Transgenerational Mental Health and Old Age

New Approaches and Implications

Astrid Stuckelberger, MSc, PhD, PD
Methodological Framework for Transgenerational Health timing for and comprehensive mental health understanding

- **Individual** life course and ageing

- **Generations**
  in family/genealogy
  in Society

- **Transgenerational** integration of individual, family and society
Cohort - Generation – Age Effect
Society - Family - Individual

Year (historical)

1900  1920  1940  1960  1980  2000  2020

Age individual

Industrial revolution

IT revolution

WW I  WW II
Evidence A:
New Architecture of Old Age, Family and Generations

Reality-check and implications for the transgenerational mental health norms
Evidence shows Global Ageing and Longevity!
New Architecture: of Society
Longevity is reshaping the structure and dynamics of families

- N of older persons
- % of older persons
- Life expectancy (EV)
- Longevity and exceptional longevity > 100yo

Demographic Transition
Epidemiologic Transition
+ Socio-Cultural Transition
Technological Revolution

Definition: «old» -«age»
60yo for UN - 65yo in general
Young old, old, old old, very old
- Administrative age
- Biological age
- Social age
- Subjective age
- Relative age
Healthy ageing = norm

Healthy ageing = norm

Concept ‘Family’/ ‘Generation’
- 4-6 Generations living together
- of which 2-3 are older people
- Each generation = different profiles, different mental and behaviour patterns, gender differences

7.2 billion inhabitants in the world in 2013
World fertility rate 2.5 children per women
N of 60+ years old in 2010 = 700 million (10%)
will double until 2050 = 20% of the population
More older persons than 15 year olds


‘One of the most important challenges the world faces in the 21st Century is responding to the economic, financial and social implications of the changing demographics in our ageing societies.’ Denver Summit of the G8 in 1997
Constant Increase in Longevity

♫ Number of Centenarians - ♫ Supercentenarians

Japan 1963-2010

Sept 2013: 54,397 Centenarians increase for the 43rd consecutive year
4x more than 12 years ago
87% are women

Switzerland 1860 – 2000
Census – Swiss Statistical Office

Oldest living person in the world:
Misao Okawa, Japan (born on 5 March 1898) ➔ 116 years in 2014
Alexander Imich, USA (born 3 Feb 1903) ➔ 111 y (Goulag)

Oldest dead person in the world:
Jeanne Calment, France (born ) ➔ 122 years 164 days
Jiroemon Kimura, Japan (born 19 April 1897) ➔ 116 years 54 days
(1st men - 13th)
Implication 1: A Multi-generation Society and Family
up to 6 generations living together with 2-3 in old age
Need for multigeneration policy and perspectives in public health

- Genealogy «Generations»

Jeanne Louise Calment (1875-1997), at the age of 122, was the oldest fully authenticated human being that has ever lived. She attributed her longevity to olive oil, port, and chocolate, although her genes may have contributed to her longevity as her father lived to the age of 94 and her mother to the age of 86. Photo by N’Geen Tien-Gamma Liasion, courtesy of www.wowzone.com.

The most generations alive in a single family has been seven (Guiness Record). The great-great-great-great-grandparent being Augusta Bunge (USA) aged 109 years 97 days, followed by her daughter aged 89, her grand-daughter aged 70, her great-grand-daughter aged 52, her great-great-grand-daughter aged 33 and her great-great-great-grand-daughter aged 15 on the birth of her great-great-great-great grandson on 21 January 1989.
## Implication 2: Family Structure and Dynamics

Mutation of Genealogy, Family Patterns and Transmission Values

<table>
<thead>
<tr>
<th>Traditional Architecture</th>
<th>Current Architectural Tendency</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strong mortality at all the ages</td>
<td>Increase of life expectancy and decrease of fertility</td>
</tr>
<tr>
<td>2 to 3 generations</td>
<td>4 to 5 generations</td>
</tr>
<tr>
<td>0 to 1 generation at retirement age</td>
<td>2 to 3 generations retirement age</td>
</tr>
<tr>
<td>Predominance of</td>
<td></td>
</tr>
<tr>
<td>intra - generational links</td>
<td>Inter-generational lineage increases</td>
</tr>
<tr>
<td>Many siblings</td>
<td>Few brothers / sisters</td>
</tr>
<tr>
<td>Numerous descent</td>
<td>Weak descent at each generation</td>
</tr>
<tr>
<td>Traditional family</td>
<td>Nuclear family or single parent</td>
</tr>
<tr>
<td>Generations living together or near</td>
<td>Generations living apart or abroad</td>
</tr>
<tr>
<td>Homogeneous family:</td>
<td>Heterogeneous family – “Recomposition” of the family</td>
</tr>
<tr>
<td>One life cycle with unique events</td>
<td>Repetition of life cycles (divorce/mariage, jobs, etc.)</td>
</tr>
</tbody>
</table>

