

consider vascular depression as a distinct treatment target of alternate interventions.

**Categories:** Aging

**Keyword 1:** depression

**Keyword 2:** vascular cognitive impairment

**Keyword 3:** cerebrovascular disease

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#### 14 The Impact of Visual Attention and Impulsivity on Disinhibited Eating Behaviors in Older Adults

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**Objective:** Although the relationship between visual attention, impulsivity, and cognitively restrained eating patterns has been established in previous research, less is known about the relationship of cognitive processes and disinhibited eating patterns in older adults. Research postulates that disinhibited eating behaviors may be associated with stress, limited emotional capacity, anxiety, and impulsivity. The current study investigated impulsivity as a potential mediator of the relationship between visual attention and disinhibited eating in older veterans.

**Participants and Methods:** This study included 101 Veterans who were screened as part of a larger study assessing the impact of multi-modal activity-based interventions on brain health in older adulthood. The sample included largely White (76%), male (94%) Veterans aged 54 to 88 (M = 70.1, SD 8.9). The Three-Factor Eating Questionnaire was used to assess daily disinhibited eating patterns, and attentional impulsivity was assessed with the Barratt Impulsiveness Scale. Visual attention was evaluated using the Stroop Color Word Test (Color Trial). Mediation analyses were

conducted using the SPSS PROCESS Macro. The outcome variable for analysis was disinhibited eating. The predictor variable was visual attention. The mediator variable was impulsivity. Body mass index (BMI) was included as a covariate as it was significantly associated with the predictor and outcome variables.

**Results:** The indirect effect of visual attention on disinhibited eating was found to be statistically significant (effect = 0.06, 95%: 0.02, 0.12)

**Conclusions:** Attentional impulsivity appears to mediate the relationship between visual attention and disinhibited eating behaviors. This finding extends the current literature about the relationship between visual attention, impulsivity, and other eating patterns (e.g., cognitively restrained eating) in older adults. Exploring this relationship helps us better understand the impact of eating habits through the aging process. Caregivers and older adults should be informed about the impact of increased impulsivity on disinhibited eating behaviors, especially in those with limited visual attention processes. Further understanding of the neurobiological impact of eating behaviors on cognition in older adulthood may assist in developing awareness about the importance of healthy eating patterns when considering brain health in the aging process.

**Categories:** Aging

**Keyword 1:** attention

**Keyword 2:** executive functions

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#### 15 Associations Among Subjective Cognitive Function and Cannabis Use in Older Adults

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**Objective:** Cannabis use in older adults is becoming increasingly common as cannabis becomes both more socially acceptable and legally permissible, whether for medical or recreational purposes. While previous research has found harmful effects of cannabis use on cognition in adolescents and younger adults, few

studies have explored cognition and cannabis use in older adults. This study aimed to examine the relationship between lifetime cannabis use patterns and subjective cognitive performance in older adults.

**Participants and Methods:** The sample ( $N=51$ ) consisted of adults ages 60 and older residing in the United States who endorsed cannabis use within the previous year. Participants completed online questionnaires on demographics, mental health [Geriatric Anxiety Scale (GAS) short form and Geriatric Depression Scale (GDS) short form], and measures of subjective cognitive function [Cognitive Failures Questionnaire (CFQ), the Cognitive Problems and Strategies Assessment (CPSA), and part IV of the Cognitive Self Efficacy Questionnaire (CSEQ)]. The Daily Sessions, Frequency, Age of Onset, and Quantity of Cannabis Use Inventory (DFAQ-CU) and the Cannabis Use Disorder Identification Test (CUDIT) were used to assess cannabis use, and the Alcohol Use Disorders Identification Test Consumption items (AUD-C) were used to assess alcohol use. Partial Pearson's correlations were used to examine relationships between scores of subjective cognitive functioning and cannabis use patterns while controlling for alcohol consumption.

**Results:** Results: Participants aged 60+ ( $M=68.06$ ,  $SD=5.80$ , 49% women) had 15.39 ( $SD=2.21$ , range 12-18) years of education on average. Participants' race/ethnicity was reported as 90.2% White ( $n=47$ ), 5.9% Latinx or Hispanic ( $n=3$ ), 2% Black or African American ( $n=1$ ), and 1% Other ( $n=1$ ). Most participants (59%) reported first using cannabis as a child or adolescent (range of ages 7-17 years), while 31% reported first using cannabis as an adult (ages 18-58 years), and only 8% endorsed initial use in older adulthood (62-84 years). On average, this sample reported using cannabis for 19.75 days ( $SD=11.14$ ) in the last month with  $n=35$  (69%) and having used cannabis for 20 or more years (range 1-60 years). The total CUDIT score was positively correlated with CFQ ( $r_p=.47$ ,  $p<.001$ ), CPSA problems ( $r_p=.46$ ,  $p<.001$ ), GAS ( $r_p=.43$ ,  $p=.002$ ), and GDS ( $r_p=.35$ ,  $p=.014$ ), and negatively correlated with the CSEQ ( $r_p=-.33$ ,  $p=.02$ ), all while controlling for alcohol consumption. Days of use in the past month and total years of use were not significantly associated with subjective cognitive function.

**Conclusions:** Among older adult cannabis users, symptoms of Cannabis Use Disorder (CUD) were significantly associated with greater

self-reported cognitive failures/problems and worse self-efficacy for cognitive ability, as well as symptoms of anxiety and depression, when controlling for alcohol use. Notably, there was no relationship between subjective cognition and frequency of recent use or lifetime use. For patients who use cannabis, neuropsychologists may find it helpful to focus their clinical interview on CUD symptoms when discussing cognitive complaints rather than other measures of cannabis use. Additional research is needed to examine objective measures of cognitive functioning in older adult cannabis users.

**Categories:** Aging

**Keyword 1:** cannabis

**Keyword 2:** aging (normal)

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## 16 Does Cognitive Test Performance Upon Admission to Nursing Homes Predict Long Term Care Residents' Psychological Functioning?

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**Objective:** The current study investigated whether older adults' cognitive test scores at the time of long-term care nursing home admission are associated with psychological well-being over the first six months. We analyzed the link between Mattis Dementia Rating Scale (DRS-2) subscale scores and anxiety, depression, quality of life, and positive/negative affect.

**Participants and Methods:** Participants were recently admitted long-term care residents from 13 nursing homes in the Louisville, KY area. Sixty-two older adults were administered the DRS-2 shortly after nursing home admission. Using a cutoff of less than 6 scaled score on the DRS-2, 52% of participants scored as cognitively impaired. Self-report measures of anxiety (RAID), depression (PHQ9), quality of life (QoL-AD), and positive/negative affect (Philadelphia Geriatric Center Affect Rating Scale) were collected at time of admission, and 3 and 6 months later.

**Results:** The DRS-2 attention subscale significantly correlated with baseline depression