

DEPRESSION AND METACOGNITIVE EFFICIENCY IN EARLY AND LATE ADULTHOOD: A DEVELOPMENTAL PERSPECTIVE

M.C. Fastame, M.P. Penna, M. Agus, E.S. Rossetti, B. Leone

Department of Pedagogy, Psychology and Philosophy, University of Cagliari, Cagliari, Italy

The main purpose of current research was to investigate the impact of self-rated metacognitive measures and depressive symptoms in predicting psychological well-being in differently aged healthy adults. Moreover, current research was aimed to explore the effect of genre and age on metacognition and depression scores. Ninety-six healthy adults were recruited in Northern Italy and were respectively assigned to Young (i.e., 20-30 years), Old (i.e., 65-74 years), Very Old (i.e., 75-84 years) and Oldest-Old (i.e., > 85 years) groups. Participants were administered self-referent social-desirability, cognitive efficiency, subjective wellness and psychological distress questionnaires. Results show that depression, cognitive functioning, social desirability and metamnemonic scores represent the best predictor of psychological well-being. Furthermore, a significant main effect of age and genre was found on measures of depression and metamemory. Finally, personal satisfaction, coping strategies, emotional control and general well-being levels of the Very Old group were lower.