### Transmission of values

| Traditional education and socialization                       | Peers + new informal education (ICT*, mass media)                 |
| Shared economic management                                    | Independent economy between generations                           |
| Genealogy-dependent survival                                  | State-dependant survival                                          |
| Women at home - Man-centered career                           | Men and women work outside the home                               |
| Hierarchy of age - the Elder                                  | Multiple hierarchy (economic, technological, etc.)                |
| Unidirectional life course                                    | Complexities of life course pattern                               |
| Unidirectional genealogies                                    | Multiplication of genealogies                                     |

**Metamorphosis of solidarity – multiple generation society**

Implication 3: Generation Effects on Norms and Behaviours

changes in lifestyles, choices and generation’s new culture (i.e. women’s role, sexuality, etc):
New ‘norms’ and ‘roles’ → generation clash?

Last Century
...standards & norms...

This Century
...multiple life course & choices...
Generation Characteristics and Trends

The Generations Defined

- **Millennials**: born 1981-96
- **Xers**: born 1965-80
- **Boomers**: born 1946-64
- **Silent**: born 1928-45

**When most of the generation was 18-33**:
- Millennials: 2014
- Xers: 2000
- Boomers: 1986
- Silent: 1970

**Generation Age in 2014**:
- Millennials: 18-33
- Xers: 34-49
- Boomers: 50-68
- Silent: 69-86

Projected population by generation

*In millions*

- **Millennial**: 75 in 2015, 81 in 2028
- **Gen X**: 66 in 2015, 65 in 2028
- **Boomer**: 28 in 2015, decreasing
- **Silent**: 10 in 2015, decreasing

Note: Millennials refers to the population ages 18 to 34 as of 2015.

### Generation Effect: Transgenerational Values and Life Style

**Stuckelberger (2012)**

<table>
<thead>
<tr>
<th>Génération et faits marquants</th>
<th>Valeurs, travail et style de vie</th>
</tr>
</thead>
</table>
| **Génération silencieuse (1900–1945)**  
- Vol transatlantique de Lindbergh (1927)  
- Krach boursier (1929)  
- Dépression (1929–1933)  
- Mise en place de la sécurité sociale  
- Hitler et Seconde Guerre mondiale (1937–45) |  
- Loyalité et engagement, fidélité et dur lauré  
- Respect de l’autorité, de la loi et de l’ordre  
- Devoir avant plaisir  
- Collectif et famille  
- Durée, stabilité  
- Conformité et obéissance avant individualisme  
- Style de management plutôt directif et militaire  
- Respect de l’âge de la maturité de l’expérience  
- Médecine : être des opérations chirurgicales |

### Génération X (1965–1980)

- Mouvement de libération des femmes (1970)  
- Crise de l’énergie / Watergate 1973  
- Ordinateurs personnels Tandy et Apple (1976)  
- TV globale (CNN en 1980)  
- MTV (1981)  
- VIH/sida (1984)  
- Première console de jeux Nintendo (1985)  
- Chute du mur de Berlin (1989)  
- Optimisme et idéalisme  
- Gratification personnelle, star-system  
- Engagement, longues heures de travail, propriété  
- Rationalité, logique, veulent savoir le pourquoi  
- Éviter le conflit et la guerre  
- Leadership mixte : esprit individualiste et collectif  
- Longévité et vieillissement  
- Très concernés par leur santé et le « wellness »  
- Développement personnel  
- Recherche de luxe, high-tech et mode |

### Génération Y (1980–1995)

- Communication globale : Internet, TV, téléphone, www passif  
- Tours de Manhattan 11 septembre 2001  
- Ner dans un monde « numérique » et « virtuel »  
- Gameboy (1989)  
- Système virtuel interactif (Wii)  
- Jeux de mesure des performances personnelles (brain age)  
- Démocratisation du téléphone portable 1990–2000 |

### Génération Z (1995–)

- Génération numérique dès sa naissance  
- Nouvelle génération silencieuse  
- As du monde digital  
- World wide web interactif  
- Réseaux sociaux virtuels (Facebook, Twitter)  
- Liens et partage internet sans limites  
- Connecter, visionner  
- Télécharger  
- Instantanéité, volatilité et impatience,  
- Vie et shopping virtuel « pay as you go »  
- Développement personnel et confiance en soi via Internet  
- Apprendre autrement qu’assis dans une classe  
- Numériser les liens et les Infos  
- Monde virtuel comme expérimentation du réel
# Generation Characteristics and Trends

