Accessory dwelling unit, 256
Accommodation, 34
Acetylcholinesterase, 114
Activity theory, 28
Acute stress disorder, 235
Adrenopause, 83
Adult attachment theory, 167–168
Adult day care, 256
Adulthood
  emerging adulthood, 9
  long-term memory, 129–131
  problem solving, 147–150
psychological disorders
  anxiety disorders, 233–234
  bipolar disorder, 233
  major depressive disorder, 231–233
  obsessive-compulsive and related disorders, 234–235
  personality disorders, 237–238
  schizophrenia, 235–236
  substance-related disorders, 236–237
  trauma and stress-related disorders, 235
  and sex, 12–13
Advance directive (AD), 279–280
Aerobic capacity, 78
Affect regulation, 173
Affordable Care Act (ACA), 257
Age-adjusted death rate, 273
Age-as-leveler view, 30
Age-related macular degeneration (ARMD), 90
Age-specific death rate, 273
Aging
  autoimmunity, 43
  bilingualism, 146
  biological approaches
    genes and DNA, 38–40
    programmed aging theories, 40–42
    random error theories, 42–44
    biopsychosocial perspective, 2–3
    continuity principle, 3–4
    driving and, 124–127
    error theories, 43
    ethnicity, 13
    executive functioning and measurement, 142–143
    individuality principle, 5–6
    meaning of age
      in adult definition, 8–9
      divisions by age, 9
      functional age, 9–10
      personal vs. social aging, 10–12
    normal aging, 6–7
    in place, 255
    race, 13
    sex and gender, 12–13
    socioeconomic status, 14
    somatopause, 82
    successful aging
      creativity, 295–300
      factors, 291–295
      Rowe and Kahn definition, 288–289
      sexuality, 290
      successful cognitive aging, 290–291
      WHO definition, 289
    survivor principle, 4–5
    wear and tear theory, 42
Agnosia, 114
Agoraphobia, 234
Alveoli, 79
Alzheimer’s disease, 110–116
  biological changes, 111
  diagnosis, 114
  medical treatments, 114–115
  prevalence, 110
  proposed causes, 111–114
  psychological symptoms, 110
  psychosocial treatments, 115
American Medical Association (AMA), 282
Amyloid plaques, 111
Amyloid precursor protein (APP), 111
Androgenetic alopecia, 71
Andropause, 84
Anorexia-cachexia syndrome, 272
Anticholinesterase treatments, 114
Antioxidants, 43
Anxiety disorders, 233–234
Anxious attachment style, 167
Aphasia, 114
Apolipoprotein E (ApoE) gene, 111
Appearance, physical changes
  hair, 70–71
  skin, 68–70
Apraxia, 114
Archival research, 59–60
Atherosclerosis, 99
Assimilation, 34
Assisted living facilities, 254
Attention
  attentional resources theory, 123
  attentional task, 121–123
  video games, 124
Autobiographical memory, 129
Autoimmune theory, 43
Avoidant attachment style, 167
Awareness of finitude, 279
<table>
<thead>
<tr>
<th>Subject Index</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Baby boomer</strong></td>
</tr>
<tr>
<td>around the world, 17–19</td>
</tr>
<tr>
<td>in United States</td>
</tr>
<tr>
<td>gender and racial variations, 17</td>
</tr>
<tr>
<td>geographic variations, 16</td>
</tr>
<tr>
<td><strong>Balance</strong></td>
</tr>
<tr>
<td>dizziness, 93</td>
</tr>
<tr>
<td>fear of falling, 93</td>
</tr>
<tr>
<td>vertigo, 93</td>
</tr>
<tr>
<td><strong>Basal metabolic rate</strong>, 82</td>
</tr>
<tr>
<td><strong>Behavioral approach</strong></td>
</tr>
<tr>
<td>to marital interactions, 191</td>
</tr>
<tr>
<td><strong>Behavioral therapy</strong>, 245</td>
</tr>
<tr>
<td><strong>Bereavement</strong>, 283–285</td>
</tr>
<tr>
<td>attachment view, 284</td>
</tr>
<tr>
<td>dual-process model of coping, 285</td>
</tr>
<tr>
