

of predisposition to Type II diabetes on the various components within the traditional TPB model. Results of path model using structural equation modelling supported the paths of the traditional TPB model. Results also indicated that knowledge of a predisposition to Type II diabetes directly increased intentions to engage in a healthy lifestyle. However, knowledge also indirectly reduced intentions to engage in healthy behaviours through one's perceived capacity to engage in, and one's unpleasant attitudes towards engaging in, healthy behaviours. Therefore, prior knowledge of genetic disposition to Type II diabetes is both a blessing and a curse where healthy lifestyle intentions are concerned.

#### **The developmental trajectories of trait hope and self-esteem in adolescence**

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We examined, over four years, the developmental trajectory of adolescent trait hope and self-esteem over four years and the impact of gender and perceived parental styles on these trajectories. Participants were 884 high school students. There was a general decline in hope and self-esteem over time, with females declining more rapidly than males. Girls had higher hope than boys in Grade 7, but lower hope by Grade 10. Perceived parental authoritative at Time 1 was related to high hope across the four years, whilst perceived parental authoritarianism was related to low self-esteem. We discuss research into personality change, the importance of perceived parental styles for adolescent well-being, and possible explanations for changes in hope and self-esteem over the teenage years.

#### **Stereotypes of older workers: Does status make a difference?**

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Stereotypes of older adults remain common in practice, and older workers are a frequent target of both subtle and open discrimination. Older workers are the most frequent targets for redundancy during economic downturns for organizations, regardless of their actual work performance. Stereotypes of older adults can be quite complex, and positive stereotypes do exist, such as the one of warm and kindly grandmothers. However, negative stereotypes predominate. One issue that has not been studied in any detail is whether people hold different attitudes towards older workers of different social status. Here two established and validated scales of attitudes towards older workers were used to determine if university undergraduates hold different attitudes towards older professionals than older workers in general. A total of 107 university undergraduates (38 males, mean age 24.9 years) participated, completing both scales of attitudes towards older adults in general and again in counterbalanced order for older professionals. Judges, physicians, and lawyers were provided as some examples of high status professional workers. Scores on the multiple-choice version of the Facts on Aging Questionnaire were used as a covariate of knowledge about older adults. Measures used were the Hassell-Perrewe version of the Kirchner scale and the three subscales of the Fraboni Scale of Ageism. Data were analyzed using a multivariate analysis of covariance with repeated measures for the priming instruction. Results showed a significant effect for the covariate for three of the four measures used. One measure showed a significant difference for the priming effect for older workers versus older professionals. Significant effects were also obtained for two scales for the effect for the order of administration and two others showed a significant interaction effect between order of scale administration and priming instruction. The results have implications for the measurement of attitudes towards older adults in that differences in sensitivity to the priming instruction were evident between the two scales that were used. Future research could examine other measures in the literature and also explore attitudes in different populations, particularly those involving corporate managers who need to make decisions about hiring or retention of older workers.

#### **Executive functions and type of exercise in older women**

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Recent research indicates that exercise can prevent or slow the rate of decline in cognitive functioning in older adults. Aerobic exercise is known to have benefits both on cardiovascular function and on cognitive functions, whereas strength or resistance training is more widely reported primarily to benefit muscle mass and bone density. A cross-sectional 2x2 analysis of the association of aerobic and resistance exercise with executive functioning was examined in 68 women over 50 years of age. Age, education, and metabolic equivalent scores were used as covariates. Participants were categorised into four groups