## Generation Gaps: Silents, Boomers See Themselves in a More Positive Light

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Millennial</th>
<th>Gen X</th>
<th>Boomer</th>
<th>Silent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Patriotic</strong></td>
<td>12</td>
<td>26</td>
<td>52</td>
<td>73</td>
</tr>
<tr>
<td><strong>Responsible</strong></td>
<td>24</td>
<td>43</td>
<td>66</td>
<td>78</td>
</tr>
<tr>
<td><strong>Hard-working</strong></td>
<td>36</td>
<td>54</td>
<td>77</td>
<td>83</td>
</tr>
<tr>
<td><strong>Willing to sacrifice</strong></td>
<td>15</td>
<td>27</td>
<td>45</td>
<td>61</td>
</tr>
<tr>
<td><strong>Religious</strong></td>
<td>12</td>
<td>21</td>
<td>42</td>
<td>63</td>
</tr>
<tr>
<td><strong>Moral</strong></td>
<td>17</td>
<td>27</td>
<td>46</td>
<td>64</td>
</tr>
<tr>
<td><strong>Self-reliant</strong></td>
<td>27</td>
<td>37</td>
<td>51</td>
<td>65</td>
</tr>
<tr>
<td><strong>Compassionate</strong></td>
<td>29</td>
<td>33</td>
<td>47</td>
<td>60</td>
</tr>
<tr>
<td><strong>Politically active</strong></td>
<td>17</td>
<td>20</td>
<td>37</td>
<td>42</td>
</tr>
</tbody>
</table>


## Generational Identity: The Power of ‘Boomer’

<table>
<thead>
<tr>
<th>Generation</th>
<th>Millennial (ages 18-34)</th>
<th>Gen X (35-59)</th>
<th>Boomer (51-69)</th>
<th>Silent (70-87)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Millennial</td>
<td>40%</td>
<td>33%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Gen X</td>
<td>68%</td>
<td>16%</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Boomer</td>
<td>79%</td>
<td>15%</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Silent</td>
<td>34%</td>
<td>18%</td>
<td>34%</td>
<td></td>
</tr>
</tbody>
</table>


## Millennials Most Likely to Attribute Negative Traits to Their Generation

<table>
<thead>
<tr>
<th>Trait</th>
<th>Millennial</th>
<th>Gen X</th>
<th>Boomer</th>
<th>Silent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Self-absorbed</td>
<td>30</td>
<td>20</td>
<td></td>
<td>7</td>
</tr>
<tr>
<td>Wasteful</td>
<td>29</td>
<td>20</td>
<td></td>
<td>10</td>
</tr>
<tr>
<td>Greedy</td>
<td>24</td>
<td>31</td>
<td>19</td>
<td>16</td>
</tr>
<tr>
<td>Cynical</td>
<td>24</td>
<td>31</td>
<td>16</td>
<td>7</td>
</tr>
<tr>
<td>Idealistic</td>
<td>39</td>
<td>33</td>
<td>35</td>
<td>32</td>
</tr>
<tr>
<td>Entrepreneurial</td>
<td>39</td>
<td>33</td>
<td>35</td>
<td>32</td>
</tr>
<tr>
<td>Environmentally-conscious</td>
<td>40</td>
<td>37</td>
<td>41</td>
<td>40</td>
</tr>
<tr>
<td>Tolerant</td>
<td>33</td>
<td>33</td>
<td>36</td>
<td>33</td>
</tr>
<tr>
<td>Rigid</td>
<td>8</td>
<td>7</td>
<td>7</td>
<td>0</td>
</tr>
</tbody>
</table>


PEW RESEARCH CENTER
Example: Baby-Boomer Generation
1946 – 1964

2016: 70 yo – 52yo

- Biggest generation ever....with economic power...
- Cultural Diversity and heterogeneity
- Family and sexual mobility, women’s lib
- Cultural and medical tourism
- « High tech life » and « Smart home » geeks
- Rights and Human Rights defender and claimer
- Revolution and continuity of values

Consumers of the best quality of life at all levels
e.g. « Easy Life », « Anti-aging » or « Age Design » ...
Example: Generation effect - Baby-boomer effect

→ new quests and medical demands... of which high tech or anti-ageing medicine...

