in the selection of the best device for monitoring activity in this population, not only within our research team, but by others working with this target group. As all monitors were able to measure TEE equally well and within acceptable limits of that recorded by the gold-standard DLW, the selection of which monitor to use in research with older women can be determined instead by other important factors such as cost, participant or researcher preference.



RESEARCH UPDATES

Techniques to assist learning and memory in older adults and people with dementia

Chief Investigator: Professor Helen Chenery
Research contact: Dr Erin Conway

A team of researchers at The University of Queensland conducted three studies to test a number of different techniques or cues that could assist memory and learning in healthy aging and in dementia.

Prospective memory is the ability to remember to perform an intended task in the future (e.g. remembering to take your medication). This study aimed to investigate how different types of cues would influence people's ability to remember to perform a prospective memory task. Twenty-three healthy older people participated in the study.

This study found that most participants performed the prospective memory task accurately, regardless of the type of cues provided. This finding may be useful to compare with future research into the performance of people with dementia on similar tasks.

This study investigated how people with and without dementia learn new words. In particular, we wanted to find out whether different types of cues would be helpful when learning. We asked people to learn new names for unknown objects (ancient Finnish farm tools), along with either a description of what the object was used for (semantic cue) or the name of a person it belonged to (non-semantic cue). Sixty-four people participated in the study.

Overall, people with and without dementia were able to learn the new words, and results suggest that the semantic cue helped both groups to learn the new object names more easily. Therefore, it may be helpful to use semantic cues in the treatment of word re-learning for people with dementia.

This study investigated how well people with and without dementia recognised words that they had learnt. First, we asked the participants to read through and learn a list of words. Then we asked them to look through a new list (that included a mixture of 'old words' from the learning list and new words) and tell us whether each word was an old word or new one. Participants were also asked to tell us how confident they were in their choice: did they *think* they had seen the word before, did they *know* that it was on the old list, or were they *guessing*. Twenty-eight people participated in this study.

Overall, the people with dementia were able to recognise 'old words' as accurately as people without dementia. However, people with dementia were also more likely to incorrectly guess that the 'new words' were words they had previously learnt. This pattern of remembering may suggest that people with dementia could have more difficulty knowing where (or when) they remember something from.

These studies help to develop our understanding of the way memory works, and ways to assist the learning of people with dementia. We sincerely thank all participants involved in the studies.

Current Ageing Research

The following projects are looking for participants. Make a difference in Ageing Research today. Sign up now!

How Much Do You Talk?

We are looking for healthy older adults who do not have any communication disorders to participate in a study that measures talking time. Talking time is measured using a newly developed iPhone app called CommFit™.

CommFit™ is short for Communicative Fitness. CommFit™ works using an iPhone and Bluetooth headset that is worn in the ear. It counts the time you talk for, but does not record what you are saying. You do not need an iPhone or experience using iPhones to participate! The equipment and training on its use will be provided as part of the study.

The main aim of this study is to investigate the talking time of people with aphasia, a language problem following a head injury or stroke. People who have aphasia often withdraw socially, which can contribute to mental health problems and poor quality of life. We want to measure their talking time to see if it is different to healthy adults of the same age. We will use the information we get to create more effective therapies using the CommFit™ app.

Participation takes around three weeks. There are two one-hour sessions and a testing period of two weeks.

Session 1: We will teach you how to use CommFit™ using a video and provide you with a manual for home use.

