

# Do attitudes and behaviors in response to stress impact the health of older people with diabetes?

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New research published in the *Journal of the American Geriatrics Society* suggests that psychological resilience—having attitudes and behaviors

that help people bounce back after stressful challenges—may help older individuals with type 2 diabetes have fewer hospitalizations, better physical functioning, lower disability, better mental quality of life, and a lower likelihood of becoming frail.

In the 3,199-participant study that followed individuals for more than 14 years, the association of resilience with some metrics—[grip strength](#) and self-reported disability—varied based on recent hospitalization history, and results suggested that some associations may differ based on [race](#) /ethnicity.

"This study suggests that individuals who report being psychologically resilient also report fewer aging-related concerns," said lead author KayLoni L. Olson, Ph.D., of the Warren Alpert Medical School of Brown University. "This study is preliminary but points to the potential role of [psychological resilience](#) in helping individuals feel better mentally and physically, which can ultimately enhance their later years of life."

**More information:** Psychological resilience in older adults with type 2 diabetes from the Look AHEAD Trial, *Journal of the American Geriatrics Society* (2022). [DOI: 10.1111/jgs.17986](https://doi.org/10.1111/jgs.17986)

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