<td><strong>Berlin Wisdom Paradigm</strong>, 158</td>
</tr>
<tr>
<td><strong>Beta-amyloid-42</strong>, 111</td>
</tr>
<tr>
<td><strong>Bilingualism</strong>, 146</td>
</tr>
<tr>
<td><strong>Biological age</strong>, 9</td>
</tr>
<tr>
<td><strong>Biopsychosocial perspective/model</strong>, adult development, 2–3</td>
</tr>
<tr>
<td>biological, 2</td>
</tr>
<tr>
<td>psychological, 2</td>
</tr>
<tr>
<td>social, 2</td>
</tr>
<tr>
<td><strong>Bipolar disorder</strong>, 233</td>
</tr>
<tr>
<td><strong>Blended families</strong>, 195</td>
</tr>
<tr>
<td><strong>blind variation and selective retention (BVSR) theory</strong>, 297</td>
</tr>
<tr>
<td>Board and care home, 254</td>
</tr>
<tr>
<td><strong>Bodily control system</strong></td>
</tr>
<tr>
<td>endocrine system, 81–85</td>
</tr>
<tr>
<td>immune system, 83</td>
</tr>
<tr>
<td><strong>Body build</strong></td>
</tr>
<tr>
<td><strong>BMI</strong>, 72</td>
</tr>
<tr>
<td><strong>FFM</strong>, 72</td>
</tr>
<tr>
<td><strong>Body mass index (BMI)</strong>, 72</td>
</tr>
<tr>
<td><strong>Bone remodeling</strong>, 75</td>
</tr>
<tr>
<td><strong>Bones</strong>, 75</td>
</tr>
<tr>
<td><strong>Borderline personality disorder</strong>, 238</td>
</tr>
<tr>
<td><strong>Brinley plot</strong>, 120</td>
</tr>
<tr>
<td><strong>Cambridge Neuropsychological Testing Automated Battery (CANTAB)</strong>, 142</td>
</tr>
<tr>
<td><strong>Cancer</strong></td>
</tr>
<tr>
<td>risk factors and prevention, 103–105</td>
</tr>
<tr>
<td>treatments, 105</td>
</tr>
<tr>
<td><strong>Cardiac output</strong>, 78</td>
</tr>
<tr>
<td><strong>Cardiovascular system</strong>, diseases of</td>
</tr>
<tr>
<td>arteriosclerosis, 99</td>
</tr>
<tr>
<td>atherosclerosis, 99</td>
</tr>
<tr>
<td>behavioral risk factors, 100–102</td>
</tr>
<tr>
<td>cardiac conditions, 99–100</td>
</tr>
<tr>
<td>cerebrovascular accident, 100</td>
</tr>
<tr>
<td>cerebrovascular conditions, 99–100</td>
</tr>
<tr>
<td>congestive heart failure, 100</td>
</tr>
<tr>
<td>heart disease and stroke, prevention of, 102–103</td>
</tr>
<tr>
<td>hypertension, 99</td>
</tr>
<tr>
<td>incidence, 100</td>
</tr>
<tr>
<td>myocardial infarction, 99</td>
</tr>
<tr>
<td>transient ischemic attack (TIA), 100</td>
</tr>
<tr>
<td><strong>Caregiver burden</strong>, 115</td>
</tr>
<tr>
<td><strong>Caregivers</strong>, 115</td>
</tr>
<tr>
<td><strong>Case reports</strong>, 60–61</td>
</tr>
<tr>
<td><strong>Cataract</strong>, 90</td>
</tr>
<tr>
<td><strong>Cattell–Horn–Carroll (CHC) model of intelligence</strong>, 152</td>
</tr>
<tr>
<td><strong>Centenarians</strong>, 9</td>
</tr>
<tr>
<td><strong>Center for Epidemiological Studies Scale for Depression (CES-D)</strong>, 242</td>
</tr>
<tr>
<td><strong>Centers for Medicare and Medicaid Services (CMS)</strong>, 258</td>
</tr>
<tr>
<td><strong>Central nervous system</strong>, 85–87</td>
</tr>
<tr>
<td>computed axial tomography, 87</td>
</tr>
<tr>
<td>CRUNCH model, 86</td>
</tr>
<tr>
<td>diffuse tensor imaging, 87</td>
</tr>
<tr>
<td>electroencephalogram (EEG), 87</td>
</tr>
<tr>
<td>functional magnetic resonance imaging (fMRI), 87</td>
</tr>
<tr>
<td>HAROLD model, 86</td>
</tr>
<tr>
<td>magnetic resonance imaging (MRI), 87</td>
</tr>
<tr>
<td>neuronal fallout model, 85</td>
</tr>
<tr>
<td>PASA model, 86</td>
</tr>
<tr>
<td>plasticity model, 86</td>
</tr>
<tr>
<td>positron emission tomography (PET) scan, 87</td>
</tr>
<tr>
<td>single photon emission computed tomography (SPECT), 87</td>
</tr>
<tr>
<td><strong>Chromosomes</strong>, 39</td>
</tr>
<tr>
<td><strong>Chronosystem</strong>, 26</td>
</tr>
<tr>
