

十一、研究計畫中英文摘要：請就本計畫要點作一概述，並依本計畫性質自訂關鍵詞。

(二) 計畫英文摘要。(五百字以內)

Key words: elderly, successful aging, religious activity, spirituality, subjective well-being

**Purpose:** The purpose of this project is to explore the influence of religious activity and spiritual experience to successful aging. The research questions include: 1. When the life events happen, does religious activity or spiritual experience help to reduce depressive symptoms, increase subjective well-being, and reduce psychological stress? 2. Under the situation of deterioration of physical and cognitive function, does religious activity or spiritual experience help to reduce depressive symptoms, increase subjective well-being, and reduce psychological stress? 3. Is there religious preference and gender difference in attending religious activity and spiritual experience, and is the difference causing difference in successful aging? 4. Does religion activity or spiritual experience helpful in social role participation for the elderly?

**Methods:** The project is designed by cohort study and analyzed by longitudinal data. Data come from “Survey of Health and Living Status of the Elderly in Taiwan”, 1999 & 2003, a national representative samples executed by Population and Health Survey Center, Bureau of Health Promotion, Department of Health. The variables used in the study include: religion activity, spiritual experience, successful aging (physical function, depressive symptoms, cognitive function, social support, productive activity), subjective well-being, psychological stress, and happiness, as well as life events, demographic and socio-economic status, area, etc. Longitudinal data analysis and multi-variate analysis will be used, including survival analysis, repeated measurement and mixed effect model, generalized estimating equations, etc.

**Expected contribution:** 1. This project will continue the study of successful aging in the past and explore the missing piece of spirituality, and to describe the comprehensive successful aging picture for the elderly in Taiwan. 2. This study will explore the relationship of successful aging and religious activity/spiritual experience, and will apply longitudinal data analysis to clarify the causal relationship. 3. This study will be helpful to explore the relationship and the mechanism of spirituality and different dimensions of successful aging. 4. The results is expected to provide suggestions for the spiritual care intervention for successful aging practice or policy in the future.