University Research Priority Program "Dynamics of Healthy Aging"

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Newsletter

Editorial

Healthy Aging Research in the Digital Era

At halftime, after the first six years of the URPP "Dynamics of Healthy Aging" (DynAge), it is a perfect time to look back and to look forward. From the start, the URPP DynAge pursued an integrative "from lab to life" research and implementation strategy. The idea was to develop and integrate laboratory and real life assessments of individual abilities and characteristics, their plasticity, the real-life contexts in which abilities and characteristics unfold, and the real-life activities that are the consequence of the personal attributes, in order to understand how to best describe and promote the dynamics of healthy aging. This integrative data acquisition and analysis approach needed to be accompanied by responses to new challenges and opportunities it causes: It is most fruitful if context- and situation models complement person models of healthy aging. Thus we have dedicated a series of workshops, positions, and international guest researcher stays to develop such new context models of healthy aging and were able to insert these into the World Health Organization (WHO) Global and the Swiss National Strategy and Action Plan for Healthy Ageing.

Due to the opportunities of digitalization, finding ways of accompanying longitudinal laboratory data with high-density real-life activity data in a legally, ethically, technically and analytically feasible way has become center part of the further development of the URPP DynAge. Involving new research groups from the geographic engineering sciences, computer sciences, legal sciences, and ethics will help to establish new research fields for aging and lifespan developmental research. The automated scoring and interpretation of health activity data through the combination with multiple levels from various domains of longitudinal person data, i.e., the "semantic activity analytics" on the WHO roadmap, will provide the scientific community with completely new options to develop and test complex healthy aging theories.

The largest impact for accelerated insights into the factors and contexts that maintain a person's functional ability stems from the possibility to aggregate multiple levels of data on the level of each individual. Thus, we are developing the tools for a technology platform that allows individuals to store and maintain their individual data from all the studies they participate in, combine them with data collected by themselves, and support their management and sharing with researchers interested in testing situation models of healthy aging. This only works with research participants as informed partners, and creative researchers with innovative ideas to make optimal use of available data. Thus, we invest in our partnerships with the senior universities of Switzerland to create a national pool of 50'000+ research-interested seniors and develop a national platform for education 60+ in the digital age. Basic research designed to establish practically useful evidence requires an effort to manage the alignment in both directions, from practical questions to basic research and back to practical implementation. This has been a strength of the URPP DynAge that we are now taking one step further: We are currently building the environment of a healthy aging innovation hub that supports translating and reverse-translating between research and practice. It is designed to develop marketable instruments of social, technical and analytical innovation to support knowledge gain, context- and situation-aware decision support, contextualized and situation-aware digital outcomes to study and promote healthy aging dynamics.

The URPP DynAge continues to change the way we look at healthy aging and how we study it. It emphasizes aging individuals as context-sensitive decision makers, it has established healthy aging research as a field of innovation, and has developed new theoretical ideas, methods, and structures to deal with the complexities of monitoring, understanding, and promoting longitudinal multi-scale healthy aging dynamics in the coming years. We look forward to the second halftime phase of innovating for healthy aging.

Prof. Dr. Mike Martin, Co-Director, URPP DynAge
(m.martin@psychologie.uzh.ch)
Prof. Dr. Lutz Jäncke, Co-Director, URPP DynAge
(l.jaencke@psychologie.uzh.ch)

Reports

Studying Natural Language Use: New German Update of the Automated Text Analysis Program LIWC

The text analysis program LIWC ("Linguistic Word Count and Inquiry") counts words in standardized categories, converting them into psychologically meaningful metrics for research on language use. URPP DynAge members Tabea Meier, M.Sc., Dr. Andrea B. Horn and Prof. Dr. Mike Martin, in cooperation with Dr. Markus Wolf (University of Zurich), have developed a new German adaptation of the LIWC. The major update for the analysis of German speech samples, the "DE-LIWC2015" is the result of an on-going, international collaboration with the "father" of the LIWC, Prof. Dr. James W. Pennebaker, as well as Dr. Ryan L. Boyd (both University of Texas, Austin), and Prof. Dr. Matthias R. Mehl (University of Arizona, Tucson).