...and their ageing fans...
Example: Generation effect on life style and care policies
The ‘Hippie Generation’ effect → challenges preconceived ideas of ageing

JUNKIES NEVER DIE, THEY GO INTO RETIREMENT HOME
The Time Independant, London, Nov. 1998

“[...] A proposal from the Rotterdam Junkiebond, the drug addicts' union, was accepted by the municipal health authority who agreed to finance an old folks home, devoted exclusively to drug users. It is not on to integrate the junkies with ordinary senior citizens because they might have difficulty finding acceptance. "Most elderly people would tolerate a person taking a drink or smoking a cigarette, but just one gram of heroin in an old people's home and they would want you out."

Also new phenomenon: homes for older prisoners, for older LBGTQY, older poltical parties or professional or religious life
Example of Lacking Dimension and Exclusion of the role of Older Persons

*HIV-negative children who have lost their mother or both parents to AIDS before the age of 15 years

Where are the Grand-Parents and Great Grand Parents?

**Total: 13.2 million**

Cumulative number of children estimated to have been orphaned by AIDS at age 14 or younger

*HIV-negative children who have lost their mother or both parents to AIDS before the age of 15 years*
Transgenerational Health Implications
The generation/cohort effect – Collective Impact

- 4 to 6 generations systemic approach to mental health
- Generation specificities and mental health issues
- Behavioural norms have changed (generation, mixed culture, gender/sex diversities, life styles at any ages)
- Pathologies specific to generations, age and sex → idem diagnosis and therapies?
- New approaches to system biology and genetics/epigenetics

Need to include and reconsider
Intergenerational and transgenerational mental health issues with all generations
Evidence B:
Individual Life Course and Ageing

Reality-check and implications for the transgenerational mental health norms
Differential Ageing
between « normal ageing » - « pathologic ageing » et « superagers »
→ debate on what is normal ageing – natural vs high tech medical intervention, regeneration and the right to choose one’s ageing life style

From Anti-Ageist to the Anti-Aging Concept

Aging Process

Non pathological
‘normal’ è process of aging

Pathological
Effects of non age-related diseases
  High vulnerability and frailty
  Cumulative risk factors

Specific period:
End of the aging process / end-of-life
Few studies – process of dying not well known
different typologies: sudden arrest, palliative care,
chronic disease at high risk of sudden episodes

Super-Aging
(Anti-Aging Medicine)
Low risk – maximum benefits
Optimisation of functional optimisation with high biotech interventions and preventative aging
i.e. Regenerative, orthomolecular, fortified food, etc

Successful Aging
(‘Better Aging’)
Low risk
High functionality level
Classi primary prevention
(i.e. Moderate Physical activity and natural nutrition)

Vieillissement ‘habituel’
non pathological
high risk – frailty and increased vulnerability
Mental Health, Age and Ageing: Happiness/Unhappiness vs Suicide

Characteristics of Old Age

- **Depression** rates are of mixed types – short term therapies work best for first onset
- Rates of **suicide** are highest in the older generation although not a public health issue (including active euthanasia)
- **Metabolic conditions** can lead to depression (e.g. hormonal changes, lack of Vit D-E-acid folic, microbiote as 2nd brain, inactivation of brain, inflammation, constipation, etc)
- research into **subjective well-being** and health at older ages is at an early stage (Steptoe, Deaton, and Stone, 2014)

An Aging World, US Census Bureau 2015
Life Course effect: Mental Health and Economic conditions are reversible...

Swiss House Panel: Zimmermann, Stuckelberger and Meyer (2006),

New perspectives on the cumulative disadvantage theory
- Reversal effect of recent and current conditions ➔ later effect modifiers (e.g. Ben-Shlomo and Kuh, 2001)
- Gender dynamics in cumulative advantages/disadvantages related to the differential life course and life cycle perspectives (especially in Switzerland)
- More research is needed ...
Determinants of Healthy Lifestyles from traditional to Successful Ageing model

- Positive attitude about aging
- Keep mind active
- Be physically active
- Eat healthy
- Stay socially engaged
- Manage stress
- Live in Healthy Communities

*Based on years of behavioral and social research*
Evolution of “Successful Ageing”

Research in Social and Behavioural Sciences
- Neugarten (1986)
- Baltes and Baltes (1990)

Research in medical sciences
- MacArthur Foundation Research Network for Successful Aging
- Rowe and Khan (1998)

Health Interventions and Policies
- Harvard University (2014)
Individual life course effect on self and generation empowerment

Development psychology: Loss vs Gains == SOC concept
Neurosciences: activation of neurones/synapses at all ages

Ex.: Research of Baltes et Baltes – Berliner Alterstudie, Institute Max Planck

Genetics: Influence innate vs acquired
Epigenetic Expression/Modifications

Ex.: Swedish Twin/adopted Study or Tom Kirkwood

Developmental psychology later age
- Erikson 8 stages of life Integrity vs despair
- Gerotranscendence (Thornstam)
- Classical theories:
  - Disengagement, Activation, Continuity