Trial: You will trial CommFit™ in your everyday life 6 hours a day for two days

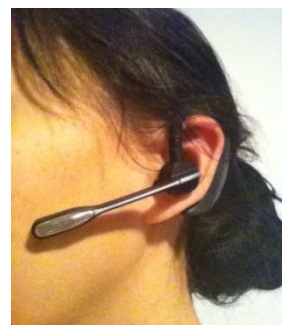
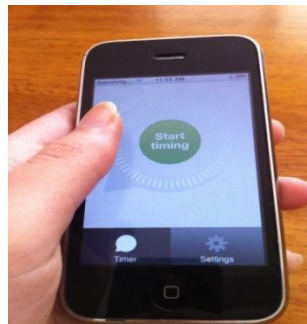
Session 2: We will check with you how everything went during the trial, and retrain you if necessary

Main Test: You will use the app in your everyday life 6 hours a day for 14 days Sessions can be held either at the University of Queensland, St Lucia Campus or in your home. We will provide free parking if you wish to drive to UQ.

For more information please contact Caitlin Brandenburg

Phone: 33674946 (you will be prompted to leave a message)

Email: c.brandenburg@uq.edu.au



RESEARCH PROJECTS

How much do you know about ageing in Australia?

The University of Queensland, in conjunction with James Cook University and the University of Southern Queensland, is conducting a study looking at knowledge of ageing in Australia. The aim is to validate a measure of knowledge about ageing that has been adapted for an Australian population.

Around the world, the population is ageing. Unfortunately, this does not necessarily mean that knowledge of ageing is increasing. We are therefore looking to assess how well the Facts on Ageing Quiz (Australian adaptation) measures knowledge of ageing. Such measures help guide training of people who work with older adults to make sure that their skills and knowledge are of

an appropriate standard.

If you decide to take part in this project, you will be asked to complete an online-based survey that includes some questions about you, as well as 25 multiple choice questions that relate to older adults and ageing. We expect that it will take around 30 minutes to complete.

Use the following link to go directly to the survey:
http://uqpsych.qualtrics.com/SE/?SID=SV_6G2QsrnkVebscmN

For more information, please contact:
Leander Mitchell
Tel.: (07) 3470 4432
leander.mitchell@usq.edu.au



'Transition to Retirement Study'

We are seeking adults who have retired.

We would like to invite you to participate in this research and help us understand more about people's experiences of their transition to retirement. **If you used to work full-time and have retired from work**, we would like to invite you to take part in this research.

Aim and background of this research

This research seeks to gain a better understanding of people's experiences of their transition to retirement from work. This research aims to gain an understanding of the role of people's relationship with work and their social relationships with other people in the process of retirement. More specifically, this research seeks to examine the role of these issues in people's adjustment to retirement and their subsequent well-being.

Your participation

Participation in this survey should take about 10-15 minutes. In this online survey you will be asked to reflect on various matters related to your work and retirement from it and to respond to series of questions. If you are able to participate, please copy the following link into your web browser and complete the following online study:

<http://tinyurl.com/o4nlpal>

This research is being conducted by the School of Psychology at the University of Queensland. If you have any questions about this research or any related ideas, please contact:

Dr Niklas Steffens
Tel.: 07 3346 9506
Email: N.Steffens@uq.edu.au



RESEARCH PROJECTS

Ageing is inevitable, but how do you feel about it? And... how does your family feel about it?

Research has shown that what we think about ageing and getting older can change over our lifespan and that these perceptions may be related to several aspects of our well being, such as mental and physical health.

Another piece of the puzzle is whether these perceptions of ageing are the same or different within family generations.

As part of her honours project, student Eleanor Armstrong, in conjunction with her supervisor Dr Leander Mitchell, is exploring intergenerational perceptions of ageing and quality of life, from the perspective of an Australian population. If you are currently living in Australia and have a parent and/or a child (over 30 years of age) who

is also willing to take part, you are invited to participate in this study. Each participant will be asked to complete a series of questions relating to such things as attitudes towards ageing, quality of life, and life experience. It is expected that the questionnaires will take approximately half an hour to complete and it can be completed in the comfort of your own home.

