

significantly reduced with age, whereas only internal details decline across age when scored with the Autobiographical Interview scoring procedure.

**Conclusions:** The new scoring protocol suggests that both mind's mind and mind's eye details undergo change with age, a finding that shares similarities and differences with results from the Autobiographical Interview scoring technique. Taken together, our results hint at a more elaborate set of detail types forming autobiographical memories that change with age, with implications for understanding episodic and semantic memory.

**Categories:** Aging

**Keyword 1:** aging (normal)

**Keyword 2:** memory: normal

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#### 43 Mood and Everyday Function in Older Adults: Analyses of Self-report and Performance-based Measures of Everyday Function

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**Objective:** The relation between depressed mood and functional difficulties in older adults has been demonstrated in studies using self-report measures and has been interpreted as evidence for low mood negatively impacting everyday functional abilities. However, few studies have directly examined the relation between mood and everyday function using performance-based tests. This study included a standardized, performance-based measure of everyday action (Naturalistic Action Task, NAT) to test the prediction that report of depression symptoms are associated with self-report and performance-based tests of everyday function. Associations with anxiety symptoms and motivation/grit and everyday function also were explored.

**Participants and Methods:** 68 older adults without dementia were screened and recruited (n = 55, M age = 74.21, SD = 6.80, age range =

65 to 98) from the community and completed self-report measures of depression symptoms (GDS), anxiety (GAI), motivation (Short Grit-S), and everyday functioning (FAQ). Participants also performed the NAT, which requires completion of a breakfast and lunch task and is scored for task accomplishment, errors (micro-errors, overt, motor), and total time. Additionally, an informant also reported on the participant's everyday function. Spearman correlations were performed and results showing a medium effect size or greater are reported.

**Results:** Participant mood (GDS) was associated with self-reported function (FAQ;  $r = .45$ ) but not performance-based measures of everyday function (NAT). Self-reported anxiety and motivation were not meaningfully associated with either self-reported or performance-based everyday function. Participant self-report (FAQ) and informant report of participant's function (I-FAQ) supported the validity of performance-based assessment as both were meaningfully associated with NAT performance (FAQ x NAT overt errors  $r = .34$ ; I-FAQ x NAT micro-errors  $r = .34$ ; I-FAQ x NAT motor errors  $r = .49$ ).

**Conclusions:** Mood, but not anxiety or motivation, was associated with self-reported everyday function but not performance-based function. When considered alongside the meaningful relations between self/informant-report of function and everyday task performance, results suggest mood does not impact everyday function abilities in community-dwelling older adults without dementia. We suggest that frameworks to be reconceptualized to consider the potential for mild functional difficulties to negatively impact mood in older adults without dementia. Additionally, interventions and compensatory strategies designed to improve everyday function should examine the impact on mood outcomes.

**Categories:** Aging

**Keyword 1:** everyday functioning

**Keyword 2:** self-report

**Keyword 3:** mood disorders

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#### 44 Dietary Nitrate Intake in Older Adults Associated with Increased Cognition and Reduced Depression

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**Objective:** Individuals with major depressive disorder (MDD) are observed to have reduced plasma nitrate levels and plasma nitric oxide (NO) metabolites (Chrapko et al., 2004; Garcia et al., 2011). Endothelial cell dependent dilation of vascular smooth muscle function has been observed to be blunted in adults with Major Depressive Disorder (MDD) and mediated by NO-dependent dilation (Greaney et al., 2019). Certain vegetables and fruits are particularly high in dietary nitrates, which is reduced to nitric oxide in the stomach, entering intravascular circulation, and acting as a potent dilator, blood pressure reducing, and vasoprotective substance (Webb et al., 2008). In older adults, dietary nitrates which are found in certain vegetables and fruits (e.g., green leafy vegetables) is shown to increase cerebral blood perfusion in frontal lobe white matter between the dorsolateral prefrontal and anterior cingulate cortex, regions particularly implicated in cognitive functioning (Presley et al., 2011). Recently, Morris et al. (2018) observed that in older adults from the Memory and Aging Project (MAP), the highest quintile of dietary nitrate intake was associated with slower cognitive decline than that of the lowest quintile of nitrate intake. Although viewing the extremes of dietary nitrate intake reveals valuable information, the present study investigated the association of all levels of dietary nitrate intake with cognition and depression among older adults in the same MAP dataset.

**Participants and Methods:** The sample included 461 community dwelling older adults (Mean age=80; Mean education=14.9, 74% female) from the MAP study (Bennett et al., 2012). The measures used for the present study include: the Center for Epidemiological Studies Depression Scale (CESD, depression), a neuropsychological battery (global cognition, perceptual organization and semantic memory), and a dietary nutrient analysis of the food frequency questionnaire (FFQ, nitrate).

**Results:** Using Pearson correlations we observed that increased dietary nitrate intake was associated with increased global cognition ( $r(458) = .100, p = .031$ ), perceptual organization ( $r(448) = .095, p = .04$ ) and semantic memory

( $r(453) = .142, p = .002$ ). Furthermore, we observed that dietary nitrate intake was associated with lower depression severity ( $r(459) = -.132, p = .004$ ).

**Conclusions:** The present study's results revealed that in a sample of community dwelling older adults, eating more nitrate rich foods is not only associated with improved cognition similar to findings of Morris et al. (2018), it is also associated with lower levels of depression. This further extends the Morris et al. (2018) study by suggesting that it is not only those older adults who eat the highest quantity of nitrate rich foods that can benefit from higher levels of nitrate intake. Overall, this study reveals that older adults who increase their dietary nitrate intake may improve their mood and thinking ability.

**Categories:** Aging

**Keyword 1:** aging (normal)

**Keyword 2:** cognitive functioning

**Keyword 3:** depression

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#### 45 Relationship Between Degree of Cognitive Impairment and Performance on Measures of Health Numeracy and Literacy in a Memory Disorders Clinic

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**Objective:** Understanding healthcare information is an important aspect in managing one's own needs and navigating a complex healthcare system. Health numeracy and literacy reflect the ability to understand and apply information conveyed numerically (i.e., graphs, statistics, proportions, etc.) and written/verbally (i.e., treatment instructions, appointments, diagnostic results) to communicate with healthcare providers, understand one's medical condition(s) and treatment plan, and participate in informed medical decision-making. Cognitive impairment has been shown to impact one's ability to understand complex medical information. The purpose of this study is to explore the