URPP Dynamics of Healthy Aging

Personality and Healthy Aging

Workshop at the URPP Dynamics of Healthy Aging
July 14-16, 2018

Organized by

Mathias Allemand & Lara Keller, *University of Zurich*
Patrick L. Hill, *Washington University in St. Louis, USA*

Speakers and Discussants

Damaris Aschwanden, *University of Zurich*
David M. Condon, *Northwestern University, USA*
Michelle Fillekes, *University of Zurich*
Joshua J. Jackson, *Washington University in St. Louis, USA*
Mike Martin, *University of Zurich*
Matthias R. Mehl, *University of Arizona, USA*
Daniel K. Mroczek, *Northwestern University, USA*
Brennan R. Payne, *University of Utah, USA*
Urte Scholz, *University of Zurich*
Mirjam Stieger, *University of Zurich*
Sara J. Weston, *Northwestern University, USA*

Participants

Researchers, PhD students, students who are interested in the topic of the workshop (**number of participants** including speakers and discussants: **max. 35 individuals**)

Workshop Venue

Andreasstrasse 15, 8050 Zurich
Room: AND 4 55/4 57 (4th floor)

Goals and Themes of the Workshop

Promoting healthy aging in adulthood and maintaining health-related quality of life in old age is an important goal for the individual, society, and aging research. One promising avenue to a better understanding of the dynamics of healthy aging is to examine the role of personality traits and personality-related processes. This workshop is designed to bring together scholars from the United States and Switzerland to meet and discuss new conceptual/theoretical and methodological directions, analytical methods, and applied perspectives related to the role of personality in healthy aging. Talks and discussions of the workshop relate to three themes: (a) assessment of personality traits, dynamic processes and personality development during adulthood and in daily life, (b) the longitudinal (over time) associations between personality and healthy aging outcomes, and (c) the potential impact and design of personality-centered interventions to promote healthy aging. A further goal of this workshop is to discuss future directions and collaborative research initiatives.

Program Schedule

Saturday, July 14:

19:00 Informal Dinner for Speakers and Discussants

Sunday, July 15:

09:15 Welcome and Introduction
Patrick L Hill & Mathias Allemand

09:30 Broad, Narrow, and Criterion-Specific Approaches to Individual Differences Assessment for Health-Related Outcomes
David M. Condon

10:30 *Coffee break*

11:00 Leveraging Ambulatory Assessments to Examine Personality and Health Processes
Joshua J. Jackson

12:00 *Lunch*

13:00 Exploring the Interaction of Mobility and Personality for Healthy Aging: Conceptual and Assessment Issues
Michelle Fillekes

14:00 Coordinated Data Analysis: An Advanced Method for the Study of Personality and Health
Sara J. Weston

15:00 *Coffee break*

15:30 A Lifespan Perspective on the Interconnections between Personality, Health, and Optimal Aging
Daniel K. Mroczek

16:30 Discussion of the Presented Research and Topics
Matthias Mehl & Mike Martin

17:30 Future Directions and Collaborative Research Initiatives – Part I
Patrick L Hill, Damaris Aschwanden & Mathias Allemand

Monday, July 16:

09:00 Personality and Cognitive Health in Aging
Brennan R. Payne

10:00 **Demo:** The PEACH, a Smartphone- and Conversational Agent-Based Coaching Intervention for Intentional Personality Change
Mirjam Stieger

10:30 *Coffee break*

11:00 Personality-Informed Interventions to Promote Cognitive, Physical and Social Activities for Healthy Aging: Conceptual Ideas and Study Design
Damaris Aschwanden

12:00 Discussion of the Presented Research and Topics
Urte Scholtz

12:30 *Lunch*

13:30 Future Directions and Collaborative Research Initiatives – Part II
Patrick L Hill, Damaris Aschwanden & Mathias Allemand

15:15 *Coffee break*

16.15 **Public lecture:** Aging Purposefully: How Having a Life Direction Promotes Success in Old Age (room: AND 3 02/3 06, 3rd floor)
Patrick L. Hill

Registration

For registration, send an email to Lara Keller (lara.keller2@uzh.ch). Please indicate your name, first name and work address. Please send your registration **no later than June 30**.

Sponsors:
Swiss National Science Foundation (SNSF)
URPP Dynamics of Healthy Aging
Differential Healthy Aging Lab