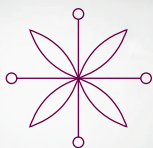


The Abstract Book of the 22nd European Conference on Developmental Psychology



August 25-29, 2025
Vilnius, Lithuania

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WORKERS IN NURSING AND CARE INSTITUTIONS ARE IMPACTED BY THEIR ATTITUDES TOWARD AGING AND THEIR EMPATHY FOR CLIENTS

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Background and aims: Specific stressful factors of care and nursing institutions, attitudes to aging, and empathy are mainly studied as having significance for clients' psychological well-being. This study aims to find the links between the psychological well-being of care and nursing institution employees and their attitude to aging and empathy for clients, as this would improve the efficiency of care and care and the well-being of clients.

Methods: The study included 103 employees of Vilnius city and district nursing and care institutions (89.3% - women). An anonymous questionnaire was utilized that included three scales: the Questionnaire on Aging Stereotypes, Jefferson's Empathy Scale, and the Depression, Anxiety, and Stress Scale – 21 (DASS-21), alongside demographic questions.

Results: The results indicated direct and indirect relationships among several factors. Specifically, care and nursing facility employees who held negative attitudes toward aging and exhibited lower empathy for clients tended to experience greater difficulties regarding psychological well-being, including higher symptoms of anxiety, depression, and stress. Moreover, negative attitudes toward aging not only predicted lower levels of empathy for clients but also suggested that this lack of empathy further contributed to psychological well-being challenges.

Conclusions: In conclusion, the psychological well-being of employees in care and nursing facilities is influenced by their attitudes toward aging and their empathy for clients, indicating that these factors may impact one another.