

Research in the time of COVID:
*Shifting the Stress, Immunity, and Emotion
Regulation in Aging (SIERA) Study remote*

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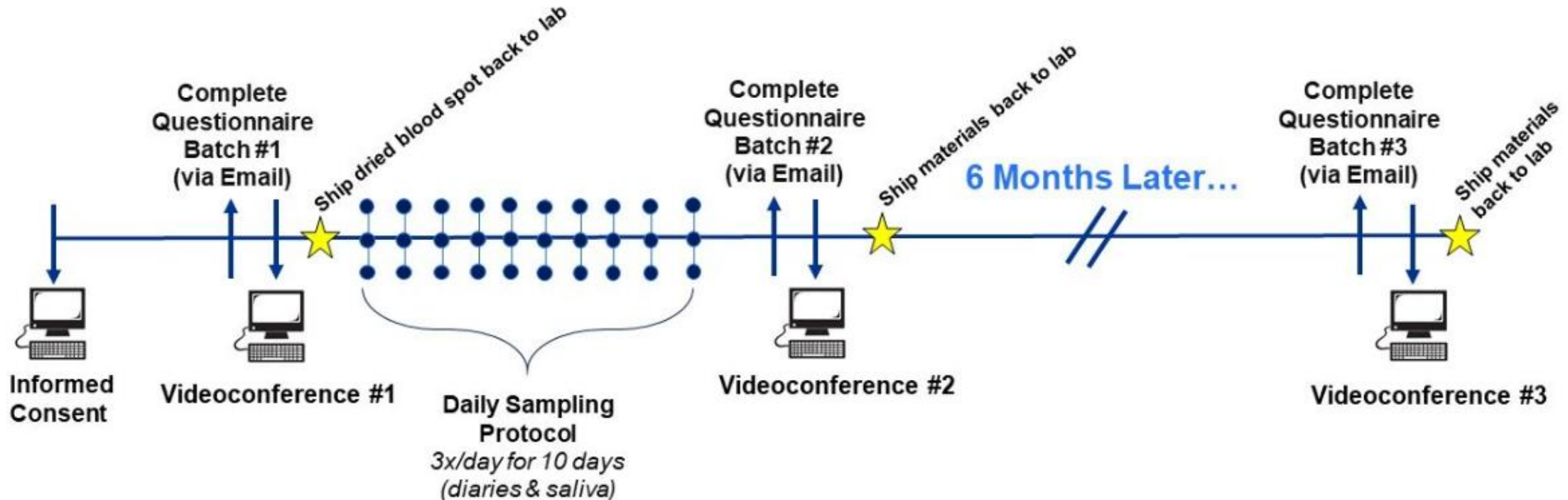
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SIERA: Purpose & Timeline of Participation

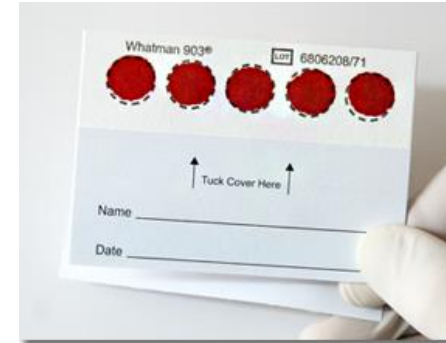
To examine how daily stressors influence immunological aging in older adults, and whether effective emotion regulation may attenuate these associations.

N=165 community dwelling older adults, 60+ years old

To date: n=155 older adults, half have completed whole study

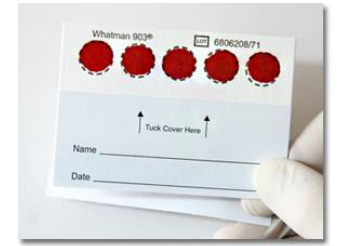


Biomarkers: comparing collection methods



	Mitra Neoteryx	Dried Blood Spot (DBS)
Ease of collection	Easier ★	
Amount of blood	20 ul per stick	75-80 ul per spot ★
Volume control	More precise ★	
Cost	~3x as expensive as DBS	★

