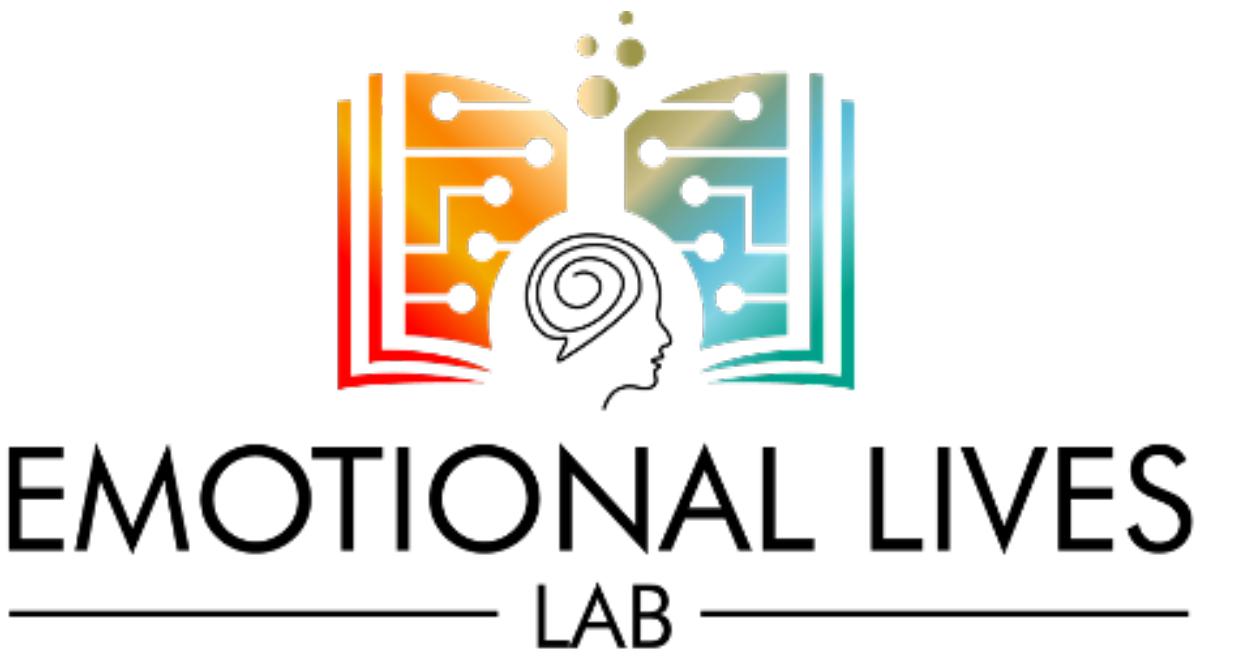


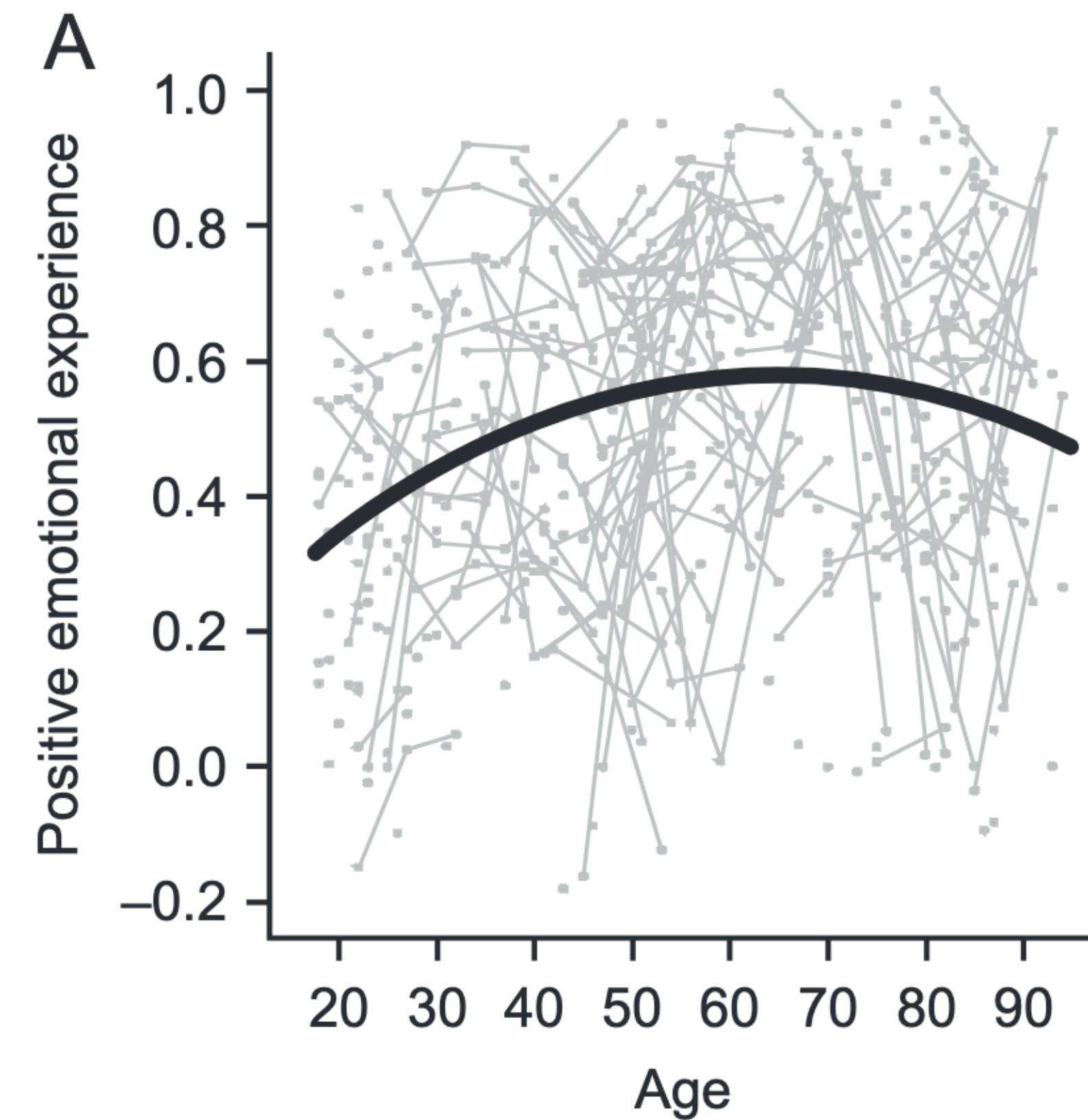
Applications of Daily Life Sampling to Aging and Emotion

