

interventions targeting care recipients were still required to report CG outcomes.

**Results:** The content of the included articles was organized into three themes: social and indirect support, health education, and technology supported monitoring. Results indicated that social and indirect support apps may be of value for stress relief, building confidence, and impacting burden felt by CG's. Two health education apps were investigated. One, CareHeros, was used to assist with the organization of user's health information. Use of the other, UnderstAID, was reported to significantly impact depressive symptoms in the CG user sample. Technology supported monitoring apps provided caregivers with feasible methods of monitoring both the care recipient's health and their own physical and emotional well-being.

**Conclusions:** At present there is limited evidence on the usability and usefulness of mHealth within dementia CG populations. The available literature indicates that mHealth holds promise as an effective intervention platform. Future research should aim to improve user satisfaction and to maximize health related outcomes through targeting the capabilities and interfaces of mHealth to the specific needs and abilities of the user population.

**Author(s) Disclosures:** N/A.

**Key Words:** Technology, Dementia, Caregivers

#### Original Research Poster 1025942

**Modifiable Mediators between Diabetes and Health-related Quality of Life among Older Mexican Americans**



**Adam Kinney (Colorado State University), James Graham**

**Objective:** To investigate explanatory mechanisms underlying the well-established relationship between diabetes and health-related quality of life (HRQOL) among older Mexican Americans<sup>1</sup>. We hypothesized that 1) physical, 2) emotional, and 3) cognitive functioning would mediate the relationship between diabetes and both the physical and mental domains of HRQOL.

**Design:** Secondary analysis of cross-sectional data from the Hispanic Established Populations for Epidemiologic Studies of the Elderly Disabling Process Study (wave 1). We used path analysis to investigate hypotheses.

**Setting:** Community.

**Participants (or Animals, Specimens, Cadavers):** 619 Mexican Americans aged 65 years and older. Subjects selected using area probability sampling procedures.

**Interventions:** Not applicable.

**Main Outcome Measure(s):** Presence of diabetes; physical (Short Physical Performance Battery), emotional (Center for Epidemiologic Studies – Depression), and cognitive functioning (Mini-Mental State Exam); HRQOL (physical and mental components of the SF-36 Survey). We controlled for age, sex, marital status, comorbidities (stroke, heart attack, hypertension), and smoking status.

**Results:** 31.2% reported diabetes. Compared to those without diabetes, those with diabetes scored lower on the physical ( $b=-9.06$ ,  $p<.001$ , 95% CI= $-5.86$ ,  $-0.96$ ), but not the mental ( $b=-1.25$ ,  $p=.150$ , 95% CI= $-1.70$ ,  $1.50$ ), domain of HRQOL. Indirect effects derived using path analysis revealed that physical ( $b=-5.11$ ,  $p<.001$ , 95% CI= $-6.97$ ,  $-3.25$ ) and emotional ( $b=-0.40$ ,  $p=.030$ , 95% CI= $-0.76$ ,  $-0.04$ ) functioning mediated the relationship between diabetes and the physical domain of HRQOL.

**Conclusions:** Diabetes was associated with worse physical and emotional functioning, which in turn diminished the physical domain of HRQOL. Physical and emotional functioning are both responsive to rehabilitation interventions. Additional study is needed to determine whether targeting physical and emotional functioning can effectively diminish the relationship between diabetes and poor health-related quality of life in older Mexican Americans.

**Author(s) Disclosures:** None.

**Key Words:** Diabetes Mellitus, HRQOL, Physical Performance

#### Original Research Poster 1025763

**Modifiable Mediators of the Relationship Between Veterans' Participation and Wellbeing**



**Adam Kinney (Colorado State University), Aaron Eakman, James Graham**

**Objective:** To investigate mediating mechanisms underlying the relationship between Veterans' participation and wellbeing. We hypothesized that social support, coping ability, and meaningful activity would mediate the relationship between participation and two indicators of wellbeing: psychological (meaning in life) and subjective (life satisfaction) wellbeing.

**Design:** Survey. We used path analysis to obtain indirect effects of participation upon both indicators of wellbeing, through the proposed mediators.

**Setting:** Community.

**Participants (or Animals, Specimens, Cadavers):** Convenience sample of 389 Veterans enrolled in college. 5106 invitations sent; 525 surveys completed. 136 non-Veterans were excluded.

**Interventions:** Not applicable.

**Main Outcome Measure(s):** Valid and reliable measures of participation (social and community participation), mediators (social support; coping ability; meaningful activity), and wellbeing (meaning in life; life satisfaction). We controlled for age, gender, marital status, and measures of service-related health conditions (posttraumatic stress disorder; depression; somatic symptoms; mild traumatic brain injury).

**Results:** Indirect effects partially supported hypotheses. The relationship between participation and life meaning was mediated by coping ability ( $b=0.50$ ,  $p=.024$ , 95% CI= $0.01$ ,  $0.08$ ) and meaningful activity ( $b=0.16$ ,  $p<.001$ , 95% CI= $0.09$ ,  $0.23$ ). The relationship between participation and life satisfaction was mediated by social support ( $b=0.05$ ,  $p=.006$ , 95% CI= $0.01$ ,  $0.09$ ) and meaningful activity ( $b=0.14$ ,  $p<.001$ , 95% CI= $0.08$ ,  $0.20$ ).

**Conclusions:** In a sample of community-based Veterans, more frequent participation predicted greater meaningfulness of daily activity, in turn predicting greater life meaning and life satisfaction. More frequent participation also predicted greater coping ability and social support, in turn predicting greater life meaning and life satisfaction, respectively. Findings persisted while controlling for service-related health conditions. Additional study is needed to establish causality and sensitivity to modification, eventually informing treatment theories for interdisciplinary intervention targeting wellbeing among Veterans with service-related health conditions.

**Author(s) Disclosures:** None.

**Key Words:** Veterans, Social Participation, Community Participation

#### Original Research Poster 1025882

**Modified Anatoly Strength Training: Differences by Age and Gender**



**David Burke (Emory University SOM), Tracie McCargo**

**Objective:** To better understand differences in the effect of the Modified Anatoly Strength Training (MAST) system, by age category and sex.

**Design:** A data review was conducted on consecutive individuals who completed the recommended 10-week weight lifting program over a three-year period. Data were retrieved concerning age, gender and weights lifted at each weekly exercise session.

**Setting:** Private strength training gym.

**Participants (or Animals, Specimens, Cadavers):** Adults presenting over a 5-year period for training at a MAST gym were invited to