

and this differential exposure to bereavement has implications for racial and ethnic disparities in social isolation and health throughout life.

#### LONG-TERM PSYCHOLOGICAL CONSEQUENCES OF PARENTAL BEREAVEMENT PRIOR TO MID-LIFE: VOLUNTEERING HELPS

Meng Huo<sup>1</sup>, and Kyungmin Kim<sup>2</sup>, 1. *University of California, Davis, DAVIS, California, United States*, 2. *Seoul National University, Seoul, Seoul-t'ukpyolsi, Republic of Korea*

Losing a child prior to midlife may be a uniquely traumatic event that continues to compromise parents' well-being in later life. This study compared psychological well-being between bereaved and non-bereaved parents, and examined whether volunteering protects bereaved parents. We analyzed a pooled sample of parents aged 50+ (N = 12,023) from the Health and Retirement Study, including parents who lost a child prior to 50 and those who never lost a child. Bereaved parents reported more depressive symptoms and lower life satisfaction than non-bereaved parents, which was more evident among parents with fewer children alive. Among bereaved parents, volunteering, particularly volunteering 100+ hours/year, was associated with better well-being at baseline; yet, volunteering 1–99 hours/year led to a larger increase in life satisfaction over time. This study adds to our understanding of lasting effects of parental bereavement and suggests volunteering as a potential intervention aimed at helping bereaved older parents.

#### THE WIDOWHOOD EFFECT IN COMPLEX SERIOUS ILLNESS: THE IMPACT OF SPOUSAL DEATH ON MORTALITY IN DEMENTIA

Rebecca Rodin<sup>1</sup>, Alex Smith<sup>2</sup>, Edie Espejo<sup>2</sup>, W. John Boscardin<sup>2</sup>, Siqi Gan<sup>2</sup>, Lauren Hunt<sup>2</sup>, Katherine Ornstein<sup>3</sup>, and Sean Morrison<sup>1</sup>, 1. *Icahn School of Medicine at Mount Sinai, New York City, New York, United States*, 2. *University of California, San Francisco, San Francisco, California, United States*, 3. *Johns Hopkins University, Baltimore, Maryland, United States*

Numerous studies suggest that there is an association between widowhood and mortality. This “widowhood effect” may be heightened in patients with dementia, who have high support needs and for whom spouses typically provide extensive caregiving support. Yet there are limited data on widowhood and mortality that account for dementia status. To determine the relative mortality risk of widowhood among those with and without dementia, we conducted a retrospective cohort study among community-dwelling, married/partnered persons, ≥65 years, enrolled in the Health and Retirement Study, 2000–2018. Among the 12,308 persons (n=390 with dementia), widowhood was not associated with increased mortality, after adjusting for age and dementia status, in men or women (adjusted HR 1.04; 95% C.I.(0.95–1.13); HR 0.96; 95% C.I.(0.87–1.95), respectively). These findings suggest that dementia, age, or other unmeasured confounding variables may account for the previous finding of increased mortality following spousal death. Further research is needed to confirm these findings in diverse populations.

#### THE LONG-TERM LONELINESS OF WIDOWHOOD: A SYSTEMATIC REVIEW OF MARITAL STATUS DIFFERENCES

Anneke Vedder<sup>1</sup>, Jeffrey Stokes<sup>2</sup>, Kathrin Boerner<sup>2</sup>, Henk Schut<sup>3</sup>, Paul Boelen<sup>3</sup>, Bibi Schut<sup>3</sup>, and Margaret Stroebe<sup>4</sup>, 1. *Faculty of Social & Behavioural Sciences, Utrecht, Utrecht, Netherlands*, 2. *University of Massachusetts Boston, Boston, Massachusetts, United States*, 3. *Utrecht University, Departement of Psychology, clinical psychology, Utrecht, Utrecht, Netherlands*, 4. *University of Groningen, Experimental Psychopathology, Department Clinical Psych. & Exp. Psychopathology, Groningen, Groningen, Netherlands*

Loneliness can be prominent in bereavement, possibly leading to compromised mental and physical health. We systematically reviewed the extent of loneliness across marital status groups, examining the prevalence, intensity, risk factors, and correlates of loneliness in widowhood, compared to other marital statuses. Studies that met predefined criteria as well as investigated marital status (comparisons) were included in the review. For reporting, we followed the PRISMA statement. Thirty-eight studies were included. Widowhood was associated with a greater likelihood and intensity of loneliness when compared to other marital statuses, and especially the divorced. Widowers were on average lonelier than widows. Findings suggest that, widowed persons are uniquely vulnerable to loneliness, and that, in the long-term, loneliness may be more pronounced among the widowed than the divorced. However, methodological shortcomings (e.g., heterogenous samples, different measures of loneliness) of available studies must be considered, and future research should aim to overcome these limitations.

#### NEW BEREAVEMENT IS A RISK FACTOR FOR BINGE DRINKING, SMOKING, AND POOR MENTAL HEALTH (2019 GEORGIA BRFSS)

Toni Miles, *Rosalynn Carter Institute, Athens, Georgia, United States*

This presentation advances studies of population health by estimating the association between new bereavement and binge drinking rates among adults aged 50 years and older. In other reports, bereavement is associated with significantly higher rates of binge drinking among older adults. In 2019, the state of Georgia used an optional module in the Behavioral Risk Factor Surveillance Survey (BRFSS) to measure the prevalence of new bereavement. This is the first effort to capture population-level data on bereavement in Georgia. 45% of adults (4 million persons) aged 18 and older were newly bereaved in the 24 months prior to survey. Highest bereavement rates: adults aged 55 to 64 years (51%), unemployed (49%), and Black respondents (60%). Binge drinking rate for bereaved was 31% (versus 23.6% not bereaved). Combined bereavement and binge drinking increased risk for poor mental health (OR = 2.83) and smoking (OR = 4.54).

#### SESSION 4461 (BIOLOGICAL SCIENCES INVITED SYMPOSIUM)

##### NEUROBIOLOGY OF AGING

Chair: Jasmin Herz