Dr. Tabea Springstein
Assistant Professor
University of California, Riverside

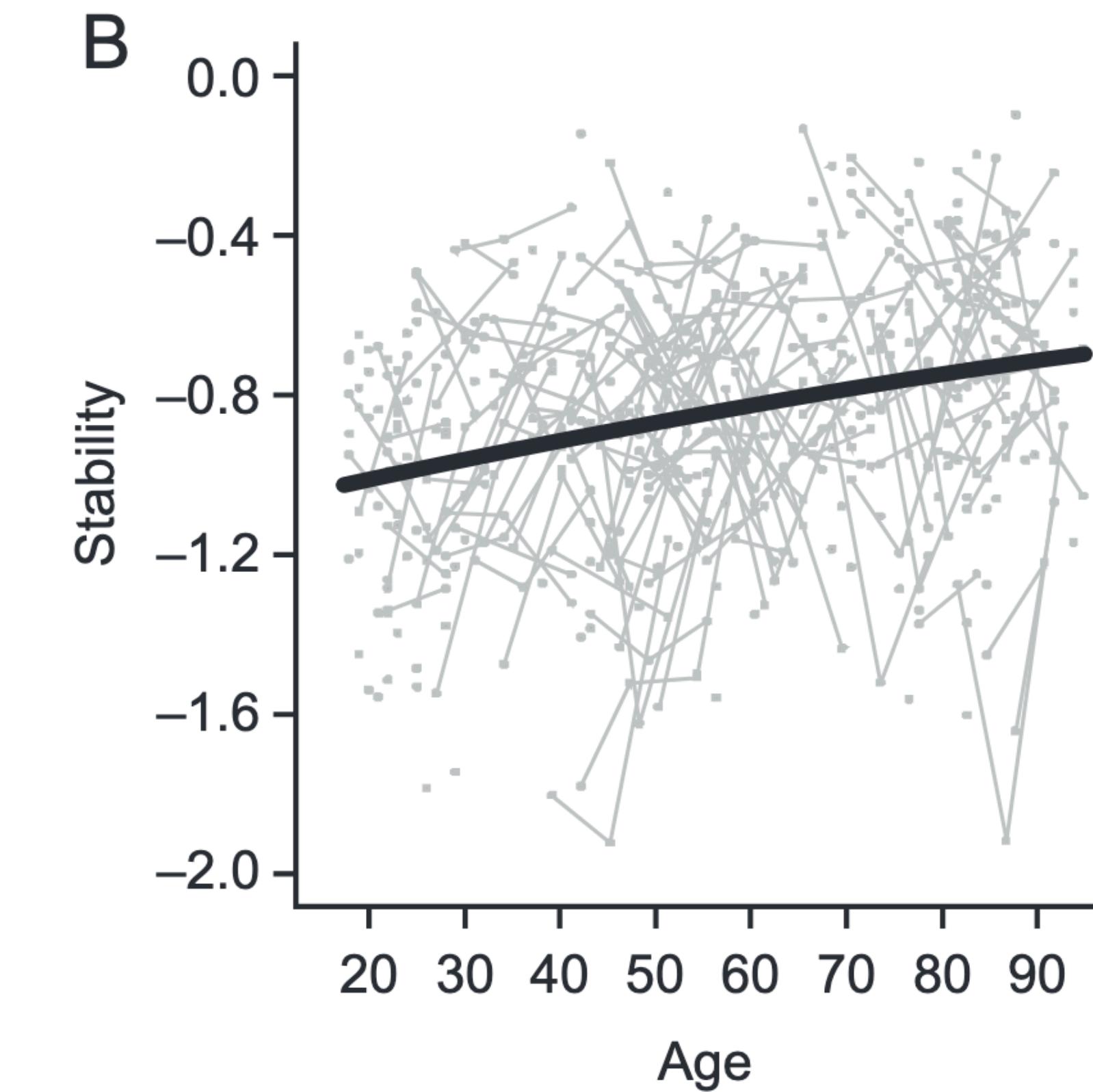
About me



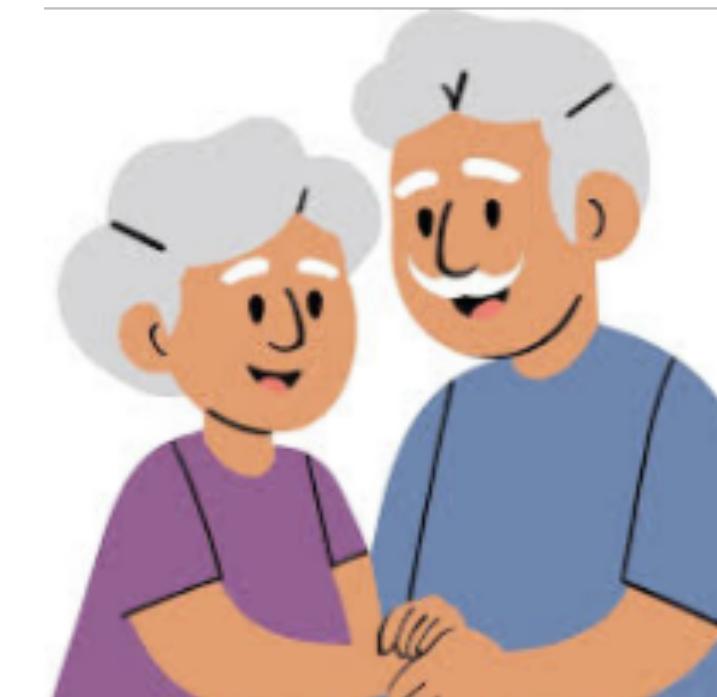
Emotions and Aging



More positive Emotions

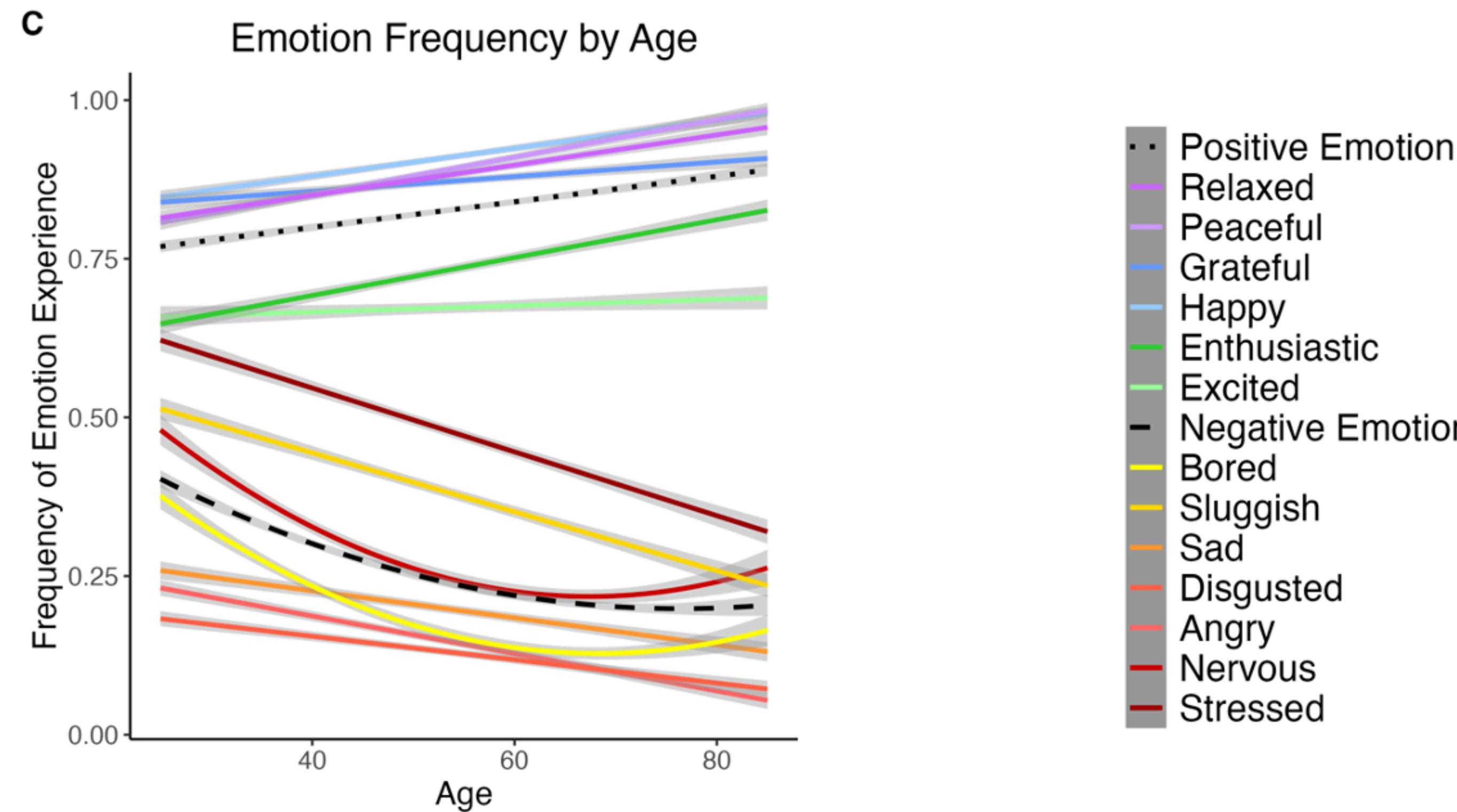


More stable Emotions



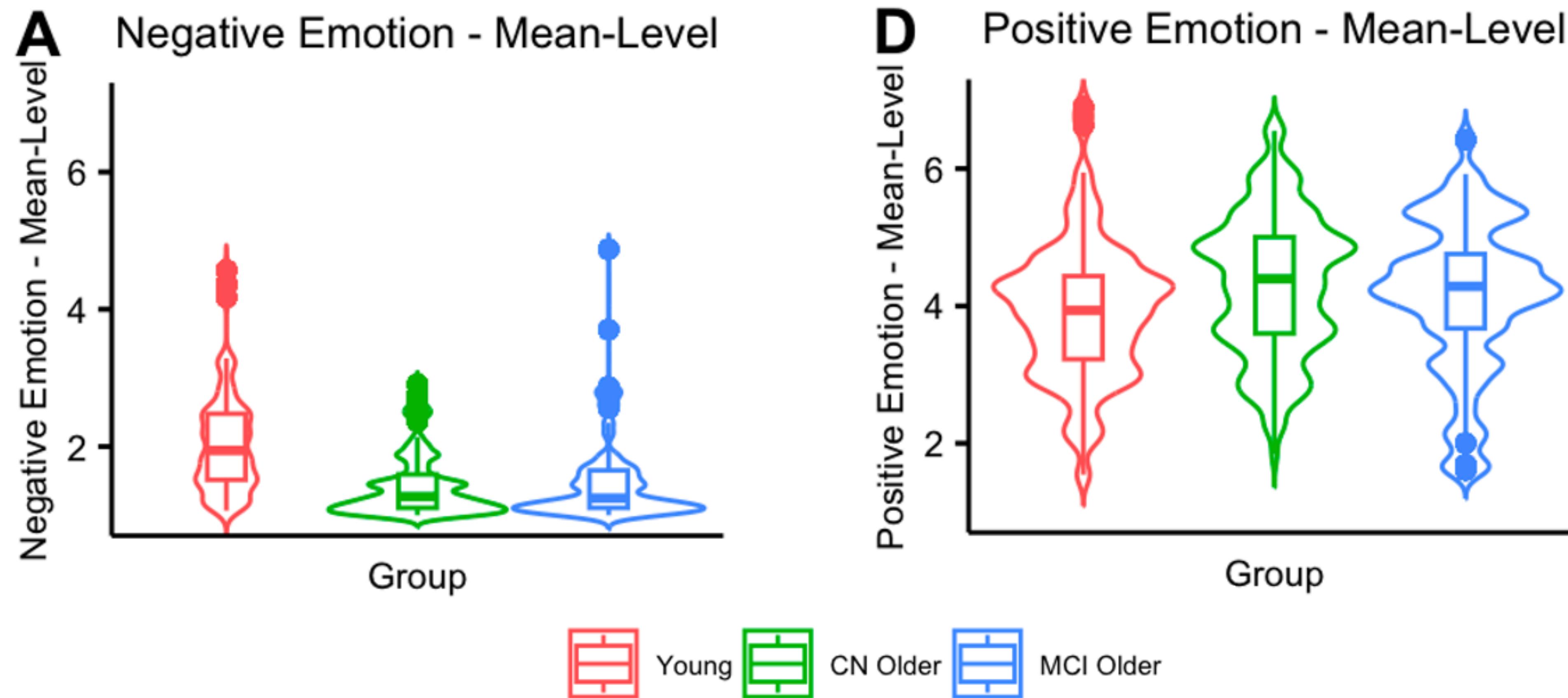
Emotions and Aging

- Older adults show more positive emotions and less negative emotions than younger adults



Emotions and Aging

- Even older adults with Mild Cognitive Impairment (MCI) show more positive and less negative emotions than young adults



Why do emotions become more stable and positive with age?

Do people just become “better” at emotion regulation with age?