<td><strong>Circadian rhythm</strong>, 82</td>
</tr>
<tr>
<td><strong>Cognitive aspects, language</strong>, 143–145</td>
</tr>
<tr>
<td><strong>Cognitive-behavioral therapy (CBT)</strong>, 245</td>
</tr>
<tr>
<td><strong>Cognitive perspective</strong></td>
</tr>
<tr>
<td>coping and control, 175–177</td>
</tr>
<tr>
<td>identity process theory, 177–178</td>
</tr>
<tr>
<td>possible selves theory, 175</td>
</tr>
<tr>
<td><strong>Cognitive therapy</strong>, 245</td>
</tr>
<tr>
<td><strong>Cohabitation</strong>, 185–187</td>
</tr>
<tr>
<td><strong>Cohort</strong>, 49</td>
</tr>
<tr>
<td><strong>Cohort effects</strong>, 49</td>
</tr>
<tr>
<td><strong>Cohort-sequential design</strong>, 56</td>
</tr>
<tr>
<td><strong>Communication predicament model</strong>, 145</td>
</tr>
<tr>
<td><strong>Communicative ecology model of successful aging (CEMSA)</strong>, 295</td>
</tr>
<tr>
<td><strong>Community-based facilities and services</strong></td>
</tr>
<tr>
<td>accessory dwelling unit, 256</td>
</tr>
<tr>
<td><strong>Compensation-Related Utilization of Neural Circuits Hypothesis (CRUNCH) model</strong>, 86</td>
</tr>
<tr>
<td><strong>Competition-press model</strong>, 266</td>
</tr>
<tr>
<td><strong>Comprehension knowledge (Gc)</strong>, 152</td>
</tr>
<tr>
<td><strong>Compression of morbidity</strong>, 16</td>
</tr>
<tr>
<td><strong>Computed axial tomography</strong>, 87</td>
</tr>
<tr>
<td><strong>Congestive heart failure</strong>, 100</td>
</tr>
<tr>
<td><strong>Conjunction visual search</strong>, 87</td>
</tr>
<tr>
<td><strong>Contextual influences on development</strong>, 22</td>
</tr>
<tr>
<td><strong>Contingency theory</strong>, 199</td>
</tr>
<tr>
<td><strong>Continuing care retirement community (CCRC)</strong>, 256</td>
</tr>
<tr>
<td><strong>Continuity principle</strong>, 3</td>
</tr>
<tr>
<td><strong>Continuity theory</strong>, 28</td>
</tr>
<tr>
<td><strong>Coping</strong>, 175</td>
</tr>
<tr>
<td><strong>Correlational designs</strong></td>
</tr>
<tr>
<td>multivariate correlational designs, 57–59</td>
</tr>
<tr>
<td>simple correlational designs, 56–57</td>
</tr>
<tr>
<td><strong>Correspondence principle</strong>, 169</td>
</tr>
<tr>
<td><strong>Cortisol</strong>, 82</td>
</tr>
<tr>
<td><strong>Creativity, aging</strong></td>
</tr>
<tr>
<td>BVSR theory, 297</td>
</tr>
<tr>
<td>career age, 297</td>
</tr>
<tr>
<td>characteristics, 297–300</td>
</tr>
<tr>
<td>creative potential, 297</td>
</tr>
<tr>
<td>definition, 295</td>
</tr>
<tr>
<td>equal odds rule, 297</td>
</tr>
<tr>
<td>personality openness, 296</td>
</tr>
<tr>
<td>Planck hypothesis, 296</td>
</tr>
<tr>
<td>sociocultural perspectives, 300</td>
</tr>
<tr>
<td><strong>Cross-linking theory</strong>, 42</td>
</tr>
<tr>
<td><strong>Cross-sectional designs</strong>, 53–55</td>
</tr>
</tbody>
</table>
Cross-sequential design, 56
Crude death rate, 273
Crystallized intelligence, 152
Daily diary method, 61
Day treatment services, 255–256
Death and dying
  advance directives, 279–280
  age-adjusted death rate, 273
  age-specific death rate, 273
  crude death rate, 273
  death by numbers, 273–276
  death ethos, 277
  dying trajectory, 272
  good death, 278
  health care and mental health services, 282–283
  hospice care, 282
  invisible death, 277
  medical aspects, 272–273
  physician-assisted suicide and euthanasia, 281–282
  psychological perspectives, 278–279
  social death, 277
  sociocultural perspectives, 277–278
  stages of dying, 278
  tamed death, 278
Death ethos, 277
Death with dignity, 278
Debriefing, 63
Default network, 128
Defense Style Questionnaire (DSQ), 166