Generation empowerment
- Social learning
- Generativity
- Transgenerational (Mead, Mendel)

Twin Studies on ageing
- Ageing health:
  - only 25% is determined by genes
  - 75% is due to environment, lifestyle, nutrition, perception, etc
- Prevention and intervention change gene expression

Epigenetic change/transmission in PTSD, stress...
- Twin Tower trauma on pregnant women
- Methylation change in sexual abuse of grandparents transmits to generations (Giacobini et al, HUG)
- Nutrition, famine, environment affects the transgenerational chain
C. Healthy life style & Peak Performance:
Early prevention and intervention – Sports model and ‘human enhancement’

A. Traditional ageing:
Irreversible decline ‘natural ageing’

B. Better ageing:
active / healthy ageing ‘successful ageing’

New Paradigm of physical and mental health aging
countering natural passive decline

Paradox I: Longevity and (Bio)technology

a. ↑ Ageing + ‘Old timer’ life without high tech

- N of older persons ↑↑ very old (80+, 100+)
- % of old persons
- life expectancy (weak indicator)
- Longevity and exceptional longevity
- Nb of generations living together
  the biggest ever generation → Baby-Boomer!

The older you are, the less you have been acculturated to live with technology....
... but the more you need biotechnology + use of System Biology

a’. ↑ Age = ↑ need technology for Longevity

...the more you age and the more technology, biotechnology, chemicals and bioactive nutrition in the body...

Technology = prevention of incapacity, degeneration and death

Longevity Business = Anti-ageing medicine
↓
Stay healthy, strong, performant and sexy your whole life!

Astrid Stuckelberger, PD, PhD - University of Geneva – Switzerland @ 2015
Engineering medicine...fast pace of progress
- **BRAIN REGENERATION through High Tech measurements**
  The neurones and synapses can grow and regenerate
  Activating the brain triggers new circuits (physical or psychological/social activation)

- **GUT-BRAIN CONNECTION**
  >> There are more neurones in the gut than in the brain → what we eat affects the brain
  >> nutrient deficiencies can create mental problems
  >> inflammageing can create mental states and degenerative diseases (e.g. confusion ~constipation)
  >> Gut health = brain health

- **BRAIN-ORGAN/TISSUE CONNECTION ➔ ACTIVATION**
  The brain acts on the cells, the muscles, on vitality and behavior (e.g. muscle growth)
  TECHNOLOGY = Deep Brain Stimulation, Neurostimulators, etc

- **BRAIN – ORAL HEALTH**
  ➔ DEGENERATIVE RISK with dormant infectious agents (e.g. Spyrochetes)

- **NEW EFFECTIVE TREATMENTS:**
  Mindfulness, Music, Visualisation
  ...but also hormones, Ph balance supplements Vit D, B6, B12, Omega3, Acide folique, etc.
b. Change vs genetic determinism

- influence of genetic factors with advancing age
- influence of external and behavioral factors
- potential epigenetic modifications (silent genes?)
- Other factors: sex, physical activity, smoking, supplementation, hormonal balance
- Importance of metabolism (system biology)

Genetic (innate) vs life style (acquired)
(ex. studies of Pedersen, Kirkwood, etc)

Importance of metabolism (system biology)

- If metabolic deficits or toxicity → supplementation
- If toxicity → detoxify (i.e. heavy metals, gut health, bacteria
- If degenerates → regenerate through activation ex muscle, bone, brain neuroplasticity
- If inactive → re-activate, re-stimulate, e-stimulators
- If inflammation → nutrition and physical activity
- If broken → replacement or regenerative medicine (i.e. stem cell)
- If missing function → robotisation, exoskeleton

Reversibility of pre-morbid ageing & Enhancement of Healthy Lifestyles ....
Evolution in Medicine
Astrid Stuckelberger, PD, PhD - University of Geneva – Switzerland  in press @ 2016

The 4 «P»

Predictive Medicine
Participative Medicine
Personalized Medicine
Preventative Medicine


Dr Leroy Hood met en évidence un nouveau modèle émergent en médecine qui a pour but d’optimiser le wellness pour chaque individu plutôt que de simplement traiter la maladie. Ses recherches se penchent sur l’étude de l’immunologie moléculaire, la biotechnologie et de la génomique. Il a influencé le développement de la médecine personnalisée à la NIH et + (ex.: H2020)
b. The « Beauty Paradox » of Ageing BB

Feminism: when age 50 or 60yo = directive to let looks go. Caring about one's looks can feel narcissistic or anti-feminist. Should women simply grow old naturally since their looks don’t define them, or should they fight the signs of aging since beauty and youth are their currency and power?