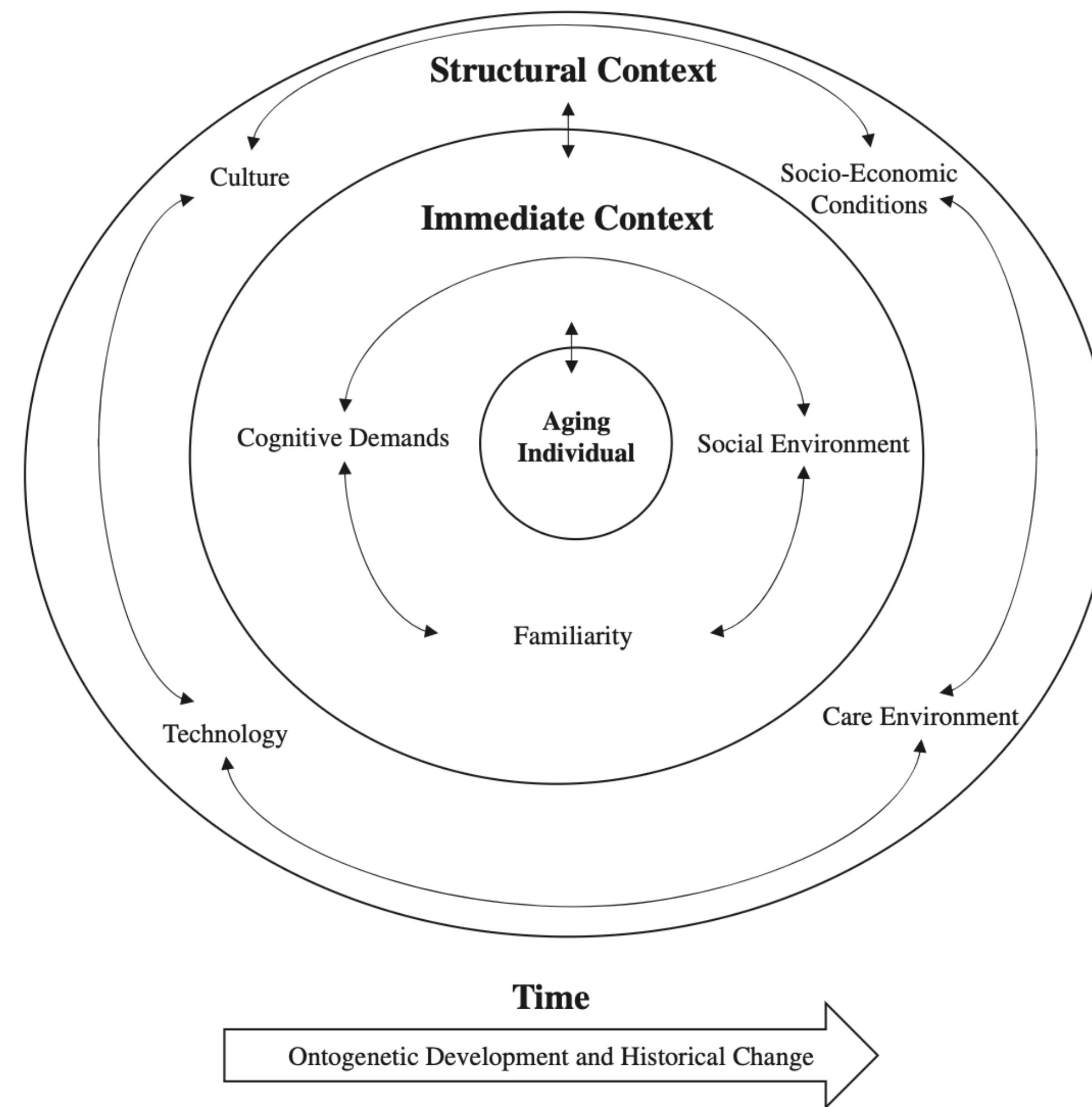
Why do emotions become more stable and positive with age?

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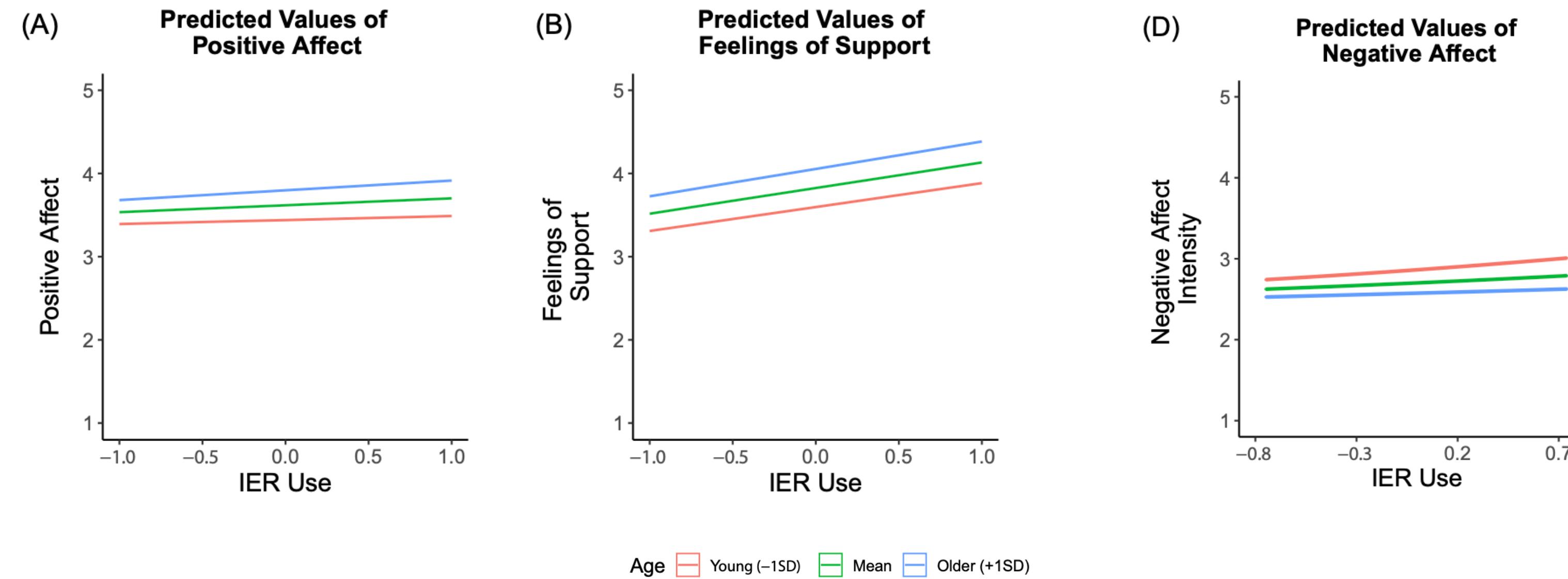
It does not seem that simple (e.g., Isaacowitz, 2022)

Why do emotions become more stable and positive with age?