Dehydroepiandrosterone (DHEA), 83
Delirium, 117
Deoxyribonucleic acid (DNA), 38
Dependent variable, 48
Descriptive research design
  age, cohort, and time of measurement, 49
  cross-sectional designs, 53–55
  definition, 49
  longitudinal designs, 50–53
Developmental model
  individual–environment interactions
    interactionist model, 24
    mechanistic model, 24
    niche-picking, concept of, 24
    organismic model, 24
    plasticity in development, 24
    reciprocity, 25
    life span, 22–23
  psychological models
    Erikson’s psychosocial theory, 31–33
    identity process theory, 34–37
    Piaget’s cognitive-developmental theory, 33–34
    selective optimization with compensation model (SOC), 37–38
  sociocultural models
    ageism as a social factor, 28–31
    ecological perspective, 26–27
    life course perspective, 27–28
Developmental schism, 198
Developmental science, 22
Diabetes
  characteristics, 107
  incidence and risk factors, 107–108
  prevention and treatment, 108
Diagnostic and Statistical Manual (DSM), 230
Diffuse tensor imaging, 87
Dis-Engagement theory, 28
Disillusionment pathway, 193
Divorce, 187–189
Divorce proneness, 188
Dizziness, 93
Doing gender, 195
Donepezil hydrochloride, 114
Driving and aging
  CDC’s Recommendations, 127
  fatal crash involvement, 124–125
  social attitudes, 126
  Dyadic withdrawal, 202
  Dying trajectory, 272
  Dysphoria, 232
  Dysthermia, 89
Early-onset familial Alzheimer’s disease, 111
Ecological perspective, 26–27
Ego psychology, 162–166, 162–166
Erikson’s theory of psychosocial development, 162
  generativity, 163–164
  identity status interview, 163
Elder abuse, 238–239
Elderspeak, 145
Electroconvulsive therapy (ECT), 244
Electroencephalogram (EEG), 87
Emergent distress pathway, 192
Emerging adulthood, 9
Emotion-focused coping, 175
Empty nest, 195–197
‘Empty Nest Syndrome’ (ENS), 196
Endocrine system, 81–85
cortisol, 82
DHEA, 83
erectile dysfunction (ED), 84–85
female hormonal changes, 83–84
glucocorticoid cascade hypothesis, 82
growth hormone (GH), 82
hormones, 81
hypothalamus-releasing factors (HRFs), 81
male hormonal changes, 84
melatonin, 82
thyroid hormones, 82
End-of-life care
  advance directive (AD), 279–280
  euthanasia, 281
  physician-assisted suicide (PAS), 281
Enduring dynamics pathway, 192
Epidemiological studies, 60
Epigenetic principle, 31
Episodic memory, 129
Equilibrium, 34
Equity theory, 191
Erectile dysfunction (ED), 84–85
Erikson’s psychosocial theory
  ego integrity vs. despair, 32
  epigenetic principle, 31
  generativity vs. stagnation, 32
  identity achievement vs. identity diffusion, 31
  industry vs. inferiority, 31
  intimacy vs. isolation stage, 32
Estrogen-replacement therapy (ERT), 84
Ethical issues, 63–64
Euthanasia, 281
Event-related potentials (ERPs), 123
Evidence-Based Practice in Psychology, 245
Executive functioning, 114
Exosystem, 26
Experimental design, 48
Families, 193–202
   empty nest, 195–197
grandparents, 200–202
parent–adult child relationships, 197–200
parenthood, 193–195
siblings, 200
Fat-free mass (FFM), 72
Fear of falling, 93
Filial anxiety, 197
Filial maturity, 197
Filial obligation, 197
Filial piety, 197
Five-Factor Model (FFM), 168
Flashbulb memory, 129
Fluid-crystallized theory (Gf-Gc), 152
Fluid reasoning (Gf), 152
FOXO genes, 42
Free radical theory, 43
Friendship, 202–203
   patterns, 202–203
   styles, 203
   theoretical perspectives, 202
Frontotemporal neurocognitive disorder (FTD), 116
Functional age, 9
Functional magnetic resonance imaging (fMRI), 87
Galantamine, 114