If you and at least one other member of your family are interested in becoming involved in exploring perceptions of ageing between generations and would like to receive the questionnaire (via mail only), or if you would simply like to receive more information about the study please contact Eleanor via email W0009787@uemail.usq.edu.au

Eleanor Armstrong
Psychology Department
University of Southern Queensland
E-mail: W0009787@uemail.usq.edu.au



RESEARCH PROJECTS

Challenging the legitimacy of age-related stereotypes

I am currently seeking people over the age of 60 to take part in an online study. In this study we are interested in how people from different age groups perform relative to each other on online tasks. There are a few tasks you will be asked to complete which altogether should take about 30 minutes of your time. Your participation will be anonymous and voluntary and will require you to read through an article describing the impact of age on memory and complete some memory and language tasks. You can be assured that all information we obtain from you will remain confidential. If for any reason during this study you do not feel comfortable progressing with it, then you may withdraw and any information collected will be discarded.

This study has been cleared in accordance with the ethical review processes of the University of Queensland and within the guidelines of the National Statement on Ethical Conduct in Human Research. You are free to discuss your participation with project staff (contactable on: anna.mraz@uqconnect.edu.au).

Please copy the link below into your website browser to participate.

http://uqpsych.qualtrics.com/SE/?SID=SV_82p0ZMCbLcTAovz

Structural and Functional Changes to Human Brains Following a Stroke

We are trying to find out how the structure and function of the brain is influenced by the incidence of a stroke. We will use functional magnetic resonance imaging (fMRI) to compare brain activity of stroke patients to brain activity of aged-matched, healthy adults.

We are seeking healthy adults who are over 50 years of age and are considered MRI safe (e.g., do not have any metal inside their body). MRI is safe and requires no injection but due to the strong magnetic field used by the MRI scanner, it is vital that participants do not have pacemakers, brain clips, dental braces or any other metals inside their body. Participants will be provided with a Metals Checklist prior to participating in the study.

During the study, participants will view pictures and respond with button responses while undergoing an MRI scan.

Testing involves two sessions. The first session (one hour) which includes behavioral testing takes place at the University of Queensland St Lucia campus in the School of Psychology (building 24A) and the second session (on a different day) which includes an MRI scan takes place at the University of Queensland St Lucia campus at the Centre for Advanced Imaging (building 60). Participants will receive \$30 reimbursement for their participation in the study. The experiment is expected to take approximately 3 hours in total.

If you are interested, contact Tarran Beavis
Ph: 0403 069 997

tarran.beavis@uqconnect.edu.au



RESEARCH PROJECTS

Social Ties and Mental Ability

I am currently seeking people over the age of 65 to participate in a study on the factors that influence better quality of life in older adults. Specifically, looking at how social ties affect cognitive ability. This study is being conducted as part of the requirements for my Psychological Science degree at the University of Queensland, under the supervision of Prof. Catherine Haslam.

What is involved

You will be asked to fill out several questionnaires about your social relationships and a measure of your general ability testing things like your concentration, memory, and word knowledge. Participation will involve a face to face interview that should take approximately 30-40 minutes. I am more than happy to come to you, or to arrange the most convenient location for you to participate in this study.

Risks

Taking part in this study involves no physical or mental discomfort, and no risks beyond those of everyday living.

Confidentiality and security of data

All data collected in this study will be stored confidentially. Only members of the research team will have access your data, and this will not contain your name. When we report findings they will not be able to be linked to any person. The data you provide will only be used for the specific research purposes of this study.

For any additional information on the aims of this study or how to become involved in participation, please contact:

Matilda Milne

Email: matilda.milne@uqconnect.edu.au

Phone: 0421 045 994

Are you over 75 and still employed in some way?

People aged 75-90 who are still working in some capacity are being sought for a small research study to gather information on the following:

- What type of work do you do?
- How often do you work?
- How did this job come about?
- What are your main reasons for choosing to work?
- What do you see as the main benefits to you?

The aim is to find out more about the

conditions of working for this age group as we know very little about them, other than there are some few individuals who are still employed in some capacity or other past 75.