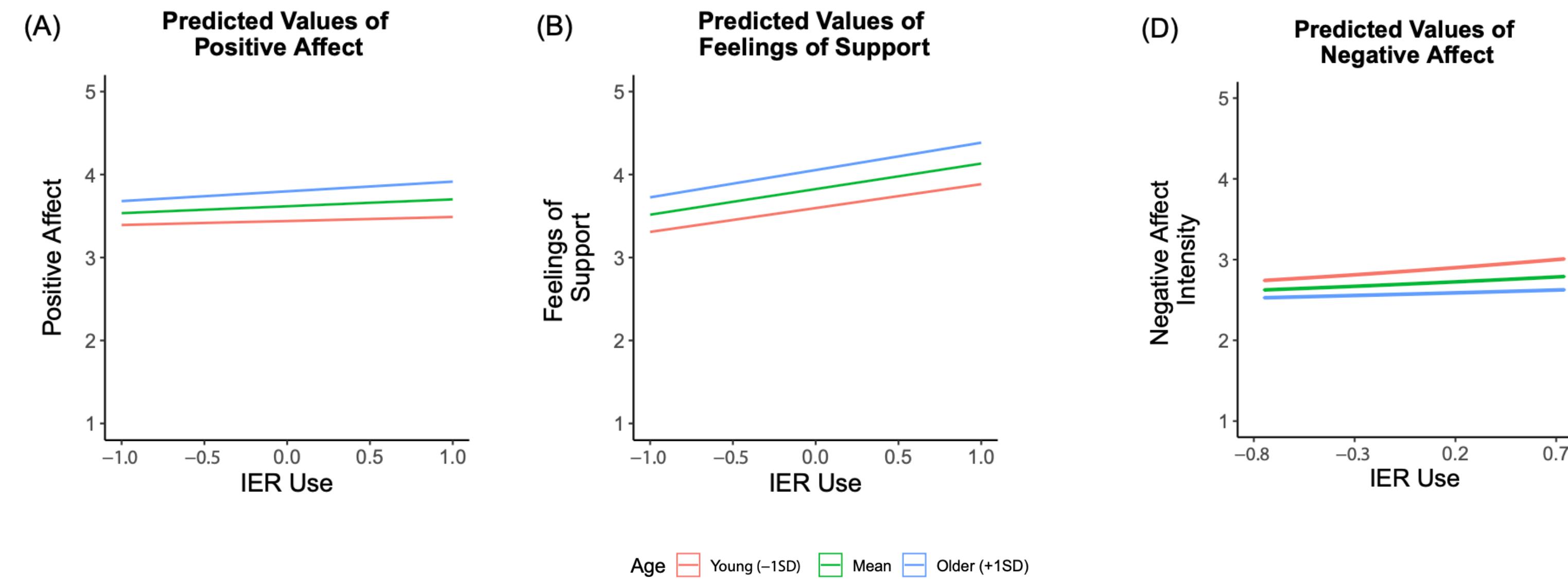
Contextual Features to Consider for Studies of Adult Emotional Development