DE-LIWC2015 has been designed to efficiently capture the most common words in German across various communication contexts. From a psychological perspective, an individual's word use, and particularly the most implicit facets thereof, the language style, may convey the socio-affective dynamics of healthy aging. Particularly in the domain of health and well-being, the development of more implicit, language-based markers to complement traditionally used self-report measures seems promising. Recent research from URPP DynAge members has, for example, identified language-based, implicit risk indicators of maladaptive stress- and trauma response. In a large multi-lab study, the frequent use of self-references ("I-pronouns") has been linked to negative emotionality and depressive symptomatology. Furthermore, the analysis of trauma narratives has revealed language-based early predictors of PTSD symptoms.

The development of DE-LIWC2015 opens the door for future state-of-the-art language use research in German. Its application is planned in several on-going URPP DynAge studies such as the Co-Sense Study (an everyday life couples study), and the NOGA study (an online study collecting personal narratives of healthy aging; interested readers are cordially invited to participate through this link). For researchers who are interested in using the DE-LIWC2015, more details are reported in the accompanying manual (online here). For questions concerning DE-LIWC2015, please contact Tabea Meier (t.meier@psychologie.uzh.ch) and Andrea B. Horn (a.horn@psychologie.uzh.ch).

Tabea Meier, M.Sc., Doctoral Student, Fellow of the "International Max Planck Research School on the Life Course" (LIFE) and the Jacobs Foundation (t.meier@psychologie.uzh.ch)

Psychopathology, Resilience, and Thriving in the Aftermath of Trauma and Adversity – A New Project on Differential Aging Trajectories in High-Risk Individuals

Previous research on adult health outcomes of childhood trauma survivors has revealed a markedly increased risk for mental disorders and physical diseases, associated with a long-term deteriorating impact of early-life (extreme) adversity. However, not all childhood trauma survivors show signs of (psycho-)pathology in later life. Relatively unharmed, or normative trajectories in the aftermath of trauma and adversity are also possible and have been examined under the term "resilience". Furthermore, some survivors show indications of thriving or steeling, in the form of adversity-related positive responses and development. It is therefore crucial to further our scientific knowledge regarding this inter-individual variability in responses to early-life (extreme) adversity, not least because of its related impact on health and well-being across the lifespan, but also because of its importance in fostering a better understanding of the vast health-disparities one can observe in older age.

In the URPP DynAge research group of Prof. Dr. Andreas Maercker, we are currently conducting

a project at the Department of Psychology of the University of Zurich to identify determinants associated with early-life (extreme) adversity that differentiate between detrimental, relatively unharmed (resilient), and thriving trajectories in older individuals. Our Swiss National Science Foundation (SNSF)-approved project is embedded within the National Research Program (NRP) 76 "Welfare and Coercion", and encompasses several studies. One is an international study that compares data from our recently conducted study with Swiss former child laborers and data from a study with former institutionalized individuals in Ireland. The main study is a prospective longitudinal investigation with a mid- to older-aged, high-risk Swiss cohort of persons affected by compulsory social measures and placements in their childhood and/or adolescence. To advance and promote healthy aging, it is essential to achieve a better understanding of how individuals with comparable backgrounds of early-life (extreme) adversity go on to develop detrimental, adaptive, or even beneficial health and aging trajectories.

Dr. Myriam V. Thoma, Co-Head of Research Group, URPP DynAge
(m.thoma@psychologie.uzh.ch)

A Guide for Relatives of Dementia Patients

People who develop dementia lose the ability to express themselves and often cannot make end-of-life decisions on their own. This provides them with no choice but to rely on relatives, caregivers, and doctors to assist them and allow them to live and die with dignity. Despite this being well-known for some time now, there has been a dearth of research on how to best support such individuals, both in Switzerland and beyond. To help remedy this situation, the Swiss National Science Foundation (SNSF) launched the "End of Life" National Research Program (NRP) in 2012, which came to an end this year. The overall aim of the program was to learn more about death in order to make it a more humane experience.

Based on funding from this NRP and from the Bangerter-Rhyner-Stiftung, members of the URPP DynAge and its translational specialists (e.g., Prof. Dr. Mike Martin, Dr. Florian Riese, Friederike Geray) started the Zurich Life and Death with Advanced Dementia Study (ZULIDAD). In addition to relying on data acquired from nursing homes, such as disease progression, drug intake, perceived quality of life, and behavior, the study adopted a participatory citizen science approach to better align research and praxis. The latter involved relying on the "roundtable method", which consisted of bringing together relatives, caregivers and nursing specialists to jointly play a significant role in both strategic and scientific decision-making over the course of the research project. In particular, the multifaceted group was able to help with selecting survey instruments, interpreting results and ultimately developing a guide for the relatives of dementia patients.

