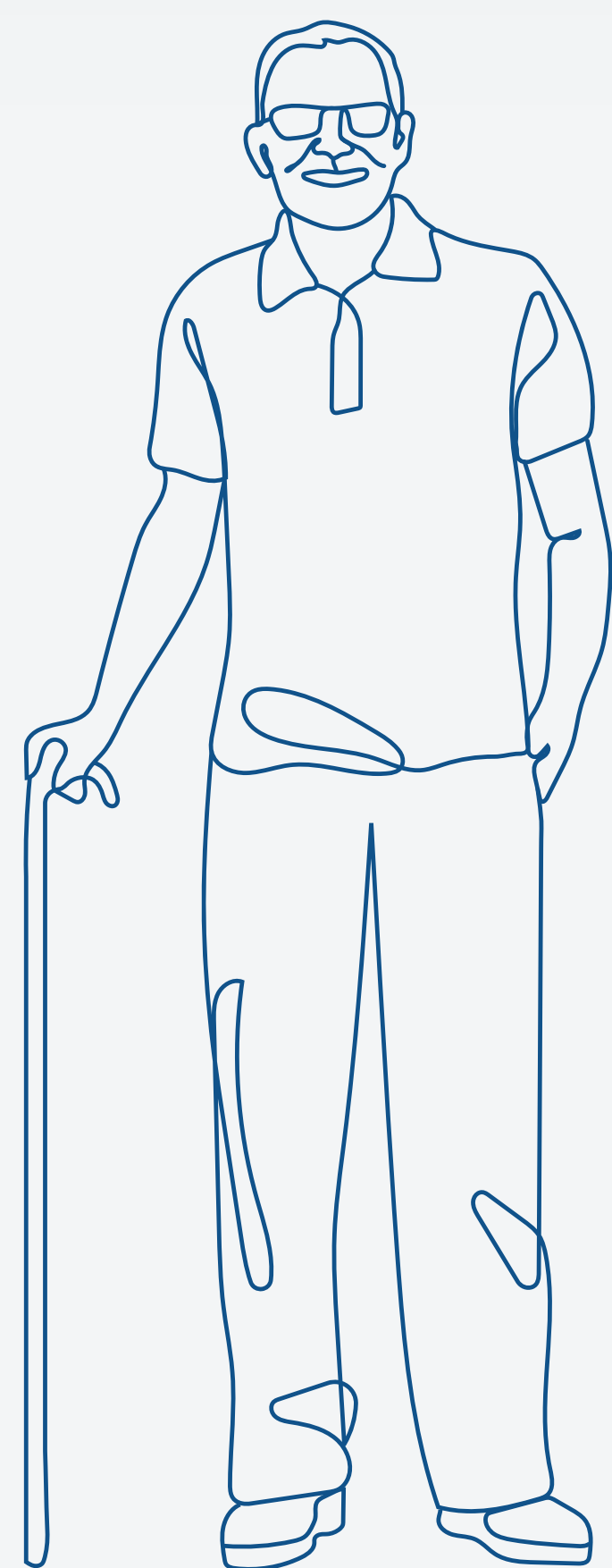


# ACES & Healthy Aging



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## INTRODUCTION

ACEs is an abbreviation for Adverse Childhood Experiences. It is an inventory of 10 questions that assesses for childhood trauma. High ACEs scores have been linked to a wide range of mental and physical complications. Our group aims to understand possible links between outcomes in older adults and these ACEs scores, including possible sources of resilience (ACEs, Felitti et al., 1998).

This experiment aims to answer the following question:

1

Do adverse childhood experiences have an effect on the health and well-being of older Alaskans?

## MEASURES

- Big 5 Personality Inventory (John & Srivastava, 1999)
- Brief Resilience Scale (Smith et al., 2008)
- WHO-5 (World Health Organization, 1998)
- The Geriatric Sleep Questionnaire (Espirito-Santo et al., 2021)
- Multidimensional Scale of Perceived Social Support (Zimet et al., 1988)
- The Patient Health Questionnaire (Kroenke et al., 2009)
- The Measurement of Multiple Chronic Diseases (Diederichs et al., 2011),
- Adverse Childhood Experiences Questionnaire (ACEs, Felitti et al., 1998)

## PROCEDURE

Our team engaged in the long process of idea to IRB submission by completing the following tasks...

- Literature review
- Finding holes in current research
- Thinking about a hypothesis
- Writing a survey
- Obtaining URSA funding
- IRB Proposal

## IRB PROPOSAL

- Training
- Consent Forms
- Protocol
- Personnel List
- Flyers
- Advertisements

## WHAT'S NEXT?

- Data Collection
- Data Analysis
- Part 2: Qualitative Interviews
- Further Questions

Literature Review

Write Survey

IRB Proposal

## REFERENCES

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