

Contents

	List of Figures	page ix
	List of Tables	xi
	List of Contributors	xii
		1
	Introduction	
	Part I Models of Cognitive Aging	3
1	Overview of Models of Cognitive Aging	5
	NANCY A. DENNIS, ANGELA GUTCHESS, AND AYANNA K. THOMA	.S
2	Cognitive Reserve	32
	ELEANNA VARANGIS AND YAAKOV STERN	
3	How Age-Related Changes in the Brain Affect Cognition	47
	ANDERS M. FJELL AND KRISTINE B. WALHOVD	
4	Neuroadaptive Trajectories of Healthy Mindspan: From	
	Genes to Neural Networks	62
	PETER R. RAPP, CRISTINA BAÑUELOS, AND CRAIG MYRUM	
5	Cognitive Aging: The Role of Neurotransmitter Systems	82
	ANNA RIECKMANN AND LARS NYBERG	
6	How Arousal-Related Neurotransmitter Systems	
	Compensate for Age-Related Decline	101
	MARA MATHER	
Part I	Summary	121
	AYANNA K. THOMAS	
	Part II Mechanisms of Cognitive Aging	125
7	Aging Effects on Brain and Cognition: What Do We Learn	
	from a Strategy Perspective?	127
	THOMAS HINAULT AND PATRICK LEMAIRE	

V



vi Contents

8	Inhibitory Theory: Assumptions, Findings, and Relevance to Interventions LYNN HASHER AND KAREN L. CAMPBELL	147
9	From Perception to Action: Bottom-Up and Top-Down Influences on Age Differences in Attention CINDY LUSTIG AND HYESUE JANG	161
10	Age-Related Sensory Deficits and Their Consequences JONATHAN E. PEELLE	179
11	Episodic Memory Decline in Aging AUDREY DUARTE AND MICHAEL R. DULAS	200
12	Age Differences in Decision Making JONELL STROUGH, WÄNDI BRUINE DE BRUIN, AND JENNA M. WILSON	218
13	Emotion and Memory ELIZABETH A. KENSINGER, JACLYN FORD, AND RYAN T. DALEY	236
14	Time Perception from Seconds to Lifetimes: How Perceived Time Affects Adult Development HSIAO-WEN LIAO, SABINE HOMMELHOFF, AND LAURA L. CARSTENSEN	254
Part II	Summary Krystal R. Leger and Angela Gutchess	273
	Part III Aging in a Socioemotional Context	279
15	Memory and Aging in Social Contexts MICHELLE L. MEADE, VLADIMIR A. PERGA, AND KATHERINE M. HART	281
16	Emotion Regulation in Adulthood and Old Age: A Cognitive Aging Perspective on Strategy Use and Effectiveness KATHRYN L. OSSENFORT AND DEREK M. ISAACOWITZ	299
17	Changes in Social and Emotional Well-Being over the Lifespan ANNE C. KRENDL	315
18	Aging and Cognitive Functioning: The Impact of Goals and Motivation THOMAS M. HESS	332
19	Social Relationships and Cognitive Development in Adulthood KAREN L. FINGERMAN, MENG HUO, YEE TO NG, AND STEVEN H. ZARIT	350



		Contents	vi
20	Emotion Recognition and Aging of the Social Brain TED RUFFMAN AND RYAN SUTCLIFFE	367	
21	Narrative and Identity: The Importance of Our Personal Past in Later Life GERBEN J. WESTERHOF, NICOLE ALEA, AND SUSAN BLUCK	383	
22	Stereotype Threat and the Cognitive Performance of Older Adults SARAH J. BARBER AND KRISTY LUI	400	
Part III	Summary ISABELLE MOORE AND ANGELA GUTCHESS	417	
	Part IV Cognitive, Social, and Biological Factors across the Lifespan	421	
23	Prenatal Influences on Cognitive Aging SUSANNE R. DE ROOIJ	423	
24	Associations between Activity Participation across the Life Course and Cognitive Aging ALAN J. GOW	440	
25	Cognitive Aging and Culture: Older Brain Predictions about Different Environments YU-SHIANG SU AND JOSHUA OON SOO GOH	457	
26	Current Perspectives on Aging and Bilingualism across the Life Span ANGELA GRANT, KRISTINA COULTER, AND NATALIE PHILLIPS	480	
27	Grit and Successful Aging EMMA RHODES AND TANIA GIOVANNETTI	499	
28	Control and Cognition: Contextual and Individual Differences in Cognitive Aging SHEVAUN D. NEUPERT AND JENNIFER A. BELLINGTIER	514	
29	Cognition and Well-Being across Adulthood and Old Age JOHANNA DREWELIES AND DENIS GERSTORF	532	
30	The Genetics of Cognitive Abilities GORAN PAPENBERG AND LARS BÄCKMAN	552	
31	Blood Biomarkers of Cognitive Health and Neurodegenerative Disease MARK MAPSTONE, THOMAS J. GROSS, SUDHAKAR RAJA SUBRAMANIAM, MASSIMO S. FIANDACA, AND HOWARD J. FEDEROFF	568	



viii Content

111	Contents		
	Part IV	Summary NATHANIEL RABB AND AYANNA K. THOMAS	587
		Part V Later Life and Interventions	591
	32	Cerebrovascular Disease, Aging, and Depression: Clinical Features, Pathophysiology, and Treatment FAITH GUNNING AND ABHISHEK JAYWANT	593
	33	The Role of Nutrition in Cognitive Decline BERNA RAHI, CYRUS A. RAJI, SOMAYEH MEYSAMI, AND DAVID MERRILL	612
	34	The Role of Sleep in Cognitive Aging TAYLOR TERLIZZESE AND MICHAEL K. SCULLIN	628
	35	The Relationship between Accelerometer-Derived Metrics of Physical Activity and Cognition among Older Adults NICOLE J. HEGBERG, SHEENA DEV, AND SCOTT M. HAYES	645
	36	Far Transfer and Cognitive Training: Examination of Two Hypotheses on Mechanisms PAMELA M. GREENWOOD	666
	37	Maximizing the Impact of Cognitive Engagement Interventions for Older Adults RACHEL WU AND GEORGE W. REBOK	685
	38	Mobility and Cognitive Decline in Older Adults with Cognitive Impairment CAROLINE WARD, EMILY TOUCHET, ELIZABETH MARFEO, AND NATHAN WARD	701
	39	Current and Emerging Technologies for Supporting Successful Aging WENDY A. ROGERS, KENNETH A. BLOCKER, AND LUCILE DUPUY	717
	Part V	Summary RENÉE DECARO AND AYANNA K. THOMAS	737
		Index	743

Plate section can be found between pages 400 and 401