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Paper number 1162 | Oral

Loneliness and depression among older adults: Associations with perceived social changes during the COVID-19 pandemic

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In addition to the higher levels of depression, loneliness and social isolation faced by the older adults, considered a public health problem, recently the COVID-19 pandemic has exacerbated many of the problems that this population group already had, putting older adults at an even greater disadvantage. This study aims to 1) characterise the levels of depression, feelings of loneliness, and suicide ideation of a representative sample of older adults living in different areas of the Alentejo (the most aged region of Portugal), as well as the levels of social isolation and changes in the size of the social network perceived during the pandemic period; 2) identify the predictors of a high risk of depression among older adults. The study involved 324 older adults aged 65-92 ($M=75.11$; $SD=6.89$), mostly female (67.9%), who answered in person to self-report instruments on the variables under study. Most participants (65.4%) reported unlikely or mild levels of depression, but 31.2% were at clinical risk. The results show a tendency towards more depression and loneliness in rural areas, but more suicidal ideation in urban areas. Although the majority (73.8%) perceived a moderate or high level of social isolation during the most critical periods of the pandemic, which was more evident in urban residents, there was a tendency to maintain the size of the social network during the most critical periods of the pandemic (91.0%). Regression analysis identified age (80+ years), being female, having a more difficult financial situation and poorer health as predictors of a higher risk of depression, as well as lower social support. The contribution of the study is discussed in the context of preventive measures for depression among older adults and interventions that facilitate the reduction of the adverse consequences of social isolation and loneliness, considering the role of social support networks.

Papers session 27

Paper number 1064 | Oral

Teachers' well-being and job satisfaction in the post-covid era: The role of psychological flexibility

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OBJECTIVES: This quantitative study is part of a broader international project "Global Perspectives on Teachers' Well-being and Mental Health Following the COVID-19 Pandemic." The study aims to: (1) assess teachers' well-being and job satisfaction in the post-COVID-19 era, (2) identify key predictors of these outcomes, and (3) examine the moderating role of psychological flexibility in mitigating the negative impact of job satisfaction on well-being.

BACKGROUND: The COVID-19 pandemic imposed numerous additional demands on educators. Understanding the impact on their well-being and job satisfaction is crucial, as they are closely linked to professional performance (Wartenberg et al., 2023) and student outcomes (Lambert et al., 2020). Psychological flexibility (PF) is a key