Finding out more will help with greater understanding of the role of working throughout the life span. If you would like to participate it will involve you in an interview of around 40 minutes either in your own home, via skype or somewhere mutually convenient and private.

Further information can be obtained from Adjunct Associate Professor Margaret at either encounter@internode.on.net or 85523617.

RESEARCH PROJECTS

Emotion Processing in Late Adulthood

How do we process social cues throughout the lifespan?

This research is concerned with emotion processing and the different ways in which we extract social information from our environment. The aim of this study is to further investigate how emotion processing might change with age and the degree to which these changes relate to meaningful real-world outcomes. This research is being conducted as part of the requirements for the Bachelor of Psychology degree at the University of Queensland.

What is involved?

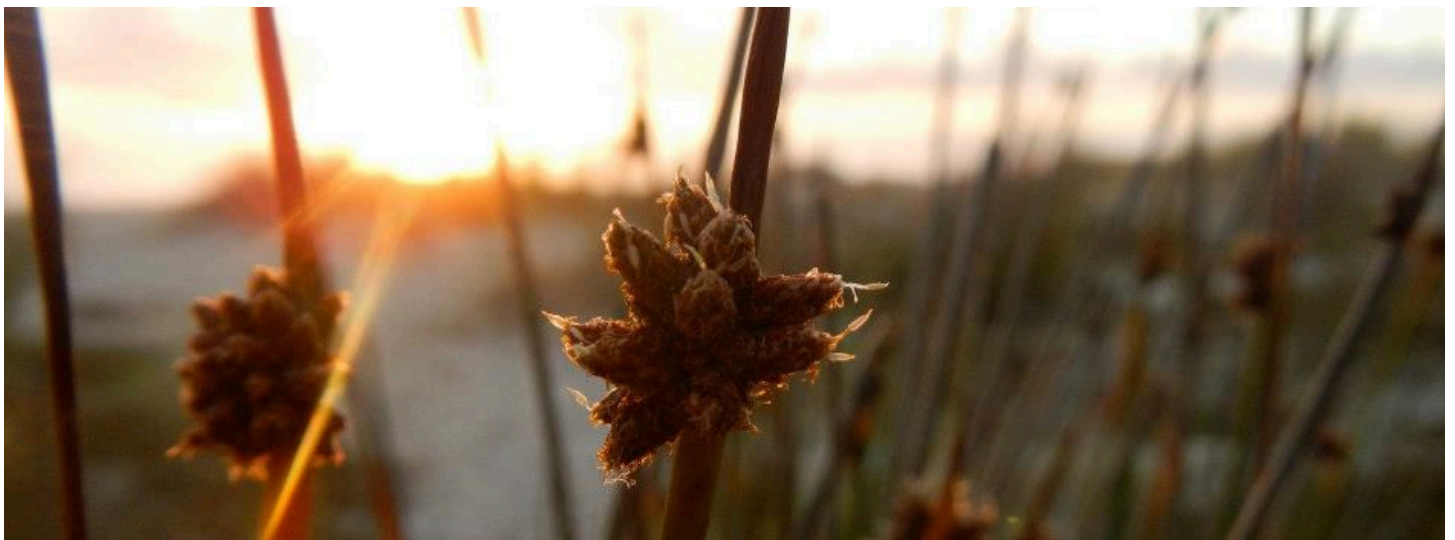
I am looking for volunteers over the age of 65, without any history of mental or neurological illness. Participation is simple and firstly involves filling out several interesting questionnaires and background assessments. You will then go through a series of engaging

computer-based tests. These are designed to assess different aspects of social cognition, such as how good people are at identifying emotions from pictures of people's faces. Finally you will be asked to complete several quick questionnaires to finish off the session. The session will take approximately two hours to complete and you will be given breaks where necessary. You will be provided with a \$30 gift voucher to thank you for your participation.

