

NATIONAL RESEARCH COUNCIL

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Division of Behavioral and Social Sciences and Education
Board on Behavioral, Cognitive, and Sensory Sciences

Motivation and Aging: Toward the Next Generation of Behavioral Interventions
Expert Meeting
June 18-19, 2012

The National Academies
Keck Building, Room 101
500 5th Street, NW
Washington, DC 20001

Agenda

This meeting is sponsored by the National Institute on Aging's Division of Behavioral and Social Research

Meeting Framework:

The purpose of this meeting is to bring together select individuals with expertise in behavioral interventions, motivation theory, aging and life course development, and personality psychology to discuss how to apply knowledge and approaches from these fields to successful interventions to increase motivation in aging populations and improve aging outcomes. Discussions are designed to explore how a contemporary understanding of motivation can help us understand why some adults in mid-life or older adulthood develop economic and health-related problems associated with dependence, loneliness, and failures of self-control, and the interventions that may maximize autonomy, social engagement, and responsible care of self and others.

Monday, June 18, 2011

- 8:30 am** **Welcome and Introductions** (*breakfast served in the meeting room*)
Barbara Wanchisen, PhD, Director, Board on Behavioral, Cognitive, and
Sensory Sciences (BBCSS)
John Cacioppo, PhD, Chair, BBCSS and Tiffany & Margaret Blake
Distinguished Service Professor, Department of Psychology, University
of Chicago

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8:45 am National Institute on Aging Perspectives on Aging and Motivation

Lis Nielsen, PhD, Division of Behavioral and Social Research, National Institute on Aging
Orientation to NIA's Interests and Goals for the Meeting

9:00 am Session 1: Interventions for Increasing Motivation

Moderator: David Reiss, MD, PhD

Discussants (10 minutes each):

Geoffrey Cohen, PhD, Department of Psychology, Stanford University

Priming and Affirming Values to Enhance Achievement

Carol Dweck, PhD, Department of Psychology, Stanford University

Framing Identity and Motivating Achievement in Academic Contexts

Lynn Martire, PhD, Department of Human Development and Family Studies, Pennsylvania State University

The Family as Source of Motivation

Carl Lejuez, PhD, Department of Psychology, University of Maryland

Making Motivation Explicit to Achieve Behavior Change in the Clinical Context

David Laibson, PhD, Department of Economics, Harvard University

Enhancing Access to Behavior Change – Behavioral Economics Approaches

Session 1 Goals: This session will consider motivation-based interventions that have had striking results and that have the following common features: they are relatively brief and hence economical, they can be provided at convenient sites, they are drawn from and test specific theories of motivation, and they are potentially applicable to some of the major challenges of motivation faced by midlife and older adults. We will consider interventions drawn from these conceptions of motivation: 1) value affirmation; 2) personal narrative and framing processes; 3) explicit linkage of behaviors to valued goals (behavioral activation); 4) social interactional resources (couples interventions); and 5) identification and removal of barriers to motivation (behavioral economics). We have invited investigators who have demonstrated the efficacy of interventions drawn from these sources to review briefly the results of randomized trials with a focus on the mechanisms that appear to be responsible for the intervention effects.

Each speaker will describe in broad strokes the nature of one or two prototypical interventions from their work, and the mechanisms of action that motivated behavior change. Topics for potential discussion include: How well did the intervention measure this hypothesized mechanism of action? Could the intervention be redesigned to strengthen this measurement? What contexts/problems of midlife and aging are amenable to similar approaches in your view?

10:00 am Break

10:15 am Session 1, continued: Open Discussion

11:00 am Session 2: Motivation over the Life Course

Moderator: Lis Nielsen

Discussants (10 minutes each):

Jacqueline Eccles, PhD, Department of Psychology, University of Michigan

Identity Formation and Motivation

Laura Carstensen, PhD, Stanford Center on Longevity, Stanford University

Life-span Theories of Motivation

Margie Lachman, PhD, Department of Psychology, Brandeis University

Motivation in Midlife

Robert J. Waldinger, MD, Department of Psychiatry, Harvard Medical School

Motivation as an Intra-individual Phenomenon in the Context of Adulthood and Older Age

Brent Roberts, PhD, Department of Psychology, University of Illinois, Urbana-Champaign

Self-Control over the Lifecourse

Session 2 Goals: This session addresses motivation from a life span and aging perspective in order to further the discussion of the application of these motivational approaches to interventions in aging. It will explore the extent to which contemporary developmental theories suggest new mechanisms that are ready for translation into program of research on enhancing motivation. Presenters will summarize their own views with illustrations, and wherever possible consider how their own work might illumine mechanisms in the interventions presented during the morning. Collectively, this discussion should consider both how motivation is shaped and changes over the life course, and how individual differences and social environments both shape and constrain motivational trajectories. This would lead naturally to considering how motivation-based interventions—drawn from work with younger individuals—might be applied or modified for interventions with the aging. On this basis, we will be able to address what aspects of the highlighted interventions might or might not work in a midlife and older population. Topics for consideration include: How susceptible are older adults to priming and reframing? How amenable are older adults to behavioral modification? What are the major barriers to goal pursuit for older adults? What are the likely strongest social and affective reinforcers for this age group?

