



December 2018 / Issue 7

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Recent Publications

Editorial



How to measure and monitor healthy aging individually and on a large scale is on the agenda of the World Health Organization (WHO) gearing up for the «Decade of Healthy Aging» 2021-2030. The model at the core of this effort, a contextualized model of dynamic functional ability stabilization, has been developed at the URPP DynAge. Several groundbreaking research initiatives at the URPP DynAge are currently designed to support the WHO in implementing new contextualized health monitoring methods. This includes collaborations between experts from psychology, medicine, geographic information systems, computer science, ethics, and educational science to allow the assessment of health-related activities in everyday environments. Built on ideas developed at the URPP DynAge with its partners at the Gerontology Center and supported originally by the Velux Stiftung, we are proud that the WHO recognizes the URPP DynAge's international leadership in innovative healthy aging measurement and is in the process of designating our group as one of their official Collaborating Centers. As such, we will increase our efforts in coordinating a global network of dedicated Collaborating Centers and provide leadership in developing the next generation of

real life contextualized healthy aging and wellbeing measurements. We are also actively engaged in the Swiss Academies of Sciences' «Swiss Platform Aging Society» that brings together all stakeholders of implementing the strategic priorities of WHO's «Global Strategy and Action Plan» on the national level.

To make our efforts more transparent and to tailor our communication optimally for our different audiences, we now publish two separate newsletters. One newsletter highlights the strategic focus of our research and research translational efforts. It also informs about events and is sent out to URPP DynAge members, our partners, colleagues and important decision-makers at UZH and elsewhere. A second newsletter more specifically informs persons interested in participating in aging research about ongoing projects and new studies. We also have redesigned and updated our web presence to improve communication and information. Overall, the URPP DynAge aims at further re-defining concepts and methods improving healthy aging, and we hope that improving the information about the success and remaining challenges will draw increasing attention to this exciting field of aging and health dynamics research.

Prof. Dr. Mike Martin, Managing Director URPP DynAge
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Reports

11th Revision of the International Classification of Diseases (ICD)

In June 2018, the World Health Organization (WHO) released the 11th version of the International Classification of Diseases (ICD-11), which now allows Member States to start with the implementation and translation. The release was preceded by six years of intense work starting in 2012. My research group was an integral part of the working group on «Disorders specifically related to stress»,

which I had the privilege to chair. The working group fundamentally revised many entities of the ICD-11, including Post-traumatic Stress Disorder (PTSD). PTSD received a «sibling disorder» (i.e., Complex PTSD), which covers the clinical cases of permanent personality changes as a consequence of traumatic life experiences. The symptom pattern of Complex PTSD consists of the core PTSD



symptom clusters plus pervasive and dysfunctional changes in affect regulation, self-worth, and relationships to others. Typically, it results from childhood or long-standing traumata. In our research at the URPP DynAge, we extensively investigated Swiss former indentured child labourers («Verdingkinder»), who fulfill the precondition of long-lasting severe childhood maltreatment and abuse. The second new ICD-11 disorder developed by our working group is Prolonged Grief Disorder (PGD), which has been researched in clinical lifespan psychology for a long time. As the loss of

loved ones accumulates over the lifespan, the risk for this condition increases. Psychopathologically, PGD is characterized by yearning and longing for and preoccupation with the deceased, and, if joined by functional impairment, is even related to increased mortality. Thus, the six years of hard work on the WHO ICD-11 board have been fundamental for further research on mental health in aging populations.

Prof. Dr. Dr. Andreas Maercker, Principal Investigator URPP DynAge
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National Workshop on «Semantic Activity Analytics»

The URPP DynAge hosted the first national workshop on «Semantic Activity Analytics» from July 12-13, 2018. Over thirty experts from across Switzerland and representing the disciplines of psychology, neuroscience, medicine, information science, engineering, and privacy law, convened in Zurich to discuss the implications of this emerging area of research on healthy aging. Indeed, as scientists and practitioners rely ever more on (mobile) digital devices to collect large amounts of daily activity and health-related data, a major challenge has become how to best combine and interpret all of this information. Taken from this perspective, the goal of Semantic Activity Analytics is to develop, test, validate, apply, and optimize algorithms for rapidly interpreting what patterns of data mean for the long-term maintenance of health

and subjective well-being in the aging population. In light of the enthusiasm and the valuable ideas that were shared at the workshop, a new «Swiss Network for Well-Being and Aging» is currently being established by the URPP DynAge and a national team of researchers. The mission of the Network is to further promote this line of research, provide a «single entry point» for all entities interested in well-being and aging, increase public and political awareness for this field, and provide assistance in raising funds for relevant research projects. An official launch event for the Network is planned for spring 2019 and will be subsequently followed by two workshops a year organized by interested members of the Network.