If you are interested in participating or finding out any more information, please contact Anne-Louise Bint via email at annelouise.bint@uqconnect.edu.au

Confidentiality and your data

Your participation in this study is completely voluntary and you are free to withdraw at any time without prejudice or penalty. All data collected in this study will be stored confidentially and used only for the purposes of this research.



RESEARCH PROJECTS

Facial Expressions & Mental Illness

What is the study about?

The current study is an innovative Queensland Institute of Medical Research (QIMR) project to develop a non invasive diagnostic tool for mental illness. It uses cutting edge audio and video technology to map changes in facial expression. By comparing the reaction of people with and without a mental illness, when watching emotionally salient movie clips, the project aims to develop a laboratory based diagnostic tool. It is hoped the tool can be used to aid in the diagnosis of mental illness and help monitor and assess the effectiveness of treatments. The ultimate aim is improved outcomes for people suffering from a mental illness.

Why is this research so important?

Depression and other mood disorders are common and disabling and have a major impact on both individuals and society. In 2007 it was estimated 3.2 million Australians (20% of the population aged between 16 and 85) had a mental disorder. Mental disorders constitute the leading cause of disability burden in Australia. Health problems, particularly depression, is of concern for older adults as the symptoms of mental health problems can often overlap with symptoms of early dementia and other health problems, making accurate assessment and treatment difficult.

Despite its high prevalence and enormous socio-economic burden, clinical practice relies almost exclusively on the opinion of individual clinicians, risking a range of subjective biases and possible misdiagnosis. Health care costs in Australia rapidly increase the provision of effective health

monitoring systems and diagnostic tools are vital.

How can I help?

QIMR is looking for volunteers over the age of 50, without a current or history of mental illness or anti-depressant use, within the greater Brisbane area to participate in this ground breaking research.

If you are interested, please contact via email at facelab@qimr.edu.au or phone 07 3845 3938.

What does participating involve?

For most participants, participating in the study involves:

- ◆ Reading a Participant Information
- ◆ Brochure and signing a Consent Form.
- ◆ Completing questionnaires and interview about your general health, lifestyle and medical information.
- ◆ Attending the clinic at QIMR and viewing movie clips and answering some standard questions.
- ◆ You will be thanked for your participation with a \$25 Coles Myer voucher.

Who is conducting the study?

This study is being conducted by the Mental Health and Systems Neuroscience Laboratory based at the Queensland Institute of Medical Research. The study has been granted Human Research Ethics approval.

What about my privacy?

The researchers must treat all information as strictly confidential. Your information is used for medical research purposes only.

What if I change my mind?

Your participation is completely voluntary and you are free to withdraw from the study at any time.

RESEARCH PROJECTS

What is Wisdom? What does it mean to be Wise?

Have you ever wondered what it takes to be a wise person? What characteristics make one person wise and another not so wise? How do you even know if a decision you make is wise or not? And why do we want or need to make wise decisions anyway?

Wisdom is hailed as one characteristic of humans that can improve with age. Research also suggests that wisdom is something that can contribute to a person's sense of wellbeing and overall life satisfaction. It is something that develops across our lifetime based on the experiences we have lived and allows us to "give back" to those around us.

Researcher Leander Mitchell is currently exploring wisdom as part of her PhD project and in this initial study is looking to characterise wisdom from the perspective of Australia's multicultural population.

If you are currently living in Australia and are aged 50 years and over, you are invited to participate in this study (even if you don't think you are particularly wise yet!). You will be asked to complete an online questionnaire including a range of questions about the characteristics and qualities of wisdom (a paper version of the questionnaire is also available if preferred). It is expected that the questionnaire will take around an hour to complete and it can be completed in the comfort of your own home.

You can complete the online version of the questionnaire by copying the following link into your web browser:

http://uqpsych.qualtrics.com/SE/?SID=SV_9KQFCsOuFdy4mxf

Alternatively, if you are interested in becoming involved in defining wisdom but would like to receive more information about the study or would like to receive the questionnaire via the mail, please contact:

Leander Mitchell
School of Psychology
University of Queensland
St Lucia Qld 4072
Tel.: (07) 3365 5050
Email: leander.mitchell@uqconnect.edu.au



RESEARCH PROJECTS

What is Active Ageing?