12:00 pm Working Lunch

Session 2, continued: Open discussion

1:30 pm Session 3: Case Study: Linking Motivational Principles to Interventions at Midlife and Beyond

Moderator: David Reiss

An Example of Integration of Motivation Theory and Intervention Approach (10 minutes)

Brent Roberts, PhD, Department of Psychology, University of Illinois, Urbana-Champaign *and*

Carl Lejuez, PhD, Department of Psychology, University of Maryland
Expectancy Value Theory, Behavioral Activation, and Conscientiousness

Session 3 Goals: This session will present a case study that attempts to integrate motivational constructs or theories with intervention practices. The case study is an explicit attempt to consider how theory of life span motivation might inform tailoring of the behavioral intervention to promote and enhance self-control in midlife and older age.

2:00 pm Session 4: Proposed Intervention Targets for Midlife and Older Age: Social Integration, Autonomy/Achievement, Self-Control

Moderator: Laura Carstensen, PhD, Department of Psychology, Stanford University

Discussants (10 minutes each):

David Reiss, MD, Yale Child Study Center and Contractor to NIA/BSR
Loneliness, Dependency and Failures of Self-control

John Cacioppo, PhD, Department of Psychology, University of Chicago
Loneliness Interventions from and Aging Perspective

Geoffrey Cohen, PhD, Department of Psychology, Stanford University
Interventions for Social Belonging

Session 4 Goals: Across the life span a distinctive risk factor tends to generate additional risk factors. For example, low conscientiousness in childhood and adolescence adds shortened schooling, addiction potential, marital problems and poor health self-care as life unfolds. How might this accumulation of correlated but distinctive risk factors shape effective programs of motivation-based intervention for aging individuals? Is there potential in considering three key areas of risk: loneliness, dependency, and failures of self-control as targets for potential behavioral interventions? This session will consider where, within these clusters of risk, one might attempt to intervene in these risk cascades? What are the social contexts in which we can best approach people in midlife and older age?

2:45 pm Break

3:00 pm Session 4, continued: Open Discussion

3:30 pm Themes from the Day: Commentary and Discussion
Facilitator: John Cacioppo

4:30 pm Group Orientation Breakouts
Facilitators: Lis Nielsen and David Reiss

Breakout Goals: The task for the second day of this meeting will be to discuss possible areas of focus for a research agenda to advance progress on theoretically-informed interventions designed to harness, modify, reinforce, or otherwise target motivation in midlife or older adults to sustain health, autonomy, social integration, and well-being into late life. This will be accomplished with the aid of breakout discussions designed to assess the potential of each of these areas (social engagement, autonomy/achievement, self-control) – or other promising target domains – for intervention in mid-life or older adulthood.

In this initial orientation session, we will organize participants into small groups to plan for tomorrow's discussion breakouts. Each group should identify a rapporteur who will be asked to present a summary of the group's deliberations at the end of tomorrow morning. Participants are invited to share preliminary thoughts about the most fruitful intervention approaches or targets based on the day's discussion.

5:00 pm Adjourn for the Day

6:00 pm Working Dinner (*RIS, 2275 L Street, NW*)
Continued discussion of potential intervention approaches based on the day's discussions.

Tuesday, June 19, 2011

9:00 **Overview of the Day** (*breakfast served in the meeting room*)
Lis Nielsen and David Reiss

9:15 am **Group Breakouts: Toward the Next Generation of Interventions for Adaptive Aging**

Group Breakout Goals: The goal of this session is to begin to explore possible areas of focus for a research agenda to ready the field for the next generation of behavioral interventions for adaptive aging. Breakout groups will be organized around a defined set of intervention targets or intervention approaches building on insights from the previous day's discussions. Each group's task is to: (1) sketch a preliminary design of a novel intervention or set of interventions for adaptive aging, and (2) identify research gaps and opportunities related to this intervention program. In the discussion, groups are asked to pay particular attention to the following:

- The specific intervention target(s) (e.g., a feature of behavior, the environment, or of an individual's values or goals)
- The context(s) in which the intervention might be implemented
- Life-stage specific considerations
- Theoretical framework(s) guiding the research agenda, and the extent to which motivation and related constructs remain central
- Mechanistic studies needed to build the evidence base for large-scale interventions
- Measurement – both of relevant outcomes and of the hypothesized agents of change, including measurement of motivation, goals and values

10:45 am **Break**

11: 00 am **Session 5: Developing a Research Agenda**
Moderator: Carol Dweck
Discussants: Rapporteurs for individual breakout groups (10 minutes each)

Session 5 Goals: Rapporteurs will outline the research and intervention agenda developed by their groups. Specific attention should be paid to the points listed above, and to research needs and opportunities identified by the group.

12:00 **Working Lunch**

Discussion Question: What are common themes or approaches that emerged from discussion groups that have the potential to advance our understanding of motivation over the life course and impact critical aging outcomes?

12:30 pm **Synthesis and Next Steps**
John Cacioppo

1:00 pm **Adjourn**