

# Exploring the Impact of Volunteering on Internalized Ageism and Psychosocial Health for Adults 50+

## Purpose

*The purpose of this study is to better understand how volunteering may influence internalized ageism, in turn enhancing psychosocial health as people age.*

## Eligibility

- Participants must be 50 years of age or older and reside in the Mountain West region of the U.S.
- **Both volunteers and non-volunteers are needed.**

## Participation

- Complete a 15-20 minute, online Qualtrics survey
- Questions include demographics, current/past volunteer experience, internalized age stereotypes, and 6 psychosocial health domains.
- Survey will be administered every 6 months for 1 year (3x) to track changes over time
- This project helps fulfill PhD dissertation requirements for the Principal Investigator, Andrew Steward.



## Survey Link

[https://udenver.qualtrics.com/jfe/form/SV\\_5ceFAeG5pwNdyFn](https://udenver.qualtrics.com/jfe/form/SV_5ceFAeG5pwNdyFn)



## Contact Information

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*This study has been approved  
by the University of Denver  
Institutional Review Board*