This guide, which is the first of its kind in German, was published earlier this year and consists of ten booklets in a box set, all of which have the same structure: Specialists and relatives of dementia patients present their experiences and questions, followed by an explanation of the research around the topic. Each booklet is dedicated to one specific topic (e.g., eating and drinking) and readers can find important information about what problems may arise (e.g., refusing to eat) and how to deal with them. To learn more about the guide and the various topics, you can follow this link.

Prof. Dr. Mike Martin, Co-Director, URPP DynAge
(m.martin@psychologie.uzh.ch)
Dr. med. Florian Riese, Head of Research Group, URPP DynAge
(florian.riese@bli.uzh.ch)

Workshop on "Third Space – Teaching and Research as a Collective Achievement"

Since its inception, the URPP DynAge has promoted the use of "Third Space" positions for an efficient and capable research support and exchange infrastructure to foster and professionalize high-quality research on healthy aging. Third space positions that combine academic and administrative skills have been widely used and greatly valued by all URPP DynAge groups and, therefore, represent an important facilitating factor for our research output.

The URPP DynAge was thus excited to support the Swiss Academy of Humanities and Social Sciences (SAGW), who recently hosted a workshop on "Third Space - Teaching and Research as a Collective Achievement" on March 22, 2019. Around 40 people – including Dr. Christina Röcke and Dr. Susan Mérillat of the URPP DynAge – participated to discuss the term "third space" along with innovative positions and career paths within this new and multifaceted academic space positioned at the interface between academia and administration. Although the "third space" has received more and more attention in recent years, with an increasing

number of individuals taking on positions one would consider as being part of this space, there are still a large number of open issues and questions surrounding it.

The workshop started with an input talk from Dr. Thomas Hildbrand, author of the report "Next Generation: For Effective Promotion of Young Talent", which was recently published by the SAGW in 2018. In accordance with this report, he considers a third space career as one of several career alternatives for academics. In the subsequent keynote, Dr. Celia Whitchurch from the University College of London emphasized the promising new career opportunities that have arisen from structural changes in higher education. In the discussion that followed, several important issues were raised, such as the actual definition of the term "third space" and the job requirements for third space positions. The reputation of third space professionals, the importance and visibility of their work, and the permeability of different career paths in academia were among the topics that were addressed as well.

Dr. Susan Mérillat, Head of Research Group, URPP Dynage
(susan.merillat@uzh.ch)

Successful Reprise: The 2019 Edition of the International Conference "Aging & Cognition" in Zurich

The conference series "Aging & Cognition" has included four editions so far and since 2015 they have become the biennial scientific meeting of the European Cognitive Ageing Society (EUCAS) that was cofounded by URPP DynAge Co-Director Prof. Dr. Mike Martin. The last edition took place in April 2017 at the Volkshaus in Zürich and was also organized and hosted by the URPP DynAge. This year's edition was held in the historical Main Building of the University of Zurich from April 24-26 and included over 200 attendees from Europe and overseas.

In keeping with the successful tradition of the last conference, there was a single track of plenary

and poster sessions, which was meant to facilitate the interaction between attendees. There were five plenary sessions targeting both long-standing as well as novel topics in cognitive aging research, and each of them started off with an overview talk that highlighted both the current state of the art as well as future challenges. The sessions focused on (1) *Cognitive Training and Transfer* (Prof. Dr. Martin Lövdén, Karolinska Institute, Sweden), (2) *Real-Life Cognition* (Dr. Kristina Yordanova, University of Rostock, Germany), (3) *Emotion and Cognition* (Prof. Dr. Derek Isaacowitz, Northeastern University, USA), (4) *The Aging Brain: Functional Aspects* (Dr. Douglas Garrett, Max Planck Institute for Hu-

man Development, Germany), and (5) *Sensorimotor Functions and Action Control* (Prof. Dr. Stephan Swinnen, University of Leuven, Belgium).

