The aging positivity effect and immune function: positivity in recall predicts higher CD4 counts and lower CD4 activation.

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Abstract
Older adults favor emotionally positive material over emotionally negative material in information processing. Given the potentially harmful consequences of avoiding negative information, this aging positivity effect may provide benefits that offset its costs. To test this possibility, we assessed positivity in recall and blood indicators of immune function among older adults. Greater positivity in recall predicted higher CD4 counts and lower CD4 activation 1 and 2 years later. Positivity in recall also predicted subsequent positivity in recall and recognition memory 1 year later. These data suggest that the positivity effect in information processing may play a role in healthy aging.

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