Gender, 12–13
Generalized anxiety disorder, 233
Generativity, 163–164
Genes, 39
   and DNA, 38–40
Genome-wide association study, 39
Geriatric Depression Scale (GDS), 242
Geriatric partial hospital, 255
Geriatrics, 22
Gerontology, 3
Glaucoma, 91
Glucocorticoid cascade hypothesis, 82
Good death, 278
Government-assisted housing, 256
Grandparents, 200–202
Green House model, 268
Growth hormone (GH), 82
Hair, 71–72
Health. See also Cardiovascular system, diseases of; Musculoskeletal system and prevention, 98–118
Health and Retirement Study (HRS), 288
Health expectancy, 16
Hearing, 91–92
Heart disease, 102–103
Helicopter parents, 200
Hemispheric Asymmetry Reduction in OLDer adults (HAROLD) model, 86
Hierarchical linear modeling (HLM), 59
High-density lipoproteins (HDLs), 79
Higher-order cognitive functions executive functioning and measurement aging, 142–143
   intelligence tests, 140–141
   neuropsychological assessment, 141–142
   task-switching method, 142
tile-matching puzzle games, 143
   verbal fluency test, 142
   video game playing, 143
Hippocampus, 87
Hoardings, 235
Home health services, 255
Hormone replacement therapy (HRT), 84
Hormones, 81
Hospice care, 282
Hypertension, 99
Hypothalamus-releasing factors (HRFs), 81
Identity, 3
   accommodation, 35
   assimilation, 34
   balance, 35
   process theory, 34–37, 177–178
   status interview, 163
Immune senescence, 85
Immune system, 85
Impaired aging, 6
Implicit memory, 130
Incidence statistics, 60
Independent variable, 48
Individuality principle, 5–6
Informed consent, 63
Inhibitory control, 122
Inhibitory deficit hypothesis, 123
Inoculation hypothesis, 31
Institutional facility, 252
Intelligence
   adult intelligence, 152–157
   classic aging pattern, 152
   definition, 151
   Gardner’s theory of multiple intelligences, 158
   mechanics of, 158
   pragmatics of, 158
   tests, 140–141
   training studies, 157
Interactionist model, 24
Intergenerational solidarity model (ISM), 197
Intergenerational stake hypothesis, 198
Interindividual differences, 5–6
Intermediate care facility, 253
International Statistical Classification of Diseases and Related Health Problems (ICD), 230
Internet-delivered cognitive therapy (ICBT), 247
Inter-personal therapy (IPT), 246
Intersectionality, 30
Intraindividual differences, 6
Invisible death, 277
Joints, 75–77
Korsakoff syndrome, 117
Language
   bilingualism and aging, 146
   cognitive aspects, 143–145
   social aspects, 145–146
Lastingness, 298
Latent variable, 58
Late-onset Alzheimer’s disease, 111
Late-onset schizophrenia, 236
Late-onset stress symptomatology (LOSS), 235
Legitimization of biography, 279
Life course perspective, 27–28
Life expectancy, 15
Life review therapy, 245
Life satisfaction, 292
Life-span, 16
- contextual influences on development, 22
- developmental science, 22
- growth, 22
Life story, 177, 294
Living apart together (LAT), 187
Logistic regression, 57
Longitudinal designs, 50–53
Long-term care
- community-based facilities and services
  - accessory dwelling unit, 256
  - continuing care retirement community (CCRC), 256
  - day treatment services, 255–256
  - government-assisted housing, 256
  - home health services, 255
financing
  - Medicaid, 259–260
  - Medicare, 257–259
institutional facilities
  - nursing homes, 252–253
  - residential care facilities, 253–255
legislative landmarks, older adults
  - 2002 Nursing Home Quality Initiative, 263
  - 1987 Omnibus Budget Reconciliation Act, 260–261
Macrosystem, 26
Magnetic resonance imaging (MRI), 87
Major depressive disorder, 231–233