Each overview talk sought to highlight both conceptual and methodological challenges for the topic at hand (e.g., Cognitive training of what and for whom and how to best assess whether it works? Which factors can explain age-related differences in subjective well-being, given that key factors thought to underlie the difference, such as emotion regulation and emotion perception, show little to no age differences?) and was followed by four individual oral presentations. In addition, there were five poster sessions that covered areas such as general cognition, health, interventions, dementia, and aging neurosciences, with ample time for discussion. As was the case in 2017, the conference proved to be a success, as its format seemed to facilitate debate, exchanges, and networking among researchers and practitioners alike. We are already looking forward to the 6th edition!

Dr. Christina Röcke, Deputy Director URPP DynAge
(christina.roecke@uzh.ch)

2nd International Interdisciplinary Workshop on Semantic Analysis of Multi-Scale Health Dynamics

The first edition of this workshop saw the light last year. Its purpose was to better understand and develop theoretical and analytical approaches from different disciplines for the semantic analysis of multi-scale health dynamics within and across individuals. Based on the success of this workshop and the desire of the participants to further pursue these issues with a broader palette of disciplines, the second edition of the workshop was held in Zurich from March 20-22, 2019, and was organized by Prof. Dr. Mike Martin (URPP DynAge) and PD Dr. Harald Atmanspacher (Collegium Helveticum), with the support of the URPP DynAge. Participants came from around the world and included experts from four areas of research: Medicine/geriatrics, social science, data science, and engineering.

This second workshop was designed as a logical follow-up to the first and the aim was to further establish a general framework to develop and apply analytics to automate the interpretation of multi-scale health data. In multiple plenary discussion sessions, participants worked together to establish a common vocabulary for the main concepts and terms (e.g., semantics, ontology, annotation) that are being used in this interdisciplinary setting. Next, participants were divided into two groups: Each group specified a phenomenon of interest for healthy aging (i.e., lack of frailty and social integration) and brainstormed to develop a personal/ situational model of each of these phenomena. Finally, participants identified the current and future challenges involved with implementing semantic analysis of health-related data (e.g., privacy protection) and the next steps that should be taken to further their research agendas.

The workshop ended with the common decision to organize a third edition of the workshop in 2020, with the goal of providing clear guidelines for researchers, research funders, and decision makers interested in the semantic analysis of multi-scale health dynamics. This should ultimately help guide national and international organizations, such as the World Health Organization (WHO), on how to measure, help maintain and improve health in aging individuals and populations through a "contextualized health approach".

Dr. Burcu Demiray, Head of Research Group, URPP DynAge
(b.demiray@psychologie.uzh.ch)

Swiss Network for Well-Being and Aging

Prof. Dr. Mike Martin and Prof. Dr. Alexandra M. Freund (both URPP DynAge) recently co-founded the "Swiss Network for Well-Being and Aging" (wellbeingnetwork.ch), which is a web of basic and applied researchers spread across Switzerland who are interested in the dynamics of well-being over the lifespan. The URPP DynAge is currently responsible for the coordination of this national Network, including its visibility and the planning of upcoming events.

The basic tenet of the Network is that well-being is at the core of healthy aging as it both determines and reflects people's ability to be and do what they value as they age. Its overall mission is to promote this line of research, with a particular emphasis on the dynamics of everyday-life activities, digital technologies and semantic activity analytics, individualized and contextualized approaches, as well as inter- and multidisciplinarity. What is more, the Network aims to provide a "single entry point" for all entities interested in these topics (e.g., researchers, practitioners, policy makers, etc.), to increase awareness for well-being and aging, and assist in obtaining financial support for this line of research. To officially launch the Network, a one-day workshop for members and select guests is currently being planned for Fall 2019.

Dr. Marc Grosjean, Scientific Project Developer and Manager, URPP DynAge
(m.grosjean@psychologie.uzh.ch)

Spotlight

Methods of Plasticity Research

The Methods of Plasticity Research Lab works on designing, testing and implementing novel multimodal (e.g., combined EEG eye-tracking) paradigms and has developed a neurometric test-battery, which consists of seven EEG and eye-tracking-based paradigms that assess key domains of cognitive aging. These paradigms offer temporally proximal EEG, eye-tracking, and behavioral measures that allow to decompose critical component processes underlying cognitive performance. By assembling output measures of different tasks and modalities, we have the goal to obtain a comprehensive neurocognitive profile that characterizes individual differences in cognitive abilities at the level of processing steps. Ultimately, we hope that this approach will provide the possibility to elucidate variations in performance across the lifespan and across the continuum from healthy to pathological functioning.