Emotion regulation with social partners

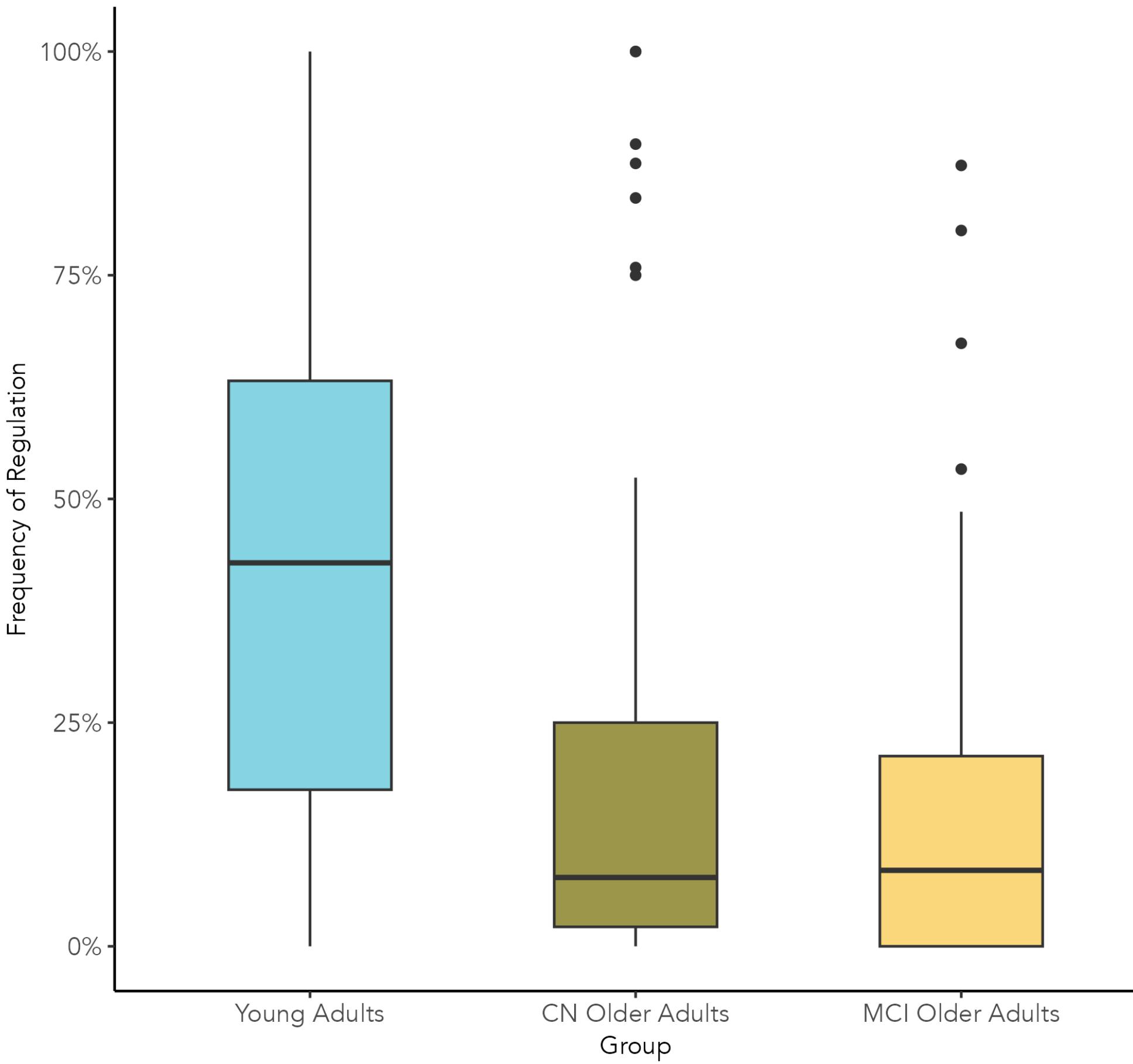


Emotion regulation with social partners

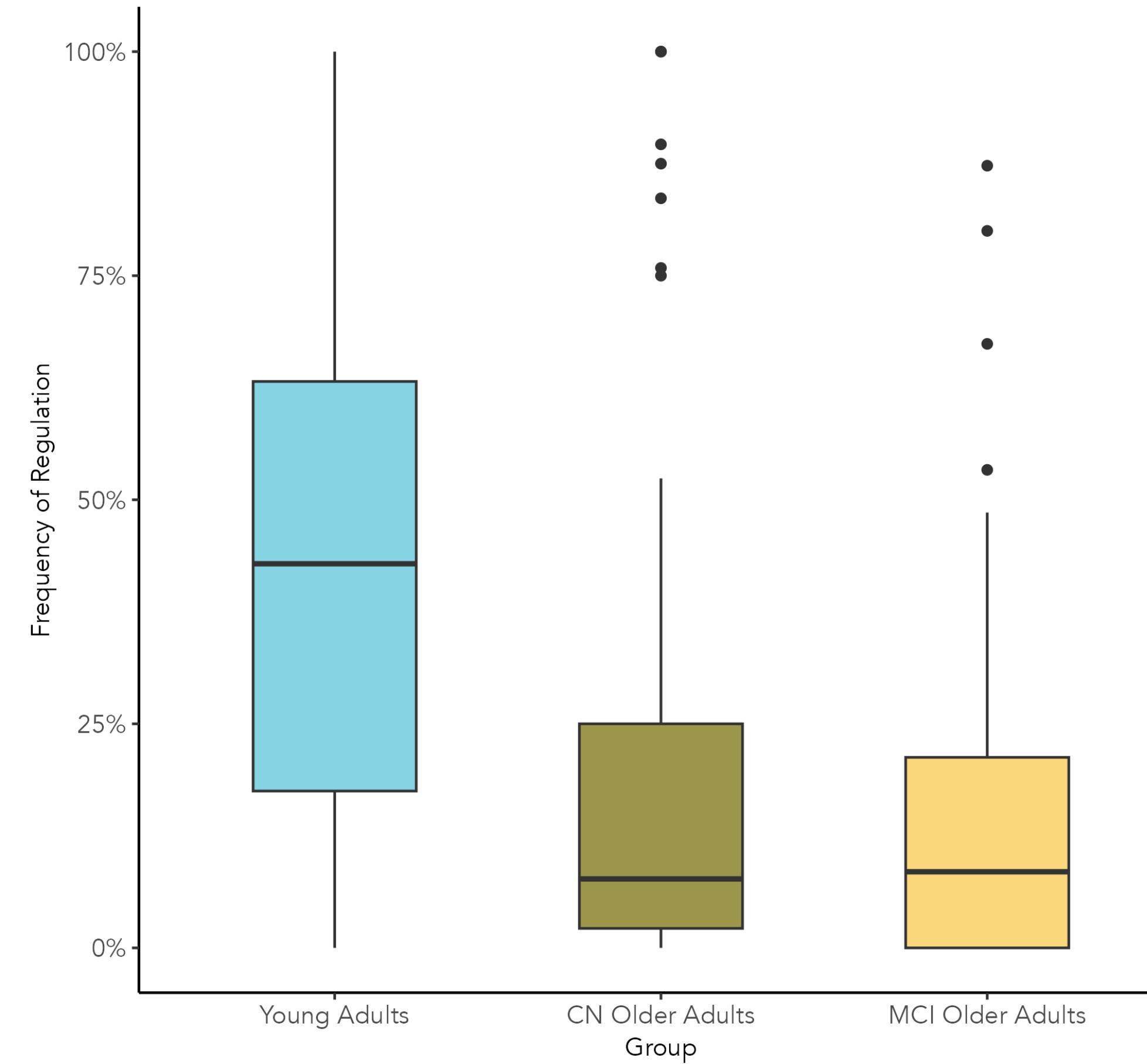


Older adults appear similarly effective as younger adults at regulating emotions with others

