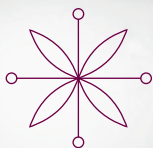




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# The Abstract Book of the 22nd European Conference on Developmental Psychology



**August 25-29, 2025**  
Vilnius, Lithuania

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# **The Abstract Book of the 22nd European Conference on Development Psychology**

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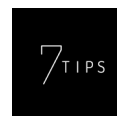
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## ASSOCIATIONS BETWEEN INTERNET USE AND MENTAL HEALTH DURING COVID-19 PANDEMIC AMONG OLDER ADULTS IN THE NORDIC-BALTIC REGION

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The COVID-19 pandemic highlighted the importance of digital technology in addressing mental health challenges. Due to limited digital technology use and certain age-related factors older adults could have been more vulnerable to the pandemic's effects. However, the impact of internalized ageism and regional comparisons have been less integrated in pandemic related studies of older people's mental health factors. Therefore, our study aimed to investigate the associations between internet use and mental health outcomes during the COVID-19 pandemic among older adults in the Nordic-Baltic region, while adjusting for socio-demographic factors and internalized ageism. Data from the Survey of Health, Ageing, and Retirement in Europe (SHARE) Corona Survey 2 was used for this study, including 7263 individuals aged 65 and above from the Nordic and Baltic regions. The study found that internet use was associated with a lower probability of depressive symptoms among older adults but not with anxiety, while internalized ageism predicted both depressive and anxiety symptoms. Regional differences were observed: internet use predicted depressive symptoms in the Baltic but not Nordic regions, while internalized ageism predicted anxiety symptoms in the Baltic but not Nordic regions. These findings highlight the need for interventions that foster digital inclusion and combat ageism, tailored to regional contexts, to promote better mental health among older adults across diverse regions.