This will only be possible if these new metrics have good psychometric properties, such as test-retest reliability and construct validity. Currently we are running a large test-retest study on measurements from the neurometric test battery and, based on the sufficiently reliable output measures, we will conduct a factor analysis in an independent sample (taken from the Longitudinal Healthy Aging Brain [LHAB+] project of the URPP DynAge) to derive neurocognitive profiles and study them longitudinally. Currently, we are actively participating in the Digital Society Initiative, the Center for Reproducible Science and the Competence Center Citizen Science of the University of Zurich.

In the third phase of the URPP DynAge, we will be able to associate these neurocognitive profiles with behavioral and neuroanatomical measures. In doing so, we will be able to test whether these neurocognitive profiles can help to characterize subgroups of healthy older participants that demonstrate stability of cognitive abilities to investigate the influence of two major protective factors (physical activity and social engagement, both measured in real-life) for cognitive healthy aging. Furthermore, we will examine the sensitivity and specificity of the neurometric test-battery to predict cognitive stability in healthy participants. Our projects are only feasible through the support of the URPP DynAge, which provides us access to state-of-the-art lab infrastructures (EEG and eye-tracking), a unique longitudinal brain-behavior database (LHAB+), and the exchange with healthy aging experts.

Prof. Dr. Nicolas Langer, Associated Assistant Professor, URPP DynAge
(n.langer@psychologie.uzh.ch)

Emotion Regulation and Aging: An Interview with Dr. Andrea B. Horn

Dr. Andrea B. Horn
Head of Research Group,
URPP DynAge
(a.horn@psychologie.uzh.ch)

Interview by Dr. Marc Grosjean, Scientific Project Developer and Manager, URPP DynAge

What led you to become a psychologist and, more specifically, to focus your research on how people regulate their emotions as they age?

As a child I thought that I would like to be a medical doctor. But with time passing I realized that studying the mind and mind-body links fascinated me more. Emotions are a very cool topic – they are basic, play a role in everything humans do and are manifest in the body, mind and social behaviors. Conceptually, they link many psychological phenomena we are interested in, and they are at the core of health and well-being. I have been studying quite different facets of emotions over my career and, as a researcher, psychotherapist and human being, I never lost my fascination for them.

You are the head of URPP DynAge Research Group "CoupleSense: HIER". What is the main emphasis of the group?

"HIER" stands for Health and Interpersonal Emotion Regulation. Studying emotions lead me more and more to wanting to investigate relationships. How we deal with our emotions is not only happening in our individual heads, but there are good reasons to believe that emotion regulation is taking place in social interactions. These socio-affective pathways represent fascinating links to physical and mental health and deserve to be better understood. Romantic relationships are the most important relationship in adult years and that's why we decided to focus on studying couples and how they deal with their emotions in daily life.

Emotions are by definition short-lived phenomena which need to be studied in or close to the moment in which they are occurring. New ambulatory technologies allow us to capture life as it is lived and that's what the "Sense" part stands for. We rely on manifestations of emotions and relationships in daily life by asking in-the-moment questions and relying on smartphone sensor data as measures. In a current study named Co-Sense, we study young and old couples' daily lives with these new technologies and look for possible differences in daily emotion regulation over the lifespan. The URPP DynAge is a great environment for this kind of research, as the DynAge spirit and the available infrastructure fosters this kind of real-life micro-longitudinal research.

You just represented the URPP DynAge as a plenary speaker at the 5th International Conference Aging & Cognition 2019. What was the tenor of your presentation and how was it received?

I presented data on a study investigating recently retired couples and adjustment. We could show that fostering cognitive-affective processing of the transition by asking the couples to write individually about their thoughts and feelings improved the impact of relational processes, like sharing these thoughts and feelings with their partner. The conference was a great event and had a great atmosphere for exchange. I was very inspired.

The Aging Brain: An Interview with Dr. Jessica Oschwald

Dr. Jessica Oschwald
Postdoc, URPP DynAge
(jessica.oschwald@uzh.ch)

Interview by Dr. Marc Grosjean, Scientific Project Developer and Manager, URPP DynAge

What attracted you to the field of psychology and how did you become interested in understanding how brains age?

