

cultural context and developmental factors explain variation in positivity of age stereotypes, future self-views, and stereotype internalization in the social domain among young adults in the US ( $N = 942$ ) and Taiwan ( $N = 659$ ) using our adapted Older Person Scale (Lu & Kao, 2009). As hypothesized, the East Asian context and low intergenerational contact frequency were associated with less positive age stereotypes and future self-views. Stereotypes mediated the association of 1) cultural context, and 2) contact frequency to future self-view positivity. However, cultural context was not associated with internalization as expected. Results are discussed in terms of applications and age segregation.

#### THE COMPENSATORY POWER OF TIME PERSPECTIVE ON THE NEGATIVE CONSEQUENCES OF NEGATIVE SELF-VIEWS

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Socioemotional selectivity theory argues that people perceive future time as more limited with age. Yet, the functions of future time perspective remain unclear. This study examined the moderating role of different types of future time perspective in the relationship between future self-views and life satisfaction. 557 US Americans and 481 Hong Kong Chinese, aged 26 – 95 years, completed a survey on their openness (e.g., “I have clear future-related goals that I pursue”) and domain-specific future self-views and life satisfaction. Among them, 66 US Americans and 212 Hong Kong Chinese also reported their future time perspective (e.g., “My future seems infinite to me”). Findings revealed that in some domains, people, regardless of age, had higher satisfaction when their future self-views were more positive. Openness and future time perspective moderated this relationship, such that those with higher openness or future time perspective attained higher satisfaction even when future self-views were less positive.

#### PREPARATION FOR AGE-RELATED CHANGES—CROSS CULTURAL DIFFERENCES AND DETERMINANTS

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Preparation for age-related changes is a behavioral expression of aging-related beliefs with respect to what will change as one ages. It also includes representations of which age-related changes can be controlled or prevented by individual action and which are taken care of by others or society. Societal and cultural differences in age-related preparation were investigated in a sample of  $N=1895$  individuals aged 26–95 years from Germany, the USA, and Hong Kong. Preparation was universally low in Hong Kong for all age groups, but increased linearly with age in the US. An asymptotic increase in preparation emerged in the German sample. We found pronounced country differences in preparation for those domains related to public provision (such as health care or retirement), especially between Germany and the US. Individual views on aging and perceptions of the role of older people in a society are investigated as possible mediating variables for country differences.

#### AGEISM IN THE CONTEXT OF CHANGING FILIAL PIETY: A QUALITATIVE INQUIRY AMONG TAIWANESE OLDER ADULTS

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Filial piety beliefs are present and continue to evolve in East Asian cultures (Yeh et al., 2013), contexts that show increasing ageism among younger populations (North, 2013). However, in the cross-cultural ageism literature self-views and older people are examined less frequently. In our prior study of a Taiwanese sample, we found no age effect on positivity of one's age stereotypes in the social domain, but greater positivity of aging related self-views among older adults. Here, we use interview data with these older adults to explore 1) how social age stereotypes and self-views are connected; and 2) the meaning of intergenerational contact frequency for these views about aging. Older adults associated negative age stereotypes with other older adults but not with themselves. Although younger family members visited often, if not living together, they felt distanced from younger generations due to less emphasis on traditional filial piety in family and education.

#### SESSION 2055 (PAPER)

##### MENTAL HEALTH AND WELL-BEING

#### EFFECTS OF MINDFULNESS-BASED STRESS REDUCTION ON BIOMARKERS AND QUALITY OF LIFE IN OLDER ADULTS

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Residents living in a long-term care facility participated in an 8-week adapted mindfulness-based stress reduction program ( $n=36$ ). Salivary samples and quality of life (QOL) assessments (SF-36) were collected prior to (pre) and upon completion of the program (post). The mean age of the participants was 85 years  $\pm$  6 (age range 75–100 years old). Of the 36 residents, 27 (75%) provided complete salivary samples at both pre- and post-MBSR. Samples were analyzed for levels of C-Reactive Protein (CRP), an inflammatory marker, and alpha-amylase, a biomarker of autonomic dysregulation or stress-related changes in the body. Using paired samples T-test analysis, we observed significant decreases in salivary alpha-amylase ( $p = 0.013$ ) from pre-MBSR to post-MBSR, but no significant changes in CRP. We also conducted correlational analyses to examine associations among quality of life and the salivary biomarkers. At post-MBSR, higher physical role functioning ( $r = -0.34$ ,  $p = 0.09$ ) and vitality ( $r = -0.30$ ,  $p = 0.10$ ), subscales of SF-36, were associated with lower levels of alpha-amylase, although the correlations did not reach statistical significance at the two-tailed level. We did not observe any associations of CRP with the QOL measures. Our preliminary findings suggest that MBSR may have beneficial effects of reducing autonomic dysregulation