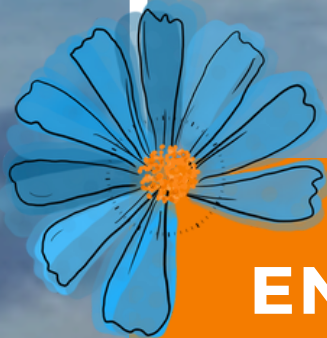




**II CONGRESSO INTERNACIONAL DE GERONTOLOGIA
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LIVRO DE RESUMOS

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GEROTRASCENDENCE'S APPRAISAL IN PORTUGUESE OLDER ADULTS

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Gerotranscendence is an adaptive theory of aging that posits a mindset shift in late life across three dimensions: cosmic, coherence, and solitude. It has been associated with higher levels of life satisfaction and well-being, and with lower levels of depression. As gerotranscendence is influenced by individual and societal attitudes toward aging, recent studies have highlighted the role of cultural factors in shaping the perception and development of the theory. This study aimed to explore gerotranscendence in the Portuguese older population by analyzing both its lay meanings and scientific evaluation. For the first, three focus groups were conducted with 18 participants aged 58 to 98 years (mean=79.5), using open-ended questions to explore their understanding of gerotranscendence and its dimensions. For the second aim, the Gerotranscendence Scale (GST2) was translated, adapted and validated with 215 Portuguese participants (mean age=73.84 years, SD = 9.24). From the focus groups, participants recognized aspects of gerotranscendence in their life experiences but presented differing interpretations, highlighting cultural influences. The validation process revealed notable differences from the original scale: (i) the division of the cosmic dimension into two subdimensions (cosmic connections and relationships) and (ii) the reassignment of one item from the solitude dimension to coherence.

These findings suggest that the Portuguese population perceives connections with the universe and family members as distinct categories. Participants also emphasized that connections with past generations, such as ancestors, are as important as connections with future generations, such as grandchildren. Additionally, solitude appeared to hold less significance for the Portuguese population than in other cultural contexts. As the theory gains traction globally, Portuguese researchers and practitioners need to acknowledge these cultural nuances when planning Gerotranscendence-driven interventions.

Keywords: gerotranscendence; older adults; Portugal.