I was always interested in how the human mind works and how our thoughts, motivations and attitudes guide our behavior. That psychologists aim to explain something so messy as human cognition with quantitative methods fascinates me. I became especially interested in old age since this is the phase of life where our cognitive abilities are most vulnerable. I started to wonder why some people are more affected by age and become forgetful, while others remain mentally sharp and relatively healthy until very old age? It seems very intuitive to assume that these differences might have a neural basis. But in fact, we know very little about how our brains age – and even less if and how these changes are related to what we can observe as cognitive aging.

Congratulations for recently defending your Doctoral Dissertation on "The Longitudinal Covariation of Brain Structure Changes and Cognitive Ability Changes". What were the main findings and take-home messages of your thesis?

Thank you! The main insight of my thesis is that aging is universal and very individual at the same time. For example, in one study we compared healthy older adults from Switzerland with a matched group of individuals in Germany. We were able to show that older participants had a thinner cortex (the brain's outer layer) and worse performance in certain cognitive abilities than others who were a few years younger. This effect was comparable in both groups, suggesting that on average, there are certain patterns of aging that affect us in the same way, independently of the environment we grow up in. But aging is also very individual. In another study, we looked at 4-year changes in white matter microstructure (the wiring of the brain). While individuals showed different patterns of brain aging, we could show that overall, a loss of intactness in the wiring of the brain was only related to a decrease in cognitive performance after a delay of two years, rather than immediately. One possible interpretation of this finding is that healthy older individuals use compensatory resources to maintain their cognitive ability, despite detrimental effects of aging on the brain.

You are now a Postdoc at the URPP DynAge in the Longitudinal Healthy Aging Brain (LHAB) project. How do you see your research and the area as a whole evolving from here?

I mentioned before that healthy older adults might be able to compensate on a behavioral level for aging-related brain changes. I am very interested in understanding more about how such compensatory processes work both on a neural and behavioral level, and what we can do every day to improve this ability to maintain our mental fitness longer. Considering the field as a whole, I think that future research will move towards collecting bigger longitudinal datasets and incorporating a wider variety of potential influences that can modulate brain and cognitive aging. Specifically, with technology rapidly evolving, we will be able to use more data collected in individuals' everyday lives, such as via their smartphone or fitness trackers. At the URPP DynAge we are already following a real-life approach. I think this is an exciting development, since the ultimate goal is to improve or at least help maintain older individuals' well-being and independence in their everyday life.

Goal Representations Across the Lifespan: An Interview with Lea Mörsdorf

Lea Mörsdorf, M.Sc.
Doctoral Student, Fellow of the "International Max Planck Research School on the Life Course" (LIFE) and the Jacobs Foundation
(moersdorf@psychologie.uzh.ch)

What inspired you to study psychology and why did you choose to pursue research on lifespan development?

It all started during school in my Biology class, where we were introduced to the biology of behavior and some parts of Neurobiology. I was fascinated by the attempts to explain behavior based on biological mechanisms, but what really intrigued me was the lack of answers I found in this area. While Biology mostly provided clear answers on a detailed level, questions on the broader level of the human mind and behavior seemed less well understood. That's what got me interested in studying Psychology.

As to research on lifespan development, the idea of studying the whole lifespan caught my interest. During my master's studies, I had encountered developmental research that was either restricted to short periods early in life or research that only investigated adulthood. My dissertation project gave me the opportunity to take most parts of the lifespan into account, which I find crucial to understand the bigger picture of human development. Development always takes place in the context of past and future development and I believe we should try to capture that temporal frame more fully.

You are currently a Doctoral Student and Fellow of the International Max Planck Research School on the Life Course" (LIFE). What is the topic and main focus of your dissertation?

In my dissertation, I am interested in age-related differences in goal focus, that is, the relative salience of the means and ends of goal pursuit. Do people concentrate more on how to pursue a goal (means), or why they pursue it (ends)? Are there developmental differences? In terms of the study sample, we investigate a broad age range from 3-85 years.

As someone who works closely with and is advised by two faculty members, Prof. Dr. Alexandra M. Freund (LIFE and URPP DynAge) and Prof. Dr. Moritz Daum (LIFE), how has this experience been for you and what are, if any, the advantages you see in being part of two different labs?

