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DEPRESSION AND METACOGNITIVE EFFICIENCY IN EARLY AND LATE ADULTHOOD: A DEVELOPMENTAL PERSPECTIVE

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The main purpose of current research was to investigate the impact of self-rated metacognitive measures and depressive symptoms in predicting psychological well-being in differently aged healthy adults. Moreover, current research was aimed to explore the effect of genre and age on metacognition and depression scores. Ninety-six healthy adults were recruited in Northern Italy and were respectively assigned to Young (i.e., 20-30 years), Old (i.e., 65-74 years), Very Old (i.e., 75-84 years) and Oldest-Old (i.e., > 85 years) groups. Participants were administered self-referent social-desirability, cognitive efficiency, subjective wellness and psychological distress questionnaires. Results show that depression, cognitive functioning, social desirability and metamnestic scores represent the best predictor of psychological well-being. Furthermore, a significant main effect of age and genre was found on measures of depression and metamemory. Finally, personal satisfaction, coping strategies, emotional control and general well-being levels of the Very Old group were lower.

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