



DEPARTMENT OF HEALTH & HUMAN SERVICES

Division of Behavioral and Social Research
National Institute on Aging
National Institutes of Health

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Modifying Facets of Personality in Midlife to Promote Well-Being and Healthier Aging

June 9-10, 2016

Neuroscience Center

6001 Executive Blvd, Rockville MD

Room B1/B2

There is increasing evidence that personality characteristics such as conscientious and neuroticism have relevance to longevity. For example, levels of conscientiousness predict health some forty years later (Hampson, Edmonds, Goldberg, Dubanoski, & Hillier, 2013). In addition, there is reason to believe that specific aspects of neuroticism may be related, in different ways, to life span (Chapman, Roberts, & Duberstein, 2011). This workshop will explore the extent to which aspects of personality (e.g., aspects of self-regulation, impulsivity, and sociability) may be related to health behavior and well-being and if interventions can be developed to positively modify specific targets within these domains.

Workshop Objectives

1. To review the state of the science of personality characteristics as they relate to health and well-being, and the degree to which they have already been shown to be amenable to modification for individuals as they age.
2. To review existing behavioral interventions related to relevant facets of personality, their putative mechanism(s) of action, and their promise for utilization to modify personality facets to promote healthy aging.
3. To explore the development of targeted, personalized behavioral interventions to modify specific aspects of personality to promote well-being and healthier aging in individuals in mid-life, including the adaptation of relevant interventions in Stage I studies.
4. To discuss how to integrate basic behavioral science questions with regard to mechanism of action of interventions into the intervention development process

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AGENDA

	DAY ONE - Thursday, June 9, 2016
9:00am EST	<p>Welcoming Remarks and Introductions</p> <p><i>Lisa Onken, Division of Behavioral and Social Research, National Institute on Aging</i></p> <p><i>David Reiss & Lis Nielsen, Division of Behavioral and Social Research, NIA</i></p>
9:30- 11:30	<p>Personality & healthy aging</p> <p><u>Neuroticism, conscientiousness & healthy aging: Conceptualization, measurement & intervention effects</u></p> <p><i>Brent Roberts, University of Illinois</i></p> <p><u>Personality, Alzheimer's Disease, and other major health outcomes</u></p> <p><i>Antonio Terracciano, Florida State University</i></p> <p><u>Behavioral intervention development for people as they age: Special considerations</u></p> <p><i>Margie Lachman, Brandeis University</i></p>
11:30	DISCUSSION
12:00	LUNCH (on your own)
1:30	<p>The NIH Stage Model of Behavioral Intervention Development</p> <p><u>What is the NIH Stage Model and why are we using it?</u></p> <p><i>Lisa Onken, NIA</i></p> <p><u>Application of the NIH Stage Model to the development of a coherent program of research: Mindfulness-based interventions as an example</u></p> <p><i>Sona Dimidjian, University of Colorado</i></p>

2:30	DISCUSSION
3:00	BREAK
3:30	<p><u>Thinking about Stage V during Stage I</u> Marsha Linehan, <i>University of Washington</i></p> <p><u>Navigating through the Stages: Lessons learned from the NIDA P50 Psychotherapy Center + Applicability to developing interventions for conscientiousness & neuroticism</u> Kathleen Carroll, <i>Yale University</i></p>
4:30	DAY ONE DISCUSSION:
5:00	ADJOURN DAY ONE
6:00	<p>Group Dinner Paladar, 11333 Woodglen Dr, Rockville, MD 20852</p>

	DAY TWO: Friday, June 10, 2016
9:00	<p>Targeted, Mechanism-Focused Stage I Behavioral Intervention Development</p> <p><u>Modifying personality facets using the experimental therapeutics approach</u> Arielle Baskin-Sommers, <i>Yale University</i></p> <p><u>Cognitive & brain processes: How to improve interventions by targeting these mechanisms directly</u> Greg Siegle, <i>University of Pittsburgh</i></p> <p><u>Developing targeted behavioral interventions to increase distress tolerance: Can facets of personality be modified?</u> Carl Lejuez, <i>University of Kansas</i></p>
10:30	DISCUSSION
11:00	BREAK
11:15	<p>Revisiting the NIH Stage Model with technology</p> <p><u>Navigating the Stages: Using technology to help understand mechanisms and to produce scalable behavioral interventions</u> Lisa Marsch, <i>Dartmouth University</i></p>
11:45	<p>DAY TWO DISCUSSION:</p> <p>How ready is the field to develop targeted interventions to modify facets of personality in mid-life to promote healthy aging?</p> <p>What are the next steps? What types of research are most needed, and what can NIA do to support this research?</p>
1:00	ADJOURN WORKSHOP