Capturing the Frequency of Emotion Regulation



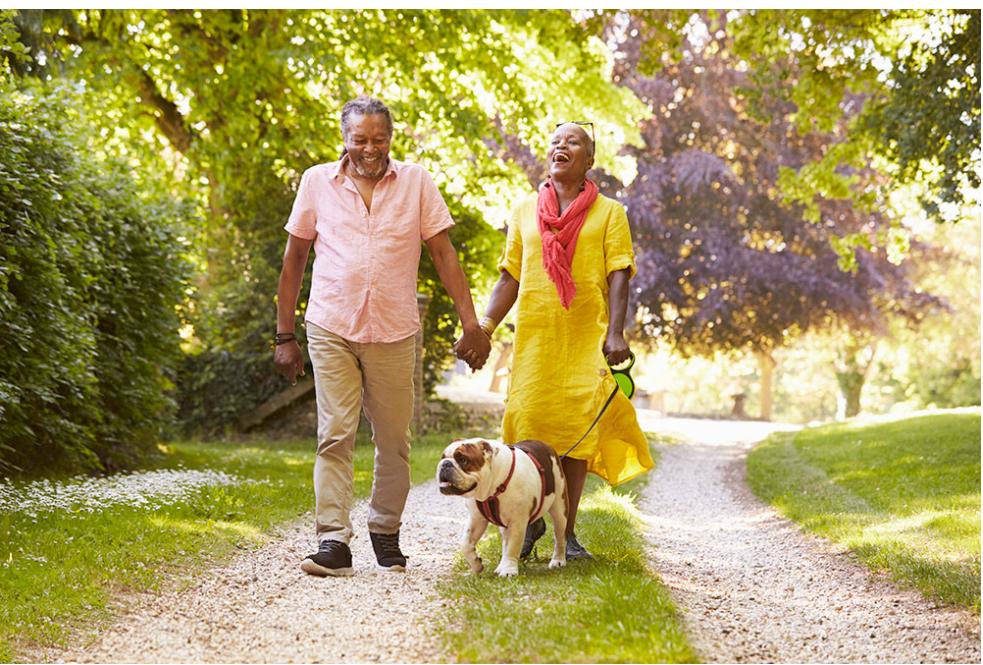
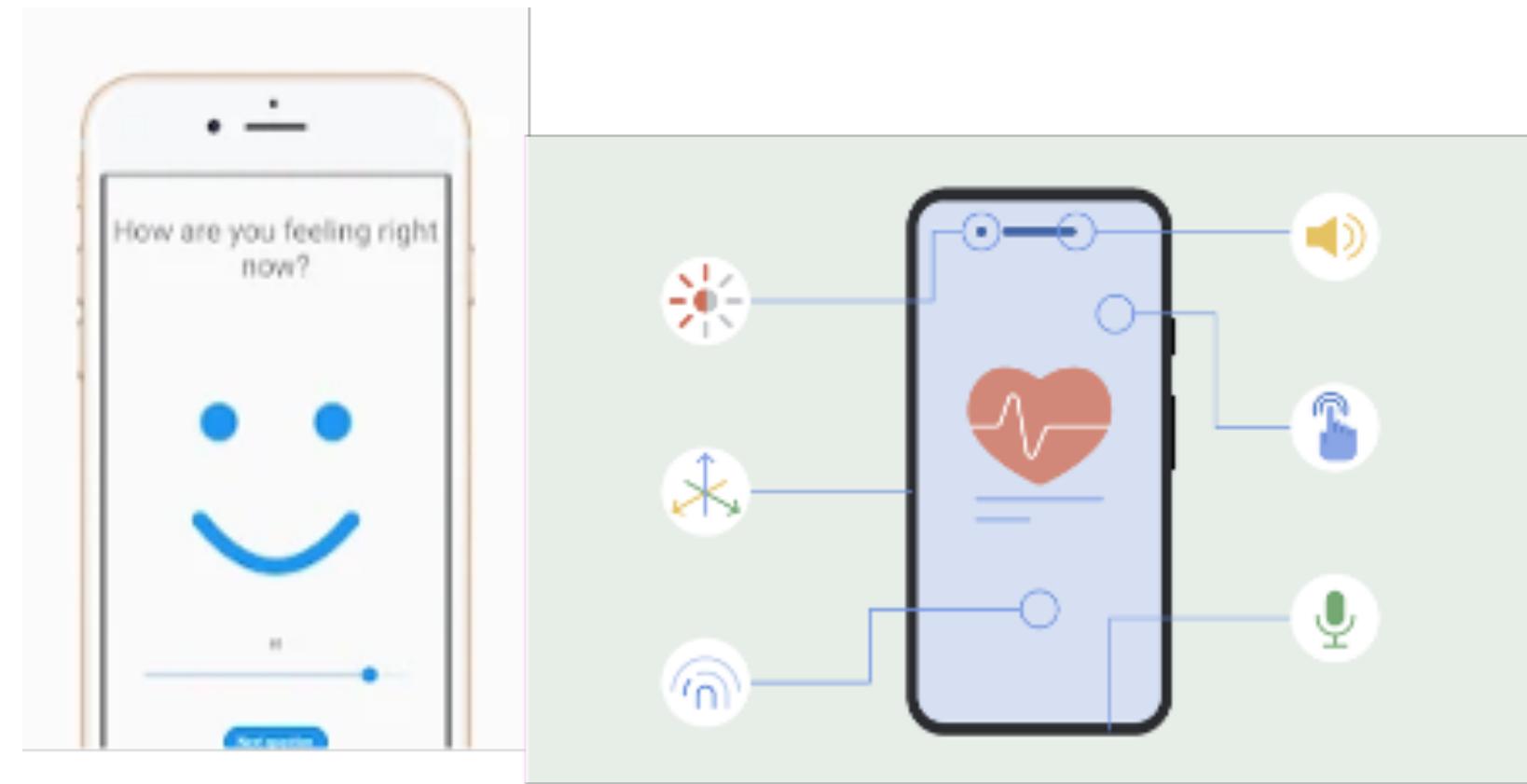
Capturing the Frequency of Emotion Regulation



Older adults (regardless of cognitive status) regulate their emotions less frequently

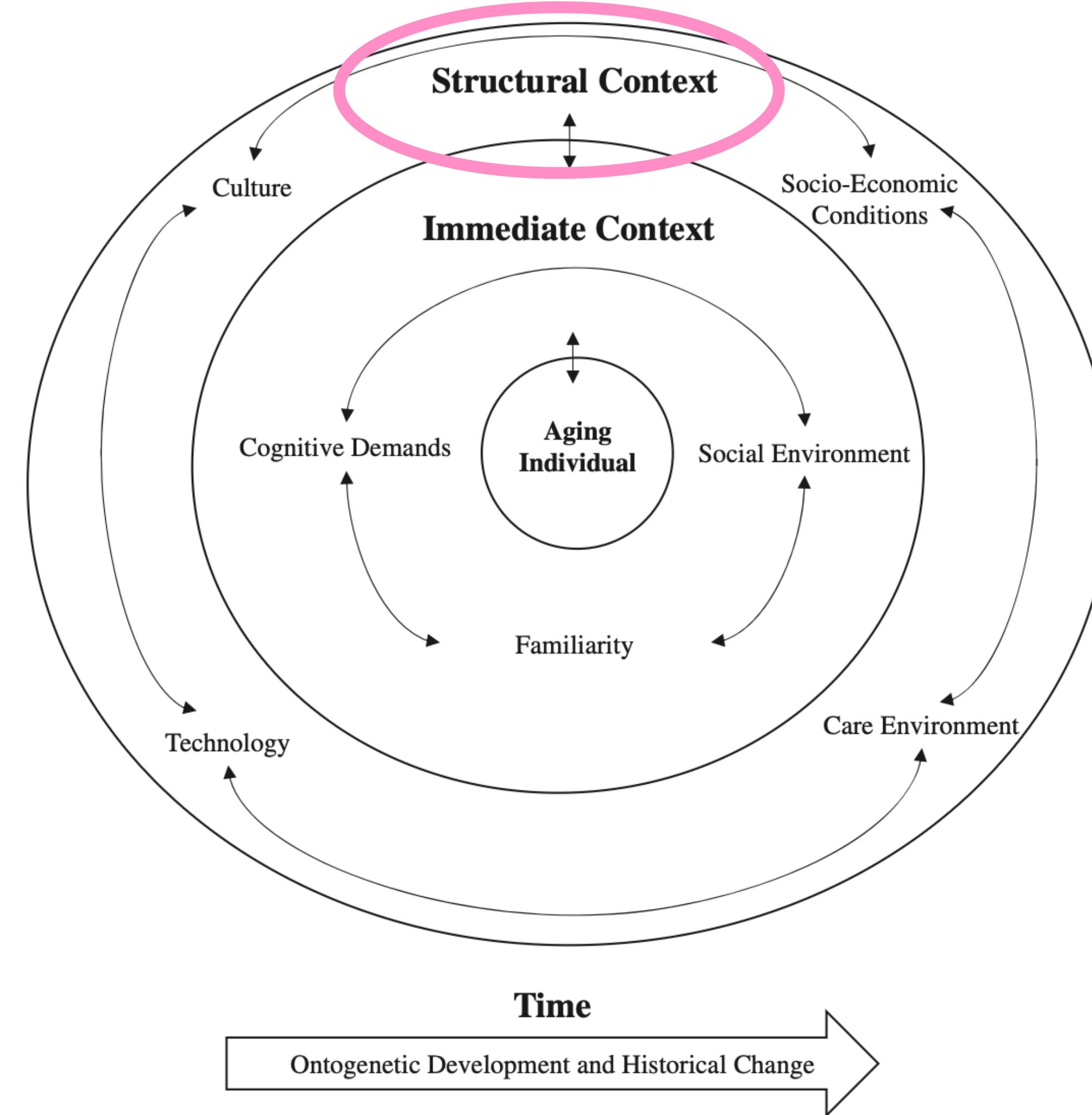
Springstein & English, 2025; JGPS

How do daily contexts enable less frequent emotion regulation with age?

