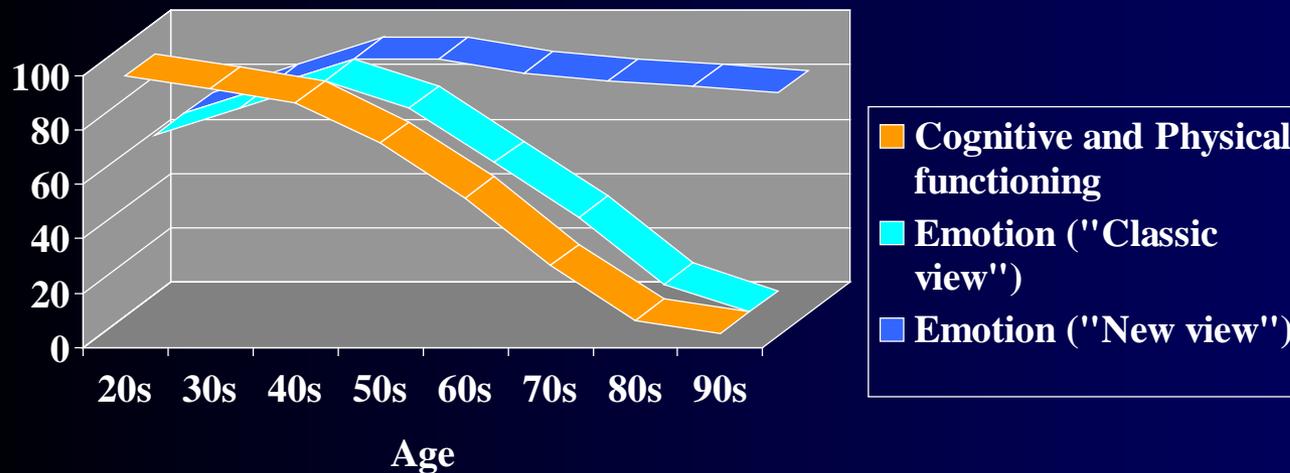


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What happens to our emotions in normal aging?



Level of functioning

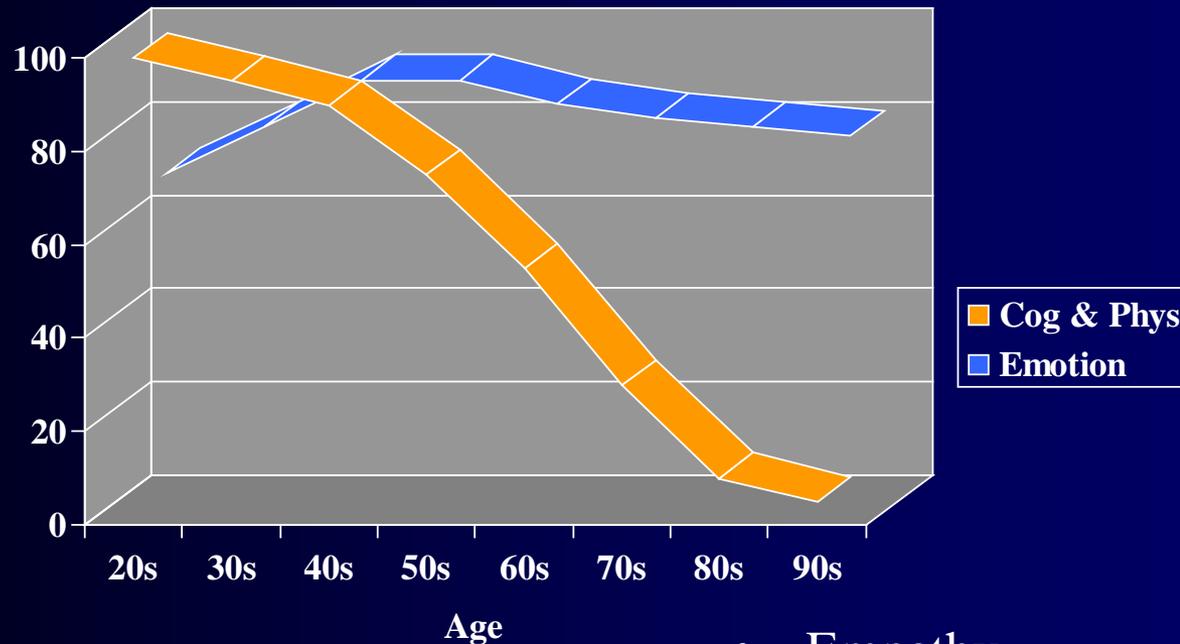


Speed ▼
Reasoning ▼
Primary memory ▼
Working memory ▼
Spatial ability ▼
Vocabulary ▲

