

Do attitudes and behaviors in response to stress impact the health of older people with diabetes?

October 5 2022



Credit: Pixabay/CC0 Public Domain

New research published in the *Journal of the American Geriatrics Society* suggests that psychological resilience—having attitudes and behaviors

that help people bounce back after stressful challenges—may help older individuals with type 2 diabetes have fewer hospitalizations, better physical functioning, lower disability, better mental quality of life, and a lower likelihood of becoming frail.

In the 3,199-participant study that followed individuals for more than 14 years, the association of resilience with some metrics—[grip strength](#) and self-reported disability—varied based on recent hospitalization history, and results suggested that some associations may differ based on [race](#) /ethnicity.

"This study suggests that individuals who report being psychologically resilient also report fewer aging-related concerns," said lead author KayLoni L. Olson, Ph.D., of the Warren Alpert Medical School of Brown University. "This study is preliminary but points to the potential role of [psychological resilience](#) in helping individuals feel better mentally and physically, which can ultimately enhance their later years of life."

More information: Psychological resilience in older adults with type 2 diabetes from the Look AHEAD Trial, *Journal of the American Geriatrics Society* (2022). [DOI: 10.1111/jgs.17986](https://doi.org/10.1111/jgs.17986)

Provided by Wiley

Citation: Do attitudes and behaviors in response to stress impact the health of older people with diabetes? (2022, October 5) retrieved 6 September 2023 from <https://medicalxpress.com/news/2022-10-attitudes-behaviors-response-stress-impact.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.