Do you believe that you are ageing actively? Are there everyday barriers that you face that may prevent you from ageing actively? This research seeks to gain a better understanding of the concept of **active ageing**. We are interested in how you perceive active ageing and the factors that you believe contribute to ageing actively.

Researcher Hayley Thomason is currently exploring active ageing as part of her PhD project. The current study will help conceptualise the meaning of active ageing to Australians. Research into active ageing is important to ensure that national ageing and healthcare policies reflect the experiences of Australians, rather than the views of policy makers.

Your opinions will help us to better understand **active ageing** in an Australian context!

If you are currently living in Australia and are over the age of 65 years, you are invited to participate (even if you don't believe that you are ageing actively!). You will be asked to complete a short paper questionnaire and participate in a focus group discussion that lasts for approximately one hour. You will receive \$20 as reimbursement for your time and travel involved in participation.

For more information, please contact:

Hayley Thomason
School of Psychology
University of Queensland
Phone: 0400 393 419
Email: hayley.thomason@uqconnect.edu.au

Emotion across the lifespan

Research has found that older adults experience emotion differently to younger adults. We are aiming to better understand these differences by asking older and younger adults about their experience of emotion, and having them complete some tasks, across two testing sessions.

We are seeking adults 65 years and older. Participation involves two testing sessions. Both sessions involve answering some questions about your moods and feelings, as well as viewing some pictures. Participation in the first session should take less than an hour. Participation in the second session will be approximately a month after the first session, and will take 20 minutes. You will receive \$10 for participation in each session.

If you would like to participate in this study, or you would like further information, please contact Fiona Porter (email: ageingandemotion@gmail.com or call: 0415 741 896).

We can schedule the sessions at a time that suits you, and researchers can come to your home and interview you, or you can come to the UQ St Lucia campus.

Please note: If you participated in our earlier study, "Ageing, Health, and Emotion", you will not be able to participate in this study, since it involves many similar tasks and questions. Thank you!

RESEARCH PROJECTS

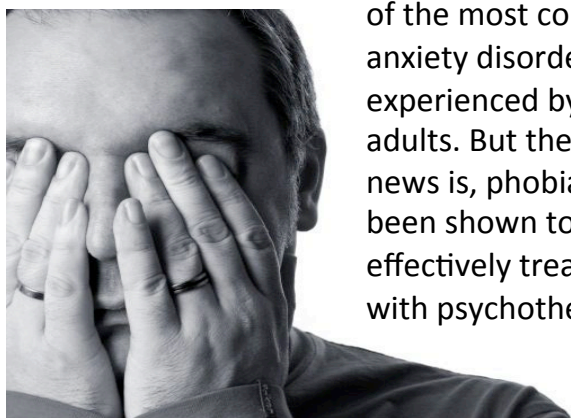
STILL RECRUITING!

SNAKES, SPIDERS, LIZARDS, MOTHS, DOGS, COCKROACHES

*Are these things that make you anxious?
Is there something else that you are afraid of?
You may have a phobia.*

Do you want to overcome your fear?

A phobia is a marked and persistent fear of an object, situation or event, which is excessive and unreasonable, and which interferes with one's everyday life. Phobias are more common than is often thought, with phobias being one



of the most common anxiety disorders experienced by older adults. But the good news is, phobias have been shown to be effectively treated with psychotherapy.

The University of Queensland is conducting a research study in early 2013 investigating how adults and older adults with phobias respond to their feared stimulus before and after psychotherapy. The research team is currently recruiting men and women between the ages of **65 and 80** who may have a phobia.

Participation is free, with minimal waiting time, and will involve pre-treatment assessments, phobia treatment using group cognitive behavioural therapy, psychophysiological measurements, and follow-up testing.

