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Psychosocial Pathways to Healthy Aging: The Contribution of Perceived Control

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How much control do you think you have over what happens in your life? There is theoretical and empirical evidence showing that higher control beliefs play a protective role for healthy aging, broadly defined. The goal of this talk is to present a series of studies that offers an overview of the relationships between perceived control and physical and cognitive health, throughout the lifespan. Are there age/cohort differences and changes in control beliefs? Are higher control beliefs always beneficial? Are they modifiable? Do their fluctuations have an impact on health? The answers to such questions will be discussed using various methodological approaches (panel surveys, daily diaries, experimental manipulations) and levels of granularity (from task-specific to general measures of control beliefs). The generated knowledge in this field has practical implications in terms of creating *higher-control contexts* of living, working, performing, etc.