Marriage, 184–185
Maturation hypothesis, 238
Mechanistic model, 24
Mediation, 58
Medicaid, 259–260
Medical model, 243
Medicare, 257–259
Affordable Care Act (ACA), 257
Centers for Medicare and Medicaid Services (CMS), 258
Medicare Modernization Act (MMA), 258
Medicare Part A, 258
Medicare Part B, 258
Medicare Part C, 258
Medicare Part D, 258
Mediterranean style diet, 102
Mexitaine, 114
Memory
- autobiographical memory, 129
- controllability, 132
- episodic memory, 129
- flashbulb memory, 129
- and health-related behaviors, 132–135
- implicit memory, 130
- long-term memory, 129–131
- memory training studies, 134–136
- procedural memory, 130
- prospective memory, 130
- psychosocial influences, 131–132
- remote memory, 129
- retrieval-induced forgetting, 131
- self-efficacy, 131
- semantic memory, 130
- source memory, 130
- working memory, 128–129
Mental health issues
- elder abuse, 238–239
- psychological disorders, 230–238
- serious mental illness, 247–248
- suicide, 240
and treatment issues
- clinical interview, 241
- GDS, 242
- medical interventions, 243–244
- mental status examination, 241
- MMSE, 242
- orientation, 242
- psychological assessment, 241
- psychotherapy, 244–247
Mesosystem, 26
Meta-analysis, 62
Metabolic syndrome, 102
Microsystem, 26
Midlife crisis
- critiques and research, 180–182
- life structure, 178
- theory of midlife crisis, 178–180
MIDUS data, 294
Mini-Mental State Examination (MMSE), 242
Mobility
- bones, 75
- joints, 75–77
- muscles, 73–75
Moderation, 58
Modernization hypothesis, 29
Most efficient design, 55–56
Multi-infarct dementia (MID), 116
Multiple jeopardy hypothesis, 30
Multiple regression analysis, 57
Multiple threshold model, 36
Multivariate correlational designs, 57–59
Muscles, 73–75
Musculoskeletal system
- osteoarthritis, 105–106
- osteoporosis, 106–107
Mutations, 39
Myocardial infarction, 99
2002 National Nursing Home Quality Initiative, 263
Need complementarity hypothesis, 191
Nephrons, 79
Nervous system, 85–89
- central nervous system, 85–87
- sleep, 88–89
- temperature control, 89
Neurocognitive disorders
- Alzheimer’s disease, 110–116
- delirium, 117
- fronto temporal neurocognitive disorder (FTD), 116
- Lewy bodies, 117
- multi-infarct dementia (MID), 116
- normal-pressure hydrocephalus, 117
- Parkinson’s disease, 116
- Pick’s disease, 117
- polypharmacy, 117
- pseudodementia, 118
- reversible neurocognitive disorders, 117
- subdural haematoma, 117
- vascular neurocognitive disorder, 116
- Wernicke’s disease, 117
Neurofibrillary tangles, 111
Neuroleptics, 244
Neuronal fallout model, 85
Neuropsychological assessment, 141–142
Neuroticism-Extraversion-Openness Personality Inventory—Revised (NEO-PI-R), 168
Niche-picking, concept of, 24
NINCDS-ADRDA criteria, 114
Nonnormative influences, 11
Normal aging, 6–7
Normative age-graded developmental influence, 10–11
Normative history-graded influences, 11
1998 Nursing Home Initiative, 262
2002 Nursing Home Quality Initiative, 261
Nursing Home Reform Act (NHRA), 260
Nursing homes, 252–253
Observational methods, 61–62
Obsessive-compulsive and related disorders, 234–235
Obsessive-compulsive disorder, 234–235
Oldest-old, 9
Old-old, 9
1987 Omnibus Budget Reconciliation Act, 260–261
Organismic model, 24
Osteoarthritis, 105–106
Osteoporosis, 106–107
Overactive bladder, 80
Panic disorder, 234
Paradox of well-being, 292
Parent–adult child relationships, 197–200
Parenthood, 193–195
Parkinson’s disease, 116
Path analysis, 58
Perception, 89–95
Peripheral ties, 203
Personal aging, 10
vs. social aging, 10–12
Personality