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LIFE - An International Doctoral Program for Young Scientists in the Field of Life-Span Research

LIFE is a unique, international doctoral program in the field of life-span research. The involved institutions are the Max Planck Institute for Human Development and the Berlin Universities (Freie Universität and Humboldt-Universität zu Berlin), the University of Michigan (Ann Arbor, Michigan), the University of Virginia (Charlottesville, Virginia), as well as the University of Zurich. The liaison between the URPP DynAge and the LIFE program is ensured by URPP DynAge research area leader Prof. Alexandra M. Freund as the Zurich speaker. The LIFE program is essentially an «International Max Planck Research School», initiated by the Max Planck Institute for Human Development in Berlin under the leadership of Paul B. Baltes and it has been named «The Life Course: Evolutionary and Ontogenetic Dynamics (LIFE)».

The focus of LIFE is on the promotion of young scientists who are concerned with topics of life-span research. LIFE Fellows are doctoral students at the participating institutions who have great scientific potential. They are nominated by their supervising professors, the LIFE Faculty, and are selected by a core group of the Faculty. Currently, LIFE has a total of 53 Fellows and 90 Faculty members. Almost 120 doctoral students have successfully completed the LIFE program and their dissertations.

In addition to theoretical, methodological, and interdisciplinary courses at the respective institutions, the Fellows receive ongoing further training and supervision of their doctoral theses at the LIFE Academies. At the core of the program is the international networking with other doctoral students and leading experts in the field of life-span research. LIFE Fellows take part in a total of four of these «LIFE-Academies», which usually last 5 days and take place twice a year, alternating between

the four locations of the program. In this way, the Fellows get to know other universities and their academic practices. This can be deepened during research stays in the laboratories of the LIFE Faculty. These research stays not only impart different perspectives and approaches to their research, but also expand the Fellows' professional competencies and intensify networking with other lab members. This research stay can vary greatly in length from a week to several months depending on the cooperation project. For some of the Fellows, these contacts have led to postdoctoral positions that are of great importance for their further scientific careers.

A model of life-long social relationships developed by one of the LIFE speakers and honorary doctor of the University of Zurich, Prof. Dr. Toni Antonucci, uses the image of a social convoy: Some of our colleagues become part of our social network and accompany us throughout our lives. Others are companions for a certain time and then perhaps become less important to us. Both types of social relationships are important and fulfil different functions (e.g. ensuring stability or supporting us in certain life situations). The formation of networks in LIFE offers both: it offers a reservoir for professional support during the doctoral and postdoctoral phases, but has also initiated long-lasting and often close cooperation. On a very personal level, there are even couples who have met in the LIFE program and later married. In other words, LIFE not only promotes the expertise and skills of the Fellows, but also the professional - and private - social networks that are so important.

Prof. Dr. Alexandra M. Freund, Principal Investigator URPP DynAge
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Novel Empowering Solutions and Technologies for Older People to Retain Everyday Life Activities (NESTORE)

The NESTORE project takes an interdisciplinary and participatory approach to co-design a technology-based coaching platform that helps sustain quality of life in community-dwelling older adults. NESTORE is being designed to act as a wise e-companion that operates through tangible objects, wearable and environmentally distributed sensor systems, as well as a dedicated software and apps that enable both monitoring and individualized coaching in five key domains of human life: Cognitive functioning, nutrition, physiological status and physical activity, social interaction and integration, and subjective wellbeing. My UZH NESTORE team colleagues Dr. Sabrina Guye, Prof. Dr. Mike Martin and I are centrally contributing to the development of a theory-guided and empirically grounded multi-dimensional, cross-disciplinary and personalized coaching framework for all NESTORE well-being domains, and to design the coaching pathways in the cognitive and social domains.