• Message 1: “Your looks shouldn't matter. They are superficial. It's what is inside that counts. Stay true to your real self. Let your looks take their natural course as you age.” = inner beauty counts!!

• Message 2: “Your looks should matter and they always will. Defy aging at whatever the cost, in any way you can, lest you become invisible. Oh, and be sure to make it look natural!” = freedom from looking old!

→ contradictory messages = internal conflict.
→ Right to choose to change nature... = “to let our looks be one among other aspects of who we are as women is our right. The means we elect to care about ourselves, versus letting nature take its course, are personal choices.”

b’. Regeneration vs confusion in identity of age

- Ageless society
- Confusion in ages = confusion in family hierarchy both behaviour wise and looks
- Survivors look younger and healthier than their children

Reversibility of « Ageing » & « Ageing Looks » vs perceptions....
Future: a social and health imperative?

Nip. Tuck. Or Else.

Joel Stein | @thejoelstein | June 18, 2015

Why you'll be getting cosmetic procedures even if you may not really want to

You're going to have to do it. And not all that long from now. Probably not a full-on, general-anesthesia bone shaving or muscle slicing.

But almost definitely some injections into your face. Very likely a session of fat melting in some areas and then possibly moving it to some other parts that could use plumping. Not because you hate yourself, fear aging or are vain. You're going to get a cosmetic procedure for the same reason you wear makeup: because every other woman is.

No, it's not fair that—in 2015, with a woman leading the race for the Democratic nomination for President—in addition to dieting, coloring your hair, applying makeup and working out, you now have to let some doctor push syringes in your cheeks just to look presentable. It's not fair that you have to put your surgery on your credit card just so the other moms on the playground don't overestimate your age. It's not fair that you may risk your life going under general anesthesia just to keep up.

Then again, maybe it's not fair that some women are born straight-nosed and full-breasted. That some people don't have trouble staying thin. That workers with above-average looks will make $230,000 more over their
Exemple de contraste de l’image «jeune» vs image «vieux»
Agéisme: Discrimination de l’âge dans les media
Defying Ageing:

..from freedom of « Ageing Looks »...
To confusion of « Age Identity »..
and somewhat « Family Norms »

...to changing faces...changing identity?
How old would you be
if you didn't know how old you are?
Evidence C:
Transgenerational Transmission and Dynamics in Mental Health
Definition of a «Generation» and Dynamics of Transgenerational Transmission


1. Traditional: Family – Genealogy
   according to age of mother at birth

   XXIst → complexification of the Genealogy:

   Silent Factors ....new behaviors challenging traditional norms
   • Reproductive Life at lower/higher ages → confusing genealogies
   • Mixed Mariage and Divorces at all ages → mixed norms in multicultural genealogies
   • Acceptance/legalisation of divorce/remariages at all ages, age gaps and sex orientation → diversity

   Implications:
   → new situations, new norms = coherence vs confusion
   → For example: one parent genealogies, age gaps, gender styles, half or quarter brother/sisters /half grandparent, homosexual couples, father at 104 years old, cloning or DNA detection of father lineage, marrying in an elderly home, etc.
Definition of a « Generation »
and Dynamics of Transgenerational Transmission

2. Education Transmission: Teacher - Model

Transgenerational Transmission

- **Post-figurative** (traditional)
  Grand-parent > parents > children

- **Co-figurative** (war, migration)
  children // grand-parent > parents
  looking for models among peers

- **Prefigurative** (XXIst C.)
  Generation gap of knowledge
  Technology vs culture continuity

XXIst C explicit and implicit « teachers »:
- role of peers
- technology and virtual teacher
- social media/image influence as teacher
- who/what is the violence /peace teacher?
- who/what is the emotional teacher?
3. Anthropological: cultural and societal characteristics

Definition of a «Generation» and Dynamics of Transgenerational Transmission


Global Digital Generation
(gps, i-lives, connected, etc Pokémon)

E-generation
E-education
virtual world

Baby-boomer Generation
Hippie, sexual revolution
freedom, etc..