cognitive perspective, 174–178
midlife crisis theories, 178–182
psychodynamic perspective, 162–168
social cognitive approaches, 172–174
trait approaches, 168–172
Problem-solving therapy (PST), 245
Processing speed
attention, 120–124
reaction time, 120
video games, 124
Professional geropsychology, 241
Programmed aging theories
FOXO genes, 42
Gompertz function, 40
telomeres, 41
Prospective memory, 130
Prospective study, 50
Pseudodementia, 118
Psychodynamic perspective
adult attachment theory, 167–168
ego psychology, 162–166
Vaillant’s Theory of Defense Mechanisms, 166–167
Psychodynamic therapy, 245
Psychological age, 10
Psychological assessment, 241
Psychological disorders, in adulthood
anxiety disorders, 233–234
bipolar disorder, 233
major depressive disorder, 231–233
obsessive-compulsive and related disorders, 234–235
personality disorders, 237–238
schizophrenia, 235–236
substance-related disorders, 236–237
trauma and stress-related disorders, 235
Psychological issues
long-term care adaptation, models of, 265–266
suggestions, 267–268
Psychological models
Erikson’s psychosocial theory, 31–33
identity process theory, 34–37
Piaget’s cognitive-developmental theory, 33–34
selective optimization with compensation model (SOC), 37–38
Psychological perspectives, on long-term relationships, 190–193
Personality disorders, 237–238
Photoaging, 69
Physical changes
appearance
hair, 70–71
skin, 68–70
bodily control systems, 81–85
body build, 71–73
mobility
bones, 75
joints, 75–77
muscles, 73–75
nervous system, 85–89
sensation and perception, 89–95
vital bodily functions
cardiovascular system, 77–79
digestive system, 81
respiratory system, 79
urinary system, 79–81
Physician-assisted suicide (PAS), 281
Piaget’s cognitive-developmental theory, 33–34
accommodation, 34
assimilation, 34
equilibrium, 34
schemas, 34
Pick’s disease, 117
Plaque, 78
Plasticity, 24
Plasticity model, 86
Polypharmacy, 117
Positive psychology, 292
Positron emission tomography (PET) scan, 87
Possible selves theory, 175
Posterior–Anterior Shift with Aging (PASA) model, 86
Post-traumatic stress disorder (PTSD), 235
Presbycusis, 91
Presbyopia, 90
Prevalence statistics, 60
Primary aging, 6
Primary Mental Abilities Test (PMAT), 141
Problem-focused coping, 175
Problem solving
in adulthood, 147–150
adult learners, 150–151
characteristics, 146–147
Professional geropsychology, 241
Programmed aging theories
FOXO genes, 42
Gompertz function, 40
telomeres, 41
Prospective memory, 130
Prospective study, 50
Pseudodementia, 118
Psychodynamic perspective
adult attachment theory, 167–168
ego psychology, 162–166
Vaillant’s Theory of Defense Mechanisms, 166–167
Psychodynamic therapy, 245
Psychological age, 10
Psychological assessment, 241
Psychological disorders, in adulthood
anxiety disorders, 233–234
bipolar disorder, 233
major depressive disorder, 231–233
obsessive-compulsive and related disorders, 234–235
personality disorders, 237–238
schizophrenia, 235–236
substance-related disorders, 236–237
trauma and stress-related disorders, 235
Psychological issues
long-term care adaptation, models of, 265–266
suggestions, 267–268
Psychological models
Erikson’s psychosocial theory, 31–33
identity process theory, 34–37
Piaget’s cognitive-developmental theory, 33–34
selective optimization with compensation model (SOC), 37–38
Psychological perspectives, on long-term relationships, 190–193
Personality disorders, 237–238
Photoaging, 69
Physical changes
appearance
hair, 70–71
skin, 68–70
bodily control systems, 81–85
body build, 71–73
mobility
bones, 75
joints, 75–77