If you would like more information about this study, or would like to participate, please contact: **Madeline Farmer**
EMAIL: madeline.farmer@uqconnect.edu.au
PHONE: 0415 701 290
FAX: 3365-4466

Social Networks & Mental Ability

This is an online study investigating the potential benefits that social capital (such as group membership, social network size) may have on the mental abilities of older people over the age of 65. This study involves people answering some demographic questions, questions about their social relationships and completing some memory and attention tasks.

The survey should take about 30 minutes to complete. Participation is entirely voluntary and people are free to respond to only those questions they wish to, and to withdraw from the study at any time.

Should you have any questions, then please do not hesitate to contact me at chihsin.kan@uqconnect.edu.au

The survey can be accessed by copying the following link into your web browser:

http://uqpsych.qualtrics.com/SE/?SID=SV_3mfT95yoGgFIZlh

RESEARCH PROJECTS

Healthy control participants for a study on the effects of stroke on attention

We invite you to participate in our research and help us understand more about how a stroke can affect our perception and ability to direct our attention to important tasks. We seek right-handed healthy adults, who have never had a stroke and no history of psychiatric illness (depression, anxiety, schizophrenia, etc.) to participate in this research project. Since we are looking age- and gender-matched control participants for our group of patients, we are looking for participants, who match one of the following criteria:

87 (+/-1) years, male or
55 (+/-1) years, male or
58 (+/-1) years, male

Background and Aims of the Project:

A stroke involving the right side of the brain can lead to a lack of awareness of the left side of space. This disorder, called 'spatial neglect', can compromise the everyday functioning of affected patients, because they fail to notice objects and sensations on their left side despite normal sensory functioning. At the Queensland Brain Institute (QBI) we are researching how stroke affects attention and explore new strategies for improving attention and awareness in patients with spatial neglect.

What is required of you?

We will ask you to participate in two sessions of about 90 minutes each, during which you will be asked to do some paper and pencil tasks as well as a simple computer task (no

experience required). All the tasks can be completed at the Queensland Brain Institute or if more convenient, at your home. No physical medical procedures or samples are involved. You will receive \$30 as a reimbursement for the time and travel involved in participation.

Are there any risks?

There are no major risks involved with completing this study. If you feel uncomfortable at any point you may choose to withdraw from the study. This will not affect your future relations with the staff at the University of Queensland.

For more information, please contact:

Inga Laube
Queensland Brain Institute
University of Queensland
Telephone: (07) 3346 6414
Email: i.laube@uq.edu.au



RESEARCH PROJECTS

Effects of aerobic exercise on new word learning in healthy older adults

About the research

The purpose of this study is to understand how exercise affects language learning. Different diseases and conditions can have a negative impact on the way people use language to communicate. Understanding how exercise affects language learning in healthy adults may lead to development of new approaches to improving language re-learning in adults with brain damage (e.g., stroke, Parkinson's disease, Alzheimer's disease).

About participation

We are looking for healthy older adults (age 50-80 years) who are native English speakers with no history of bilingualism, neurologic disease, psychiatric illness, diabetes requiring insulin, any medical condition with exercise contraindications, who are not taking dopaminergic, anti-depressant or anti-psychotic drugs or hormone replacement therapy, who do not drink more than 6 cups of coffee/day or more than 2 standard alcoholic, and who do not smoke more than 10 cigarettes/day.

If you agree to participate in this study your participation will involve coming to the University of Queensland St. Lucia campus for 10 sessions that last up to one hour each. In

the first two sessions you will undergo a physical function test and also perform some general thinking and language activities. During the next eight sessions you will be asked to do one or more of the following:

- Exercise on a bike for 30 minutes
- Stretch for up to 30 minutes
- Answer questions about your mood
- Look at objects and words on a computer screen
- Learn a new name for known or unknown objects
- Type the names you have learned for objects
- Decide whether object and names match
- Hit a button and say words out loud

You will receive \$10 as a reimbursement for your time and travel for each session attended. You will also receive a \$25 bonus for completion of the study.