NESTORE's core is an advanced Decision Support System that encompasses both a wide range of interindividual difference information on users and is continuously fed with personal daily life data from each user through sensors and self-reports for best customization and efficacy for each individual. The NESTORE system is being co-developed with prospective older adult users in three pilot countries (Italy, Netherlands, Spain) based on a participatory methodology developed and refined in the UK. The consortium includes 16 European partners from research, industrial and societal spheres. The project is funded under the European Commission H2020 call on «Personalized coaching for well-being and care of people as they age».

For continuous updates and subscription to the NESTORE newsletter, please visit the project website: www.nestore.ro/web/ns/home

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Aligning Healthy Aging Research Steps with Long-Term Partners

The URPP DynAge works closely with the University of Zurich Senior University UZH3 and the national organization of senior universities (U3). On a regular basis, senior universities and people's universities exchange to discuss challenges and opportunities in aging research and science education in persons 60 years and older. Currently, we explore possibilities for a longterm partnership between the URPP DynAge, Center for Gerontology,

UZH3, Competence Center Citizen Science, the national organizations of the senior universities and people's universities to set up a platform for digital health education for 60+-year-olds. This would help to align all steps of aging research, from research design to implementation, with scientific training for potential research participants, perfectly in line with URPP DynAge's vision over the next years.

Prof. Dr. Mike Martin, Managing Director URPP DynAge
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Participatory Science Academy

Citizen Science, Participatory Research and Stakeholder Involvement are buzzwords that in one way or another refer to the involvement of the general public in scientific research. The newly established Participatory Science Academy («Partizipative Wissenschaftsakademie», PWA) operates in this area and seeks to enable academic scientists and citizens to work together in participatory research projects. We provide both researchers and interested citizens with knowledge and practical skills for participatory work. The goal is to empower citizens and scientists to work together in all phases of the research process and to provide an environment in which scientists and citizens can work together fruitfully and efficiently. The PWA works with different formats: through project studios, potential research partners are brought

together. In order to enable the joint development of promising ideas, the PWA awards seed grants to project teams.

Together with the Competence Center Citizen Science (CCCS), the PWA provides a platform for excellent participatory research in Zurich and beyond. Since participatory aging research already has a long tradition at the URPP DynAge, we became a proud partner of the PWA at the CCCS. The PWA is made possible by the Mercator Foundation Switzerland and started its work this fall.

Please visit the website www.pwa.uzh.ch for more information and get in touch with Dr. Susanne Tönsmann (susanne.toensmann@uzh.ch) who is looking forward to hearing from you!

Dr. Susanne Tönsmann, Managing Director PWA
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Global WHO Collaborating Centers Representatives Meeting

Based on a collaboration agreement, the WHO Department of Ageing and Life Course supported by Velux Stiftung gave us the opportunity to host a 2-day meeting of representatives from existing WHO Collaborating Centers from around the world in Berne on July 2-3, 2018. The meeting was designed to scope the opportunities of using overlaps in existing Collaborating Centers and other institutions with the Healthy Aging-Agenda of WHO. The need for coordinating a global network, a platform of «reverse innovation» to understand best practices of community-oriented health measurements from a global perspective, and a network to

conduct the first 6-region study using the next generation of health profile measurement developed at the URPP DynAge were among the agreed-upon outcomes. To further promote the global and interdisciplinary outreach, the URPP DynAge Gerontology-Geriatrics Colloquium has recently hosted Prof. Luis Miguel Gutierrez, the director of Mexico's National Institute of Geriatrics, founder of the Latin American Academy for the Medicine of Aging, and co-director of the Global Aging Research Network (GARN) of the International Association of Gerontology and Geriatrics (IAGG).

Prof. Dr. Mike Martin, Managing Director URPP DynAge
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News



Successfully Defended Dissertations

We congratulate Lea Bartsch, Dominik Güntensperger, Jan Höltge and Matthias Keller on their accomplishment and wish you the best of luck with all your future endeavours!