muscles, 73–75
nervous system, 85–89
sensation and perception, 89–95
vital bodily functions
cardiovascular system, 77–79
digestive system, 81
respiratory system, 79
urinary system, 79–81
Physician-assisted suicide (PAS), 281
Piaget’s cognitive-developmental theory, 33–34
accommodation, 34
assimilation, 34
equilibrium, 34
schemas, 34
Pick’s disease, 117
Plaque, 78
Plasticity, 24
Plasticity model, 86
Polypharmacy, 117
Positive psychology, 292
Positron emission tomography (PET) scan, 87
Possible selves theory, 175
Posterior–Anterior Shift with Aging (PASA) model, 86
Post-traumatic stress disorder (PTSD), 235
Presbycusis, 91
Presbyopia, 90
Prevalence statistics, 60
Primary aging, 6
Primary Mental Abilities Test (PMAT), 141
Problem-focused coping, 175
Problem solving
in adulthood, 147–150
adult learners, 150–151
characteristics, 146–147
Problem-solving therapy (PST), 245
Processing speed
attention, 120–124
reaction time, 120
video games, 124
Professional geropsychology, 241
Programmed aging theories
FOXO genes, 42
Gompertz function, 40
telomeres, 41
Prospective memory, 130
Prospective study, 50
Pseudodementia, 118
Psychodynamic perspective
adult attachment theory, 167–168
ego psychology, 162–166
Vaillant’s Theory of Defense Mechanisms, 166–167
Psychodynamic therapy, 245
Psychological age, 10
Psychological assessment, 241
Psychological disorders, in adulthood
anxiety disorders, 233–234
bipolar disorder, 233
major depressive disorder, 231–233
obsessive-compulsive and related disorders, 234–235
personality disorders, 237–238
schizophrenia, 235–236
substance-related disorders, 236–237
trauma and stress-related disorders, 235
Psychological issues
long-term care adaptation, models of, 265–266
suggestions, 267–268
Psychological models
Erikson’s psychosocial theory, 31–33
identity process theory, 34–37
Piaget’s cognitive-developmental theory, 33–34
selective optimization with compensation model (SOC), 37–38
Psychological perspectives, on long-term relationships, 190–193
Structural equation modeling (SEM), 58
Subdural haematoma, 117
Subjective well-being, 292, 294
Substance Abuse and Mental Health Services Administration (SAMHSA), 247
Substance-related disorders, 236–237
Suffocation model of marriage, 192
Suicide, 240
Supercentenarians, 9
Survey method, 60
Survivor principle, 4–5
Sustained attention task, 122
Swan song, 298
Tamed death, 277
Tau, 111
Telomeres, 41
Terminal decline, 52
Terror management theory, 29
Tertiary aging, 7
Tetrahydroaminoacridine (THA), 114
Thyroid hormones, 82
Time of measurement, 49
Time of measurement effects, 50
Time-sequential design, 56
Tinnitus, 91
Trait approaches, 168–172
Five-Factor Model (FFM), 168, 169
health and personality traits, 169–172
NEO-PI-R, 168
trait perspective, 168
Transient ischemic attack (TIA), 100
Transition to parenthood (TtP), 193
Trauma, 235
Type A behavior pattern, 169
United States
Alzheimer’s disease, 118
baby boomer
gender and racial variations, 17
geographic variations, 16
cancer, incidence of, 103
diabetes, 108
driving, 125
DSM, 230
long-term health care financing, 256
nursing home service, 253
relationship, 184
Urge incontinence, 80
Useful Field of View (UFOV), 140
Vaillant’s Theory of Defense Mechanisms, 166–167
Validity, 62
Vascular neurocognitive disorder, 116
Vertigo, 93
Vision, 89–91
Visual search tasks, 121
Wechsler Adult Intelligence Scale (WAIS), 140
Wernicke’s disease, 117
Whitehall II study, 14
White matter hyperintensities (WMH), 87
Widowhood, 189–190
Wisconsin Card Sorting Test (WCST), 142
Working memory, 128–129
Young-old, 9