So far, this experience has been very positive. I have to admit that during the application process, I was a bit worried that I might be "caught in the middle", but that proved otherwise; I felt I belonged to two teams from the beginning. Of course, this also comes with some challenges, especially in terms of time. Belonging to two teams also means attending the meetings of two teams, and having two advisors requires planning meetings in line with three schedules. But I feel we have managed this very well so far and in my view the benefits definitely outweigh the costs. Being part of two labs not only offers me two different perspectives on psychological research, but also allows me to experience two ways of how labs can be run. Furthermore, it brings the advantage of having two sources of support, be it content-related, methodological, or social.

News

Successfully Defended Dissertations

We congratulate Jessica Oschwald on her accomplishment and wish her all the best for her future endeavors!

Jessica Oschwald
Jessica Oschwald successfully defended her dissertation with the title "The Longitudinal Covariation of Brain Structure Changes and Cognitive Ability Changes" on the 11th of December (main supervisor: Prof. Dr. Mike Martin). She will continue her work as a postdoc in the URPP DynAge Research Group "Brain Anatomy in Old Age" led by Prof. Dr. Lutz Jäncke, where she is investigating modulating factors of healthy brain and cognitive aging in the Longitudinal Healthy Aging Brain (LHAB) project.

New URPP DynAge Staff

We wish a warm welcome to our new Postdoc Dr. Birthe Macdonald!

Dr. Birthe Macdonald
- *Postdoc* - Longitudinal Aging Research (previously University of Reading, UK)
- Dr. Birthe Macdonald investigates how older adults use digital devices. In particular, she is interested in the role that communicating via digital devices plays in older adults' well-being and loneliness.

Events and Exchange

Upcoming Events

May 28, 2019 **MADOKO – "Masterstudierenden- und Doktorierenden-Kongress" in Zurich**
Organized by the URPP DynAge for the Department of Psychology at the University of Zurich

Sep. 2019 **Zurich Gerontology Day**
Organized by the Gerontology Center (Associated Institution of the URPP DynAge), University of Zurich

Nov. 2019 **Workshop on "Well-Being and Aging: Today and Tomorrow" in Bern**
Organized by the URPP DynAge as current coordinator of the Swiss Network for Well-Being and Aging

Impressions from Past Events

Photos from a selection (*) of recent events that were (co-)organized by the URPP DynAge can be found online here.

April 2019   **5th International Conference Aging & Cognition 2019 in Zurich***
Organized by the URPP DynAge

April 2019   **Workshop for the "a+ Swiss Platform Ageing Society" in Bern**
Organized by the URPP DynAge and the Network for Transdisciplinary Research (td-net), which is part of the Swiss Academies of Arts and Sciences

March 2019   **2nd International Interdisciplinary Workshop on Semantic Analysis of Multi-Scale Health Dynamics in Zurich***
Organized by Prof. Dr. Mike Martin (URPP DynAge) and PD Dr. Harald Atmanspacher (Collegium Helveticum), with the support of Dr. Burcu Demiray (URPP DynAge)

Dec. 2018   **Workshop: "Introduction to Adaptive and Just-In-Time Adaptive Interventions in Mobile Health: Theoretical, Practical and Methodological Considerations" in Zurich**
Organized by Prof. Dr. Billie (Inbal) Nahum-Shani and Prof. Dr. Shawna Smith, both from d3lab (www.d3lab-isr.com), University of Michigan. The workshop was a collaboration between the URPP DynAge and the PhD Program Psychology at the University of Zurich

July 2018   **Annual Meeting of the WHO Collaborating Center Plus Network for Healthy Ageing (WHO CC+) in Bern***
Organized by the URPP DynAge in collaboration with the WHO Department of Ageing and Life Course, and the support of the Velux Stiftung

Research Exchange

Dr. Florian Kurth, Senior Research Fellow at the Department of Psychology, Faculty of Science at the University of Auckland (New Zealand) the URPP DynAge in March 2019.

Prof. Dr. Steven Boker, Department of Psychology, University of Virginia (USA) visited the URPP DynAge from April to May 2019.

Dr. Takeshi Nakagawa, Visiting Fellow at the Center for Gerontology and Social Science (Section of NILS-LSA), National Center for Geriatrics and Gerontology (Japan) visited the URPP DynAge from April to May 2019.

Robert G. Moulder, B.S., Doctoral Student at the Department of Psychology, University of Virginia (USA) will visit the URPP DynAge in July 2019.

Selected Recent Publications

The full list of URPP DynAge publications can be found online here.

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