Lea Bartsch

Lea Bartsch defended her dissertation with the title «*Processes in Working Memory and their Impact on Long-term Memory Formation in Young and Older Adults*» on the 10th of October (main supervisor: Prof. Dr. Klaus Oberauer). She will continue her work as a postdoc with Prof. Klaus Oberauer, unravelling the mystery of our memory.



Dominik Güntensperger

Dominik Güntensperger defended his dissertation with the title «*Treatment of Chronic Tinnitus with Neurofeedback*» on the 6th of September (main supervisor: Prof. Dr. Martin Meyer).



Jan Höltge

Jan Höltge defended his dissertation with the title «*Salutogenic Effects of Adversity and the Role of Adversity for Successful Aging*» on the 20th of August (main supervisor: Prof. Dr. Dr. Andreas Maercker). He is currently applying for an Early Postdoc.Mobility Fellowship (SNF) to go to Canada and further investigate social and ecological factors promoting resilience in the context of aversive experiences.



Matthias Keller

Matthias Keller defended his dissertation with the title «*Beyond the Threshold: Neural factors of speech perception in older adulthood*» on the 6th of September (main supervisor: Prof. Dr. Martin Meyer).



New URPP DynAge Staff

We are very pleased to announce that the URPP DynAge is further growing! Welcome our four new post-docs, six new doctoral students and our new member of the support center.



Dr. Lindsey Conrow

- *Postdoc* - Within-Person Health Activity Analytics Lab (previously Arizona State University, USA)
- Dr. Lindsey Conrow analyzes movement and activity data to better understand mobility and use of space in older adults.



MSc. Carla Eising

- *PhD student* - Research area «Psychology, Health and Quality of Life: Resilience» (previously Master's Degree, Maastricht University, Netherlands)
- Carla Eising investigates the effects of compulsory social measures and placements of children and adolescents on psychological health and ageing.



Dr. Eun-Kyeong Kim

- *Postdoc* - Within-Person Health Activity Analytics Lab (previously Department of Geography, The Pennsylvania State University, USA)
- Dr. Eun-Kyeong Kim investigates how older adults' mental and physical health are associated with their daily traveling patterns, particularly regarding places that they visit. In doing so, she develops spatiotemporal models and analytical frameworks to analyze individual trajectory data.



Dr. Brigitta Malagurski

- *Postdoc* - Research area «Principles of Healthy Aging: Brain Anatomy in Old Age» (previously Toulouse NeuroImaging Center, University of Toulouse III – Paul Sabatier, Toulouse, France)
- Dr. Brigitta Malagurski researches age-related functional and structural brain reorganization and its relation to cognitive functions.



Dr. Ania Mikos

- *Postdoc* - Research area «Principles of Healthy Aging: Brain Anatomy in Old Age» (previously Institute for Regenerative Medicine, UZH)
- Dr. Ania Mikos analyses structural and functional neuroimaging data from the object-location memory training study to clarify predictors of training-related cognitive improvements and how the brain responds to cognitive training.



MSc. Viviane Pfluger

- *PhD student* - Research area «Psychology, Health and Quality of Life: Resilience» (previously Master's Degree, UZH)
- Viviane Pfluger explores how people use their body and body related aspects to cope with psychological distress and if and how this is connected with mental and physical health, psychological coping, aging and resilience.



MSc. Dina Rindlisbacher

- *PhD student* - Research area «Medicine, Health and Quality of Life: Multimorbidity-Management» (previously Master's Degree, UZH)
- Dina Rindlisbacher investigates the inter-physician communication and decision-making under conditions of risk, uncertainty and complexity in the field of multimorbidity.



MSc. Silvano Sele

- *PhD student* - Research area «Principles of Healthy Aging: Brain Anatomy in Old Age» (previously Master's Degree, UZH)
- Silvano Sele analyses data from the Longitudinal Healthy Aging Brain (LHAB) database project.



Alexandros Sofios

- *Technical Assistant* - Within-Person Health Activity Analytics Lab (previously Employer in the private sector, Greece)
- Alexandros Sofios responsible for the mobile sensors used in the MOASIS project («uTrails») as well as for the data management of the activity sensing data within this project.