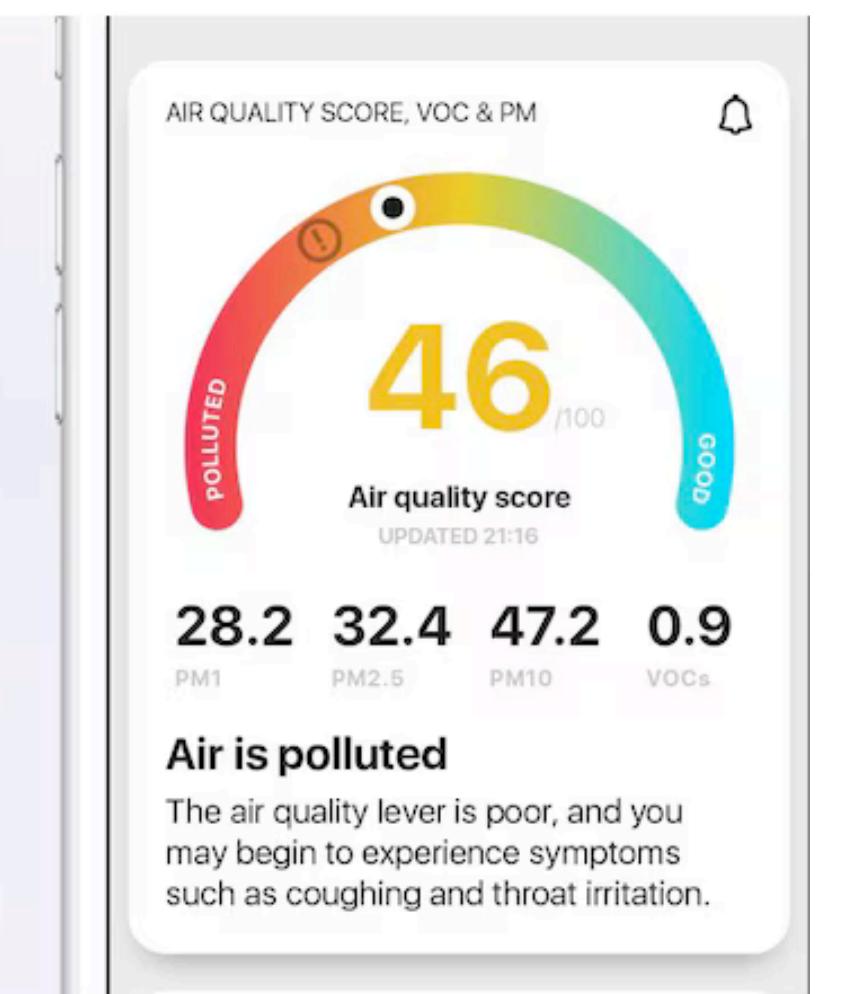
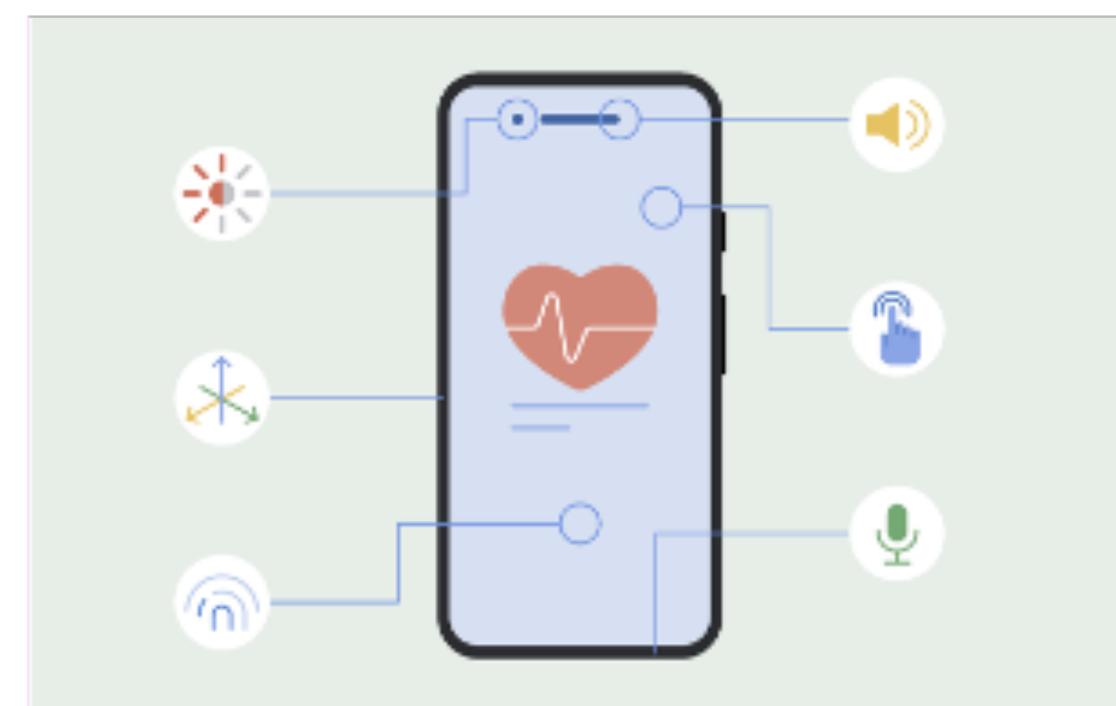


Capturing daily context

Contextual Features to Consider for Studies of Adult Emotional Development



Capturing daily context



Talking to older adults about daily life research

Preliminary Qualitative Data



Talking to older adults about daily life research

Preliminary Qualitative Data

Potential issues

Skeptical of apps

Privacy concerns (tracking)

Time commitment



Talking to older adults about daily life research

Preliminary Qualitative Data

Potential issues

Skeptical of apps

Privacy concerns (tracking)

Time commitment

Potential incentives

Giving back to society

Showing the daily life of “my people”

Understanding how data is used



Questions?

Get in touch: tabea.springstein@ucr.edu