(Verhaeghen &
Salthouse, 1997;
Salthouse, 2004)

- The “classic” view
 - *Old age is a time of dampened, rigid, and flat emotionality* (Banham, 1951; Jung, 1933; Looft, 1972)
- The “new” view
 - *Old age is a time of emotional vibrancy, refinement, and well-being, when close relationships become increasingly important* (Carstensen, 1995; Labouvie-Vief, 1999)

More “new” than “old”, but complicated



- Reactivity

- General=
- Sadness

- Regulation

- Suppression=
- Detachment reappraisal
- Positive reappraisal

- Empathy

- Recognizing single emotions in static images
- Tracking of socially-embedded dynamic emotions
- Emotional empathy and prosocial behavior

What makes marriages last?

- Direct observation of marital interaction
 - 15-minute unrehearsed conversations
 - Continuous measures of emotion :
 - Physiology
 - Behavior
 - Subjective experience

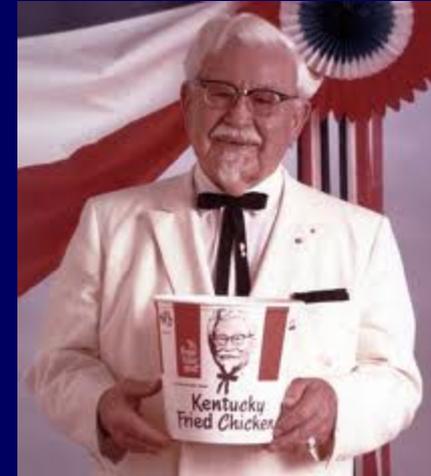
Interaction Session



Rating Session



So what's the secret recipe?



20 years of marriage

1989	1995	2001	2008
A video frame from 1989 showing a man with glasses and a mustache on the left and a woman with blonde hair on the right. They are both looking towards the camera. A timestamp '00:00:10:37:98' is visible in the top left corner.	A video frame from 1995 showing the same man and woman. The man is now balding and the woman has more grey hair. A timestamp '00:05:20:82' is visible in the top left corner.	A video frame from 2001 showing the same man and woman. The man is wearing glasses and a dark shirt. The woman is wearing a light-colored top. A timestamp '00:05:04:59' is visible in the top left corner.	A video frame from 2008 showing the same man and woman. The man is wearing glasses and a dark shirt. The woman is wearing a dark top. A timestamp '00:10:54:53' is visible in the top left corner.
A video frame from 1989 showing the same man and woman. The man is wearing a light-colored shirt. The woman is wearing a patterned top. A timestamp '00:00:12:29:91' is visible in the top left corner.	A video frame from 1995 showing the same man and woman. The man is wearing a light-colored shirt. The woman is wearing a light-colored top. A timestamp '00:05:15:18' is visible in the top left corner.	A video frame from 2001 showing the same man and woman. The man is wearing a dark shirt. The woman is wearing a light-colored top. A timestamp '00:05:24:29' is visible in the top left corner.	A video frame from 2008 showing the same man and woman. The man is wearing a light blue shirt. The woman is wearing a light-colored top. A timestamp '00:05:27:19' is visible in the top left corner.

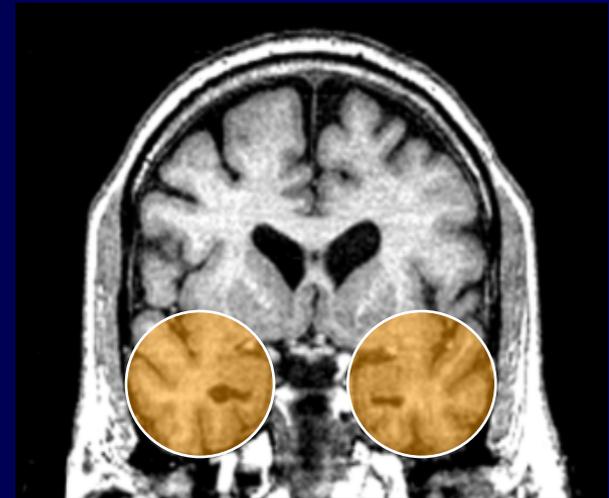
- Emotions
- Empathy
- Physiological arousal
 - Soothing
- Genes
- Some good breaks
 - Staying healthy
 - Emptying the nest

What happens to our emotions in
“abnormal” aging?

Frontotemporal Dementia (FTD)

- Early onset, degenerative, rapid progressing
- Not so rare
- A “smart bomb” honing in on emotion centers in the brain
- Robs patients and loved ones of the very things that age normally preserves
- Research program
 - What changes and what doesn't?
 - Brain/behavior relationships
 - Caregiver vulnerability and resiliency

Normal



FTD

