CONTENTS

List of Tables	page ix
List of Contributors	xi
Foreword by Carol D. Ryff	XV
PART I. THEORY: NEW HORIZONS IN WELL-BEING	RESEARCH
Toward New Directions in the Study of Well-Being ame Oldest Old Leonard W. Poon and Jiska Cohen-Mansfield	ong the
2. From Ageless Self to Selfless Age: Toward a Theoretical in Gerontological Understanding Haim Hazan	Turn 11
3. The Pursuit of Happiness: Alternative Conceptions of Subjective Well-Being <i>Dov Shmotkin</i>	27
4. The Shifting Baseline Theory of Well-Being: Lessons fr across the Aging Spectrum Jiska Cohen-Mansfield	rom 46
5. The Model of Developmental Adaptation: Implication Understanding Well-Being in Old-Old Age Peter Martin, Neha Deshpande-Kamat, Leonard W. Poon, and Mary Ann Johnson	s for

vi Contents

	PART II. PARADISE LOST, BETWEEN TRAUMA AND HAPPINESS	
6.	Does Trauma Linger into Old-Old Age? Using the Holocaust Experience as a Paradigm Dov Shmotkin, Amit Shrira, and Yuval Palgi	81
7.	The Impact of Life Events on the Oldest Old Peter Martin, Grace da Rosa, and Leonard W. Poon	96
8.	Posttraumatic Stress Disorder and Its Treatment at Late Life Lee Hyer and Catherine A. Yeager	111
PA	RT III. PATHWAYS AND GATEKEEPERS: MODERATING, MEDIATI AND PROXIMAL PROCESSES	NG,
9.	Impact of Resources on Successful Adaptation among the Oldest Old Maurice MacDonald and Jinmyoung Cho	151
10.	Nutrition and Well-Being Mary Ann Johnson, Dorothy Hausman, Peter Martin, Leonard W. Poon, Elisabeth Lilian Pia Sattler, and Adam Davey	171
11.	Cognitive Functioning and Vitality among the Oldest Old: Implications for Well-Being Jennifer A. Margrett, Benjamin T. Mast, Maria C. Isales, Leonard W. Poon, and Jiska Cohen-Mansfield	186
12.	Social Relationships and Well-Being in Very Late Life Howard Litwin	213
13.	Spirituality and Religiosity Connections to Mental and Physical Health among the Oldest Old Alex J. Bishop	227
14.	The Impact of Leisure Activity and Innovation on the Well-Being of the Very Old Galit Nimrod	240
P	ART IV. SIGNPOSTING PARADISE: MEASUREMENT OF WELL-BEI	NG
15.	Culture and Meaning: Strategies for Understanding the Well-Being of the Oldest Old Christine L. Fry and Charlotte Ikels	261

Contents	V11

16.	The Will to Live as an Indicator of Well-Being and Predictor of Survival in Old Age Sara Carmel	281
17.	The Measurement of Life Satisfaction and Happiness in Old-Old Age Alex J. Bishop and Peter Martin	290
18.	Late-Life Psychotherapy: Challenges and Opportunities to Enhance Well-Being in the Oldest Old Lee Hyer, Catherine A. Yeager, and Ciera V. Scott	332
19.	An Integrative Summary and Future Directions in the Study of Well-Being Jiska Cohen-Mansfield and Leonard W. Poon	364
Inde	ex	379

TABLES

4.1.	Means and t-Tests/Analyses of Variance and Post Hoc Scheffe	
	Tests Examining the Differences in Measures of Well-Being	
	between Different Age Groups in the CALAS and IMAS	
	Randomized National Samples of Community-Dwelling	
	Self-Responding Participants	page 53
4.2.	Quality-of-Life (QOL) Assessments for Older Persons	58
7.1.	Most Important Events	99
7.2.	Family Events in the Lives of Centenarians	101
7.3.	Work, Retirement, and Financial Events	103
7.4.	Miscellaneous Events	103
8.1.	Treatment Model	133
8.2.	The Five Steps of Cognitive Restructuring	135
8.3.	Therapist Tasks in Trauma Exposure	137
9.1.	Social and Economic Resources of Georgia Octogenarians	
	and Centenarians	154
10.1.	Depression, Appetite, Weight Change, Underweight, and	
	Obesity in Octogenarians and Centenarians: Georgia	
	Centenarian Study	175
10.2.	Logistic Regression Analyses of Depression, Appetite, Weight	
	Loss, Underweight, and Obesity: Georgia Centenarian Study	176
11.1.	Theoretical Relation between Cognitive Health and Vitality	190
12.1.	Network Type by Delineating Characteristics and Frequencies	216
12.2.	Network Type by Age ($n = 2,079$) and Disability ($n = 2,065$)	
	among Veteran Jewish Israelis Aged 60 and Older	217
12.3.	The Likelihood of Engaging in Intergenerational Exchange	
	(Odds Ratios): Binary Logistic Regressions of Time and	
	Money Exchange	220

x Tables

12.4.	Variables Associated with the Number of Depressive	
	Symptoms on the Euro-D Depression Scale: OLS Linear	
	Regression ($n = 1,817$)	221
13.1.	Summary of Hierarchical Regression Analyses for	
	Longitudinal Predictor Variables of Religious Coping at	
	Time 2	233
13.2.	Religious Coping at Time 1 Predicting Change in Health and	
	Mental Health at Time 2	234
15.1.	Project AGE: Research Communities	264
15.2.	Project AGE: Methods	265
16.1.	Psychometric Characteristics of the Will to Live in Four	
	Studies of Israeli Elderly People	284
17.1.	Summary of Original Reported Psychometric Properties	
	of Subjective Well-Being Measures	204