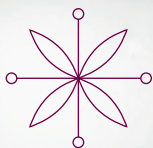


The Abstract Book of the 22nd European Conference on Developmental Psychology



August 25-29, 2025
Vilnius, Lithuania

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THE ROLE OF SUCCESSFUL AGING IN THE LINK BETWEEN CHRONIC PAIN AND DEPRESSIVE SYMPTOMS IN OLDER PEOPLE

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Background and aims: A wealth of research leaves no room for doubt that people with chronic pain are vulnerable to depression. However, it remains unclear what might prevent the debilitating consequences of pain in older age. The aim of the study – to investigate whether the relationship between chronic pain and depression experienced by older people can be altered by successful aging, defined by the use of selection, optimization, and compensation strategies.

Participants and methods: 106 people experiencing chronic pain participated in the study. Their ages ranged from 65 to 93 years ($M = 72,12$, $SD = 6,39$), with 89,6% female and 10,4% male. The Pain Intensity, Enjoyment of Life, and General Activity Questionnaire (Krebs et al., 2009) was used to assess participants' chronic pain, and the Geriatric Depression Scale, short form (Sheikh & Yesavage, 1986) was used to assess depression. The short form of the Selection, Optimization, and Compensation Questionnaire (Freund & Baltes, 2002) was used to determine successful aging. A cross-sectional correlational study was conducted, and correlational and moderation regression analyses were applied to answer the research question.

Results and conclusions: The study results revealed that more severe chronic pain in older adults is associated with more significant depression. Additionally, successful aging and greater use of its strategies are essentially associated with lower depression. However, only the compensation strategy has an impact on the relationship between chronic pain and depression in the study sample. Using the compensation strategy less, more incredible chronic pain predicts higher depression while using compensation more breaks this relationship between chronic pain and depression. Thus, it was found that compensation has a moderating effect, weakening the relationship between chronic pain and depression in older adults.