MSc. Hannah Christina Süss

- *PhD student* - Research area «Psychology, Health and Quality of Life: Stress Coping 50+» (previously Master's Degree, UZH)
- Hannah Christina Süss investigates the transition to menopause with a focus on factors contributing to resilience and depression during the perimenopause.



MSc. Jasmine Willi

- *PhD student* - Research area «Psychology, Health and Quality of Life: Stress Coping 50+» (previously Master's Degree, UZH)
- Jasmine Willi investigates the transition to menopause with a focus on factors contributing to the development and prevention of perimenopausal depression.

Upcoming Events and Exchange

URPP DynAge Gerontology-Geriatrics Satellite Colloquium

This semester, we established a gerontology-geriatrics colloquium at the URPP Dynamics of Healthy Aging for an in-depth exchange of psychological and medical aging research. It takes place on Wednesdays from 9:30 to 11am at the URPP DynAge, Andreasstrasse 15, 8050 Zurich (AND 4.55/4.57).

Our next speaker, **Dr. med. Florian Riese**, senior physician at the Klinik für Alterspsychiatrie, PUK, will give a talk on **January 23th, 2019**. Find further information on www.dynage.uzh.ch/en/newsevents/satellitecolloquium

5th International Conference Aging & Cognition 2019

The Aging and Cognition 2019 conference will take place from **April 24th to 26th 2019 in Zurich**. It is organized is organized by the URPP DynAge and will be opened by UZH President **Prof. Michael Hengartner**.

This conference series aims to stimulate research in the domain of **cognitive aging and related research fields** in Europe by bringing together European and non-European scientists. Cognition is defined in the broadest sense, including **sensory, cognitive, motor and emotional aspects**, as well as human and animal studies. Find further information on www.eucas.org/ac2019/



Research Exchange

Prof. Dr. Mathias Mehl from the University of Arizona, Director of the Naturalistic Observation of Social Interaction Laboratory, will visit the URPP DynAge in March 2019.

Prof. Dr. Steve Boker from the University of Virginia, Director of the Human Dynamics Laboratory and the Initiative on Developmental Health Dynamics and Data Science Institute (DSI), will visit the URPP DynAge in April 2019.

Impressions from Past Events

Pictures from the following events (co-)organized by the URPP DynAge are now online on www.dynage.uzh.ch/en/newsevents

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|-------------------|--|
| Sept. 2018 | 2nd In-House Conference 2018 at the Kartause Ittingen
Organized by Dr. Christina Röcke & Dr. Claudia Hagmayer, URPP DynAge |
| July 2018 | Workshop on Personality and Healthy Aging
Organized by Prof. Dr. Mathias Allemand & Lena Keller, UZH and URPP DynAge and Dr. Patrick Hill, Washington University |
| June 2018 | Workshop on Healthy Aging and Motivation (no pictures available)
Organized by the Velux Stiftung and the URPP Dynage |
| May 2018 | Masterstudierenden- und Doktorierenden-Kongress (MaDoKo) 2018
Organized by Dr. Claudia Hagmayer & Dr. Christina Röcke, URPP DynAge |
| May 2018 | BrainHack 2018
Organized by Dr. Alessandro Crimi (ETHZ), Amelie Haugg (UZH), Christian Horea (ETHZ), Dr. Franziskus Liem & Jessica Oswald (URPP DynAge), Prof. Dr. Frank Scharnowski (UZH) and Dr. Ronald Sladky (UZH) |

Recent Publications



Akpan, A., Roberts, C., Bandeen-Roche, K., Batty, B., Bausewein, C., Bell, D., Bramley, D., Bynum, J., Cameron, I., Chen, L., Ekdahl, A., Fertig, A., Gentry, T., Harkes, M., Haslehurst, D., Hope, J., Rodriguez Hurtado, D., Lyndon, H., Lynn, J., Martin, M., Isden, R., Mattace Raso, F., Shaibu, S., Shand, J., Sherrington, C., Sinha, S., Turner, G., De Vries, N., Jia-Chyi Yi, G., Young, J., & Banerjee, J. (2018). Standard set of health outcome measures for older people. *BMC Geriatrics*, 18:36. DOI: [10.1186/s12877-017-0701-3](https://doi.org/10.1186/s12877-017-0701-3)

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