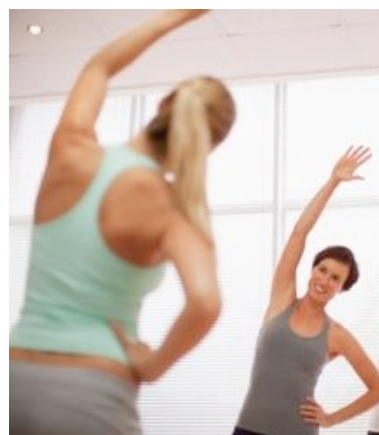
For more information please contact

Dr Amy Rodriguez

Email: amy.rodriguez@uq.edu.au

Ph: 3346 7453

Thank you for your interest in our study!



RESEARCH PROJECTS

Hip Osteoarthritis study Healthy adults AND adults with ongoing Hip pain needed!

We need people over the age of 45 years with:

- Ongoing hip pain (greater than 3 months) and/or suspected or known diagnosis of **Hip Joint**

Osteoarthritis (and no previous lower limb joint surgery, major trauma or knee arthritis) are required for a research study looking at the effects of hip osteoarthritis on joint cartilage, bone health, muscle function and walking features and their relationship to progression of the condition.

- No history of injuries, surgery or neurological conditions to their lower body are required
- Testing will take place at the Griffith University Biomechanics Laboratory, Gold Coast campus. Free X-rays will be taken at a local radiology clinic in Brisbane or Gold Coast. This project has ethical clearance from Griffith University Human Research Ethics Committee.

What's involved:

- Tested twice, approximately 12 months apart
- Have a free X-ray and MRI scan of their pelvis and hip joints
- Have free Bone Mineral Density (Dual-energy x-ray absorptiometry (DXA)) scans of the hips and to measure the amounts of bone, muscle

and fat in the body.

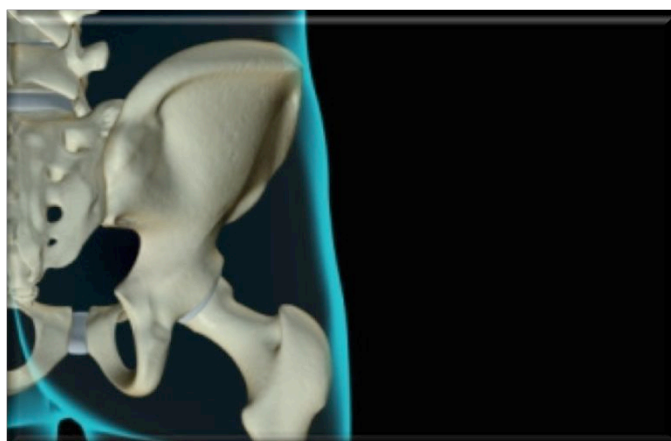
- Have a free scan to measure bone and muscle shape and quality in the thigh
- Complete questionnaires on health, pain, mobility and quality-of-life
- Have a free blood test to assess the relationships between the hormones, proteins and fats that circulate in the blood, and the characteristics of the bone, cartilage, muscle and fat.
- Have their lower body strength tested
- Have their walking pattern analysed
- Have their ability to walk, climb stairs and rise from a chair assessed
- Wear a 'pedometer' for 1 week

To volunteer or receive more information, please contact:

Maria Constantinou

Mobile: 0412392062 Phone: (07) 5552 7716

Email: m.constantinou@griffith.edu.au



For additional information or to be added to the AMI mailing list and Listserve, please contact us via email at ami@uq.edu.au.

**Alternatively you may contact Dr Nancy Pachana at
School of Psychology, The University of Queensland
ST LUCIA QLD 4072 or Tel. 07-3365-6832**