USA
Viet-Nam war
Generation

Silent Generation
Women with low education
Few choices

What common mental patterns and behaviours are transmitted
at the micro (individual) and macro (policy) level?
(e.g. peace or conflict resolution, human rights, etc)

Intergenerational and Transgenerational empowerment for Mental Health Promotion
(i.e. peace vs violence, abuse, addiction, etc)
Implication 1: Dynamics of Generations at Macro Level

Generation Divide: Digital Generation vs Silent Generation

→ Generation Effect on Micro and Macro Levels

Examples of some cultural and societal characteristics of different generations

- E-generations e-war?
- Global ICT Generations
  - Peer education
  - E-education
  - Media education
- Baby-boomer Generation
- Viet-Nam war Generation
- Generations of women with lower education, fewer rights, etc

Consequence → Ex. Digital/ICT Homeless Generations

Longevity record: 123 years old

G1 G2 G3 G4 G5 G6

Professionally active population

Youth

Period of retirement age
Implication 2: Dynamics of Generations

Potential Conflicts and New Opportunities between Generations

**Conflicts:**
- Technological clash: information vs experience
- ICT*: mutual ghetto of generations
- Historical culture: local vs global (or mixed)
- Socio-demographic: complexity of family ties
- Burning issues:
  - Unequal distribution of social welfare and goods
  - Absence of Inter-generational rights
  - ‘Development concept’ to become generation-specific
  - Retirement age as a ghetto economy
  - Employment vs free voluntary work of the retirees
  - Health care rationing (i.e. age discrimination in access to high-tech care, transplants, etc.)
  - ‘Juventocracy’ or ‘Gerontocracy’: younger or older generations as leaders
  - Conflict of values? economy vs humanity

* ICT: term to describe the new ‘Information and communication technology’

**Opportunities:**
- Sustainability: transmission of skills to be and to live
- Younger generations as teachers of ICT
- Ageing as reference models of life/death for youth
- Retiree’s role and responsibility for the future:
  - As promoters of peace and violence prevention
  - Protectors of the environment
  - Defenders of universal values
  - Spiritual guides and leaders
  - Models of wisdom
- Older generations as contributors to youth’s future
  - Volunteering - time and experience available
  - Sharing their life expertise - strategic and conflict management competencies
  - Adding life networks and experience
  - Transmitting values to the children of tomorrow
  - Enhancing global solidarity - new concept of service
  - Starting a new ‘free’ career – constraint-free

Stuckelberger (2002, 2005)
Implication 3: Dynamics of Generations
Potential Conflicts and New Opportunities between Generations

Example of Potential Economic Conflict

Figure 3

Economic Inter-dependency in a 4 to 5 Generations Society

Legend:
↗ = increase
↘ = decrease

Are misunderstandings between generations new?

Guess who is the author of this sentence...

Our youth love luxury. They have bad manners and despise authority. They show disrespect for their elders and love to chatter in place of exercise. Young people are now tyrants, not the servants of their household. They no longer rise when their elders enter the room. They contradict their parents, chatter before company, gobble up food and terrorize their teachers.
Implication 3: Perspective transgénérationnelle
Transmission des valeurs et croyances: Mémoire familiale, collective et de comportements

Figure 5
The Treasure of Time...of Life
Transmitting Memories and Values

Life experience
Strategy and process

Children as conscious/subconscious seekers of...
- Life/Death Models
- Attachment pattern
- Emotional management
- Developmental goals
→ TACITLY BUILDING BEHAVIOR PATTERNS

Individual Life Course Models
Tacit knowledge transmission
Wisdom or Conflict

History:
- Personal
- Family
- Political
- Religious

Globalisation
E-society

Influence of present generations on Future Generations?

Stuckelberger (2002, 2005)
Transgenerational Impact of Mental Illness: Review of Studies

→ between 2 generations (children-parents)

Children of parents with mental illness are at significantly greater risk

- for multiple psychosocial problems (Beardslee et al, 1996; Connell and Goodman, 2002; Dean et al., 2010; Oyserman et al., 2000)
- of experiencing developmental delays, lower academic competence and difficulty with social relationships (Hay et al., 2001; Hinshaw (1992; Smith, 2004)

→ between 3 generations (children – grand-parents)

- Many mental disorders are considered to have a hereditary component to them (Abkevich et al., 2003 for MDD; Dick et al., 2003 bipolar disease; Singh et al, 2011 Depression in twin study)
- Families also share environments and experiences in addition to their genes/epigenetics (several studies)
- grandparent lifetime anxiety and depression predicted both internalizing and externalizing problems in their 3 year old grandchildren, independently of parental psychiatric disorder (Cent et al, 2011)
- Mixed evidence of transgenerational effect of grandparent major depressive disorder (MDD) on grandchild
  - In opposition, Olino et al (2008) found that the presence of grandparent MDD was only associated with internalizing problems in the absence of MDD in both parents
  - found that both parent and grandparent MDD was related to children's psychopathology in middle childhood, the child at greater risk or mood disorder if both parent and grandparent had MDD (Weissman et al, 2005 and Warner et al , 1999)
- both maternal grandmother and maternal depression had an influence on adolescent mental health. They were unable to assess the influence of paternal depression (Hammen, Shih and Brennan (2004)

