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Analysing correlates for the younger-old and the oldest-old: Adjustment to aging

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Introduction Diverse factors may predict the adjustment to aging (AtA) of the younger-old and oldest-old adults'.

Objectives To build a structural model for exploring whether socio-demographic, health and lifestyle-related variables are predictors of AtA for both groups.

Methods Research encompassed a community-dwelling sample, of 447 older adults aged 75 years and above ($M = 86.27$; $SD = 6.78$; range 75–100). Measures included demographics (sex, marital status, education, household, adult children, family's annual income, and self-reported spirituality), lifestyle and health-related characteristics (perceived health, recent disease, physical activity and leisure), and the Adjustment to Aging Scale. Structural equation modeling was used to investigate a structural model of the self-reported AtA, encompassing all the above variables.

Results Significant predictors for the younger-old are perceived health ($\beta = .425$; $P < .001$), leisure ($\beta = .324$; $P < .001$), professional status ($\beta = .243$; $P < .001$). Significant predictors for the oldest-old are self-reported spirituality ($\beta = .816$; $P < .001$), perceived health ($\beta = .232$; $P < .001$), and income ($\beta = .233$; $P = .035$). The variables explained respectively 64.5% and 61.6% of the variability of AtA, respectively.

Conclusions Perceived health is the strongest predictor of AtA for the younger-old participants whilst self-reported spirituality is the strongest predictor of AtA for the oldest-old adults.

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The orientation to life questionnaire: Assessing older adults' sense of coherence

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Introduction Growing literature suggests that the sense of coherence (SOC) positively influences well-being in later life.

Objectives This study reports the assessment the following psychometric properties: distributional properties, construct, criterion and external-related validities, and reliability, of the Orientation to Life Questionnaire (OtLQ) in a cross-national population of older adults.

Methods We recruited 1291 community-dwelling older adults aged between 75–102 years ($M = 83.9$; $SD = 6.68$). Convenience

sampling was used to gather questionnaire data. The construct validity was asserted by confirmatory factor analysis, convergent and discriminant validity. Moreover, criterion and external-related validities, as well as distributional properties and reliability were also tested.

Results Data gathered with the 29-items OtLQ scale showed overall good psychometric properties, in terms of distributional properties, construct, criterion and external-related validities, as well as reliability. Three factors were validated for the OtLQ scale: (a) comprehensibility; (b) manageability; and (c) meaningfulness. **Conclusion** We validated the 3-factor OtLQ scale, which produced valid and reliable data for a cross-national sample with older adults. Hence, it is an adequate instrument for assessing sense of coherence among older people in health care practice and program development contexts.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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The effect of Qing Huan Ling combined risperidone on the open field behavior of schizophrenic mice model

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Objective To observe the effect of Qing Huan Ling and (or) risperidone on locomotor activity and explorative behavior of schizophrenia mice model by open field test.

Methods Seventy kunming mice were randomly divided into 5 groups, one group as blank group. The rest groups ip MK-801 continuously 14 day, then randomly numbered: model group, risperidone group, Qing Huan Ling group and risperidone combined Qing Huan Ling group. Ig give corresponding drugs for each group 4 weeks, observe the change of locomotor activity and explorative behavior by open field test.

Results After Ig 4 weeks, compared with the blank group, there were no obvious difference in locomotor activity and explorative behavior between risperidone group, Qing Huan Ling group and the combined group. Compared with the model group, risperidone had statistics meaning in the repression of explorative behavior ($P < 0.05$), the combined group has statistics meaning in the repression of locomotor activity and explorative behavior (78.92 ± 36.18 m vs. 186.92 ± 41.08 m, $P < 0.01$).

Conclusion Qing Huan Ling regulate the central nervous system of schizophrenia mice model; when combined with risperidone, it restrain the central nervous system of schizophrenia mice model and the effect is stronger than risperidone alone.

Disclosure of interest The authors have not supplied their declaration of competing interest.

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