

CROSS-EUROPEAN LONGITUDINAL STUDY OF AGEING (EXCELSA)

EXCELSA collects data on the conditions of health and functional capacity that promote or inhibit independent living in relation to age in order to standardize interviews and provide indicators of cross-European variation.

Listing of study variables & measurement of variables

Demographic:

- sex
- marital status
- ethnicity
- social class
- occupation and income
- education
- type of residence
- household composition

Social:

- family structure
- marital history
- social contacts
- family support
- social support
- general intimacy and care giving

Lifestyle:

- alcohol
- smoking
- diet
- exercise/physical activity
- leisure pursuits

Psychological:

- cognition
- life satisfaction
- personality
- health attitudes/beliefs
- LOC

Self-reported health:

- self-rated health
- physical health status
- mental health status
- medical history
- family history

Health:

- height
- weight
- handgrip
- peak flow
- tapping test

EXCELSA (Cross-European Longitudinal Study of Aging)

Abstract

EXCELSA is planned as a Cross-European Longitudinal Study of Aging for developing a European knowledge base on the contribution of socio-environmental, psychosocial and bio-behavioral determinants of changes in health and competence across the lifespan within the European Union. In order to study aging, the *European Survey on Aging Protocol* (ESAP) was developed as the basic instrument of EXCELSA. The first step consists of EXCELSA-Pilot with the following objectives: translation and adaptation of research protocol and procedures for seven European countries (Austria, Finland, Germany, Italy, Portugal, Poland and Spain) in order to evaluate the reliability and validity of the protocol and to evaluate all research materials. The ESAP includes a series of questions and examinations distributed over 9 Sections: Social relationships (social networks, general intimacy and caregiving), Mental abilities (working memory and learning), Self, life satisfaction and well-being (sense of coherence, life satisfaction and well-being), Personality (extroversion, neuroticism and openness), Bio-physical measures (speed, strength, vital capacity and anthropometric measures), Self-reported health (self-perceived health, medical problems, chronic illness, hearing, vision, perceived physical capacity), Life style (physical activity, sleep, tobacco consumption, alcohol consumption), Mastery and perceived control (external and internal control), and Socio-demographics. Sampling is planned to be representative (sampling error no more than 3%) by gender and age (50 years old and over) in all participant countries. The sample size for each country is N=1500. Since this study is longitudinal in perspective, sampling will take into consideration refusals, migration, mortality and attrition from the first cross-sectional study to the following study; therefore a "pocket sample" will be selected, focusing on over-sampling in older age groups. At present, EXCELSA is waiting for further European financial support.

2. Status: Pilot developed from 1998-2000

3. Webb: www.uam.es/gerontologia/htpm

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5. Publications:

Fernández-Ballesteros, Zamarron, Rudinger, Schorrots, Heikkinen, Drusini, Paul, Charzesvka y Rosenayr (in press): Assessing competence: the European Survey on Aging Protocol (ESAP) *Gerontology*.