Known Evidence of Transgenerational Behaviour transmission both negative and positive:

- Addiction, ADD, alcoholism, smoking (but also smoking cessation)
- Sexual violence, abuse, paedophilia,
Transgenerational Impact of Mental Illness: Review of Studies

“Growing Up in Australia, the Longitudinal Study of Australian Children (LSAC)” (4’600 children) (Hancock et al, 2013)

• Assessments of children’s social and emotional wellbeing should take into account a full family history of mental health problems.

• Grandparent mental health relates to parental mental wellbeing, which in turn is associated with the wellbeing of children.

• However, there is also a direct mental health relationship between grandparents and grandchildren independent of mental health difficulties in parents.

Limitations and scarcity of studies:
Multi-generation studies used different sampling methods and diverse measures of mental health, often collected at a variety of developmental epochs. Several used small samples, had limited measures of family socio-demographic environments, or lacked mental health data for the full family pedigree. Rarely is there a complete information on socio-demographic environment and the full family pedigree. studies
Transgenerational Impact of Mental health vs Illness

PATHWAYS

Grandparents may directly influence the mental wellbeing of their grandchild, which is partially supported by the studies demonstrating a grandparent-grandchild mental health association even in the absence of mental health problems in parents or dependant on frequency of contact.

**Direct pathway**

Grandparent with anxiety disorder interacts with grandchild

⇒ learn through the grandparent’s disposition and behavior that the world should be viewed a frightening place or secure place ⇒ grandchild may then learn to become anxious and frightened in general or not ⇒ adopts pattern when becoming a parent

**Indirect Pathway**

Operates through the Grand-parent → child → grand-child

Great grand-parents?

Mental health histories of grandparents have an effect on children’s mental health particularly in families where mental health problems exist for multiple family members in multiple generations, but the process is not yet clear of how this happens, what is due to genetic, epigenetics and/or environmental factors.
Mental health Modulation ➔ Transgenerational Impact Points

Highest Level of Mental Health Development

Optimal coping and Mental Health?

Ageing process Mental health SOC

‘Good/Bad Dying’ process
Transgenerational Violence and Peace

A Transgenerational Perspective on Peace and on Violence Prevention
Role of Older Persons and Grand-parents in the Culture and Development of Peace and Non-Violence

Dr Astrid Stuckelberger, PhD in Health Psychology and Gerontology, Master of Public Health Programme, Violence in Schools: Cross-National and Cross-Cultural Perspectives (2005) Denmark, Florence, Uwe Gielen, Herbert H. Krauss, Elizabeth Midlarsky, R. Wesner (Eds.) Springer Verlag / Hardcover / 2005-08-01 / 0387231994
Article for Book requested by the psychological section of the New York Academy of Science


El envejecimiento de la población y la paz mundial. La capacitación de las generaciones futuras: el rol y responsabilidad de las personas mayores.

Dr Astrid Stuckelberger
PhD in Psychology, Geneva University, Switzerland
Expert on Ageing, Co-founder Geneva International Network on Ageing (GINA)
NGO rep to the UN Society for the Psychological Studies of Social Issues
Spanish translation: Carmen Deis and J.M. Puente, Supervisor: Fermín Casas
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Transgenerational Mental Health and Old Age
New Approaches and Implications – Dr Astrid Stuckelberger

Conclusion
The Transgenerational Paradox

- Population Ageing in Europe and the World (N+%)
- 4-7 Generations of 2-3 Generations of Older Persons
  Evidence of Importance of Inter- and Transgenerational Impact
  vs
  No Inclusion of Older Generations in the Family Systemic
  No Specific Psychiatric or psycho-analytical Tool or Method
  including Older Person and Generations in Therapies
  Very few researches on transmission beyond 2 generations
  No legislative or human rights framework for 6 generations
  Age discrimination is the most prevalent perceived discrimination in Europe
  (Eurbarometer)

The «Neglect Syndrome»
(Prof. Moulias et al., IAGG-ER, 2012)
Transgenerational Knowledge and Wisdom of Indigenous Populations

"In our every deliberation, we must consider the impact of our decisions on the next seven generations."

~ Iroquois Confederacy Maxim (ca 1750)
Transgenerational Models of Ageing: A Menu to choose from...

plus dynamique....

plus efficace....

plus sexy...

Astrid Stuckelberger, PD, PhD - University of Geneva – Switzerland in press @ 2016