Remote DBS data collection considerations



- Varied time in returning specimens

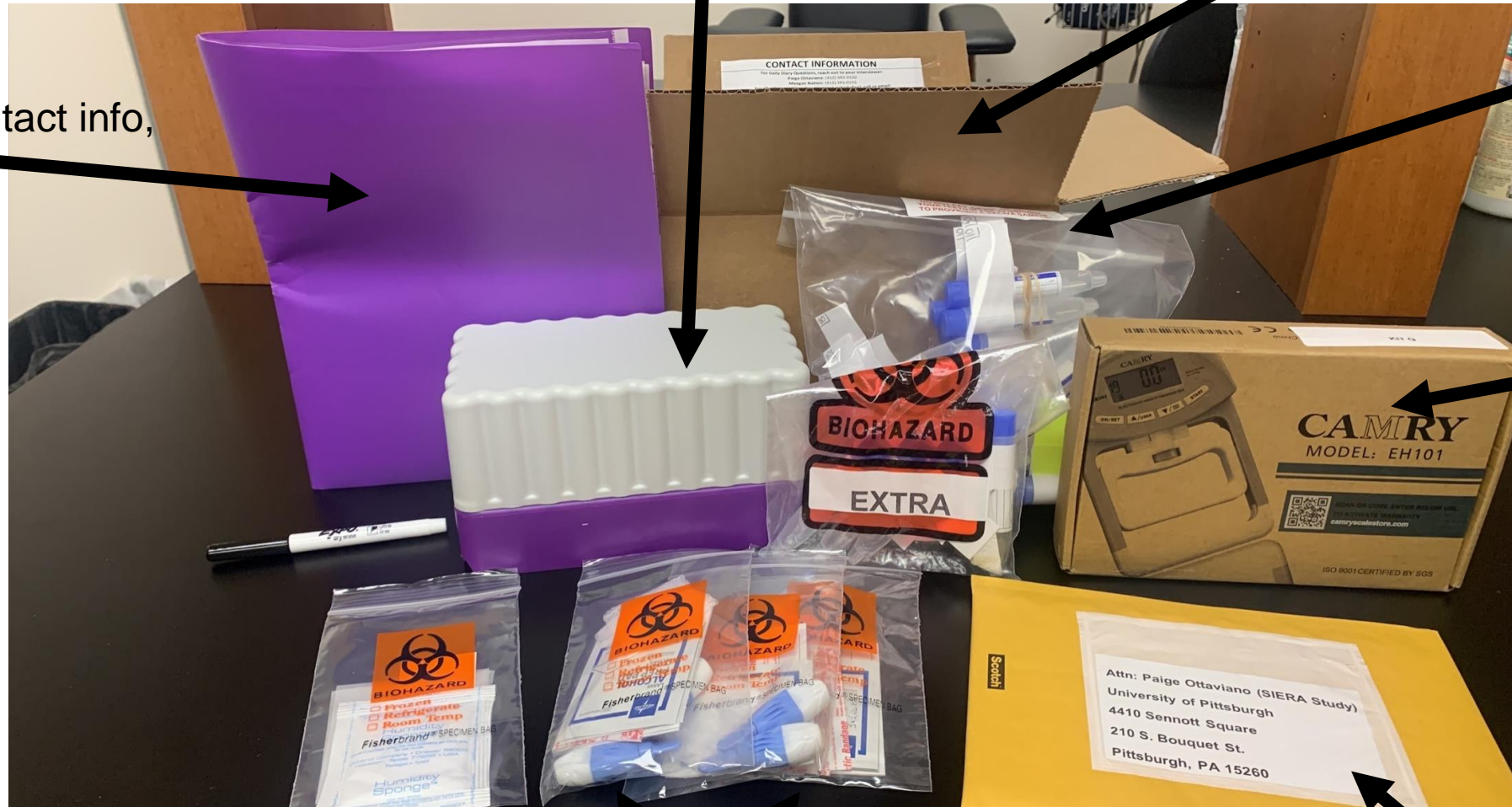
- Crimmins et al, 2020, Am J Hum Biol

- Developed DBS video



- Developed protocol w/ clear & precise instructions; video angle to see DBS in the moment
- Costs decrease? Not necessarily true

Ppt "kit"



Rack to hold salivettes in participants' freezers

Box mailed to ppts

Folder w/ contact info, etc.

30x salivettes & extras

Hand dynamometer (grip strength)

DBS supplies & extra

Pre-made envelope to ship back DBS

Lessons learned

- Participant-centered approach:
 - Provide online and paper survey formats to accommodate individual preference
 - Some flexibility in completing videoconferences to participant's schedules
 - Convenient options for specimen return (mail or pick-up)
- Interviewers are central to guiding participant through remote protocol
 - Clear and precise instructions
 - Lack of clarity: frustrates ppts, slows movement thru protocol, incomplete or inadequate data collection

Concluding thoughts

- Remote data collection is here to stay
- We will have a portion of our sample come in person to repeat protocols in-person and validate remote data collection... stay tuned!