



HAL
open science

Daily dynamics between self-perception of aging and self-rated health : a lifespan perspective

Manon Royer, Aurélie Goncalves, Nicolas Pellerin, Sarah Le Vigouroux, Maxime Deshayes

► To cite this version:

Manon Royer, Aurélie Goncalves, Nicolas Pellerin, Sarah Le Vigouroux, Maxime Deshayes. Daily dynamics between self-perception of aging and self-rated health : a lifespan perspective. Spring day de l'Ecole Doctorale 583, Apr 2025, Nîmes, France. <hal-05069749>

HAL Id: hal-05069749

<https://hal.science/hal-05069749v1>

Submitted on 15 May 2025

HAL is a multi-disciplinary open access archive for the deposit and dissemination of scientific research documents, whether they are published or not. The documents may come from teaching and research institutions in France or abroad, or from public or private research centers.

L'archive ouverte pluridisciplinaire **HAL**, est destinée au dépôt et à la diffusion de documents scientifiques de niveau recherche, publiés ou non, émanant des établissements d'enseignement et de recherche français ou étrangers, des laboratoires publics ou privés.



Distributed under a Creative Commons CC BY-NC 4.0 - Attribution - Non-commercial use - International License

DAILY DYNAMICS BETWEEN SELF-PERCEPTIONS OF AGING AND SELF-RATED HEALTH: A LIFESPAN PERSPECTIVE

- **Self-rated health (SRH)** is a key subjective health indicator and a **predictor of various health outcomes** (DeSalvo et al., 2006; Ge et al., 2019). It **fluctuates daily** (Hensler et al., 2020) and is influenced by biological, environmental, and psychological factors (Caramenti & Castiglioni, 2022).
- Among psychological factors, **self-perceptions of aging (SPA)** play a crucial role in health (Benyamini & Burns, 2019). SPA includes **subjective age**—how old one feels—and **awareness of age-related change (AARC)**, which reflects both positive (gains) and negative (losses) aging experiences across various life domains (Diehl & Wahl, 2024).
- Despite evidence that SPA **develop across the lifespan** (Allan & Johnson, 2009) and **fluctuate daily** (Kotter-Gröhn et al., 2015), most studies have focused on **older and middle-aged adults** (e.g., Neupert & Bellingtier, 2017) and used **traditional research methodologies** (e.g., Brothers et al., 2017). SPA variability influences **daily health experiences**, including cognitive performance, stress, and pain (Zhu & Neupert, 2021; Turner et al., 2023). However, its **daily impact** on SRH of **individuals** remains unknown.

ROYER Manon*
GONCALVES Aurélie
PELLERIN Nicolas
LE VIGOUROUX Sarah
DESHAYES Maxime

*Corresponding author.
Manon.royer@unimes.fr

OBJECTIVES

1. Examine the association between SPA and SRH at the between-person level
2. Investigate daily fluctuations in SPA and their link to SRH at the within-person level
3. Explore whether age moderates the relationship between SPA and SRH

METHODS



Microlongitudinal study using m-Path software platform



Everyday assessment:

- **Awareness of age-related change** : AARC-10 items (Diehl & Wahl, 2010)
- **Subjective age** : « How old do you feel today? » (Kastenbaum et al., 1972)
- **Self-rated health** : « Today, how would you rate your health? » (Fayers & Sprangers, 2002)

N = 67
57.4% women  M = 41.6 years
SD = 17.4

Statistical analysis:

Generalized linear mixed models to test between-person, within-person, and moderating effects of age (Diggie et al., 2002)

RESULTS

Significant results of the multilevel models predicting self-rated health:

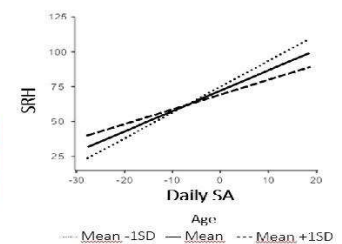
Between-person level

Predictor	Estimate	p-value
AARC losses	-3.08	<.001

Within-person level

Predictor	Estimate	p-value
AARC losses	-0.94	.04
SA	1.39	<.001

Moderating effect of age



- Average SRH was worse for people who reported more AARC losses compared to other people
- On days individuals felt older than usual or reported more AARC losses, they also rated their health lower than usual
- On days people felt older than usual, younger people reported worse SRH compared to older people

DISCUSSION

1. SPA affect health

- Extend prior findings (e.g., Fernández-Jiménez et al., 2024)
- SPA shape health at between and **within-person levels** (Zhang & Neupert, 2021)
- **Negative SPA** seem to have a stronger influence on health than positive SPA (i.e., Zhu & Neupert, 2021)

2. The dynamic nature of SPA

- Supports **lifespan theories** on psychological adaptation (Faudzi et al., 2019)
- Highlights the need for micro-longitudinal and **longitudinal approaches**

3. Beyond older adults

- Challenging the notion that SPA are an **aging concern** (Stephan et al., 2018)
- Their **impact** is observed across different age groups (Segel-Karpas et al., 2022), including **young adults**.

PERSPECTIVES

- Explore SPA-health psychological and physiological mechanisms
- Consider SPA impact across the lifespan
- Clarify the interaction between positive and negative SPA
- Promote interventions targeting negative SPA

Main references:

- DeSalvo, K. B., Bloser, N., Reynolds, K., He, J., & Muntner, P. (2006). Mortality prediction with a single general self-rated health question. A meta-analysis. *Journal of General Internal Medicine*, 21(3), 267-275. <https://doi.org/10.1111/j.1525-1497.2005.00291.x>
- Diehl, & Wahl. (2010). Awareness of Age-Related Change : Examination of a (Mostly) Unexplored Concept. *The Journals of Gerontology Series B: Psychological Sciences and Social Sciences*, 65B(3), 340-350. <https://doi.org/10.1093/geronb/gbp110>
- Zhang, & Neupert, S. D. (2021). Within- and Between-Person Relationships Among Health, Awareness of Aging, and Control Beliefs : A Microlongitudinal Study. *The Journals of Gerontology: Series B*, 76(5), 858-870. <https://doi.org/10.1093/geronb/gbaa180>
- Fernández-Jiménez C, Dumitrache CG, Rubio L, Ruiz-Montero PJ. Self-perceptions of ageing and perceived health status: the mediating role of cognitive functioning and physical activity. *Ageing and Society*. 2024;44(3):622-641. doi:10.1017/S0144686X22000332