

included type 1 diabetes, other mobile technologies. Two authors selected reviews, extracted data, and assessed methodological quality using AMSTAR 2 guidelines.

Results: There were 696 studies identified through our initial search. After removal of duplicates, 668 abstracts and titles were screened. Fourteen articles were selected for full text review. Four papers were excluded for either having a wrong study design ($n=2$) or being only a conference abstract ($n=2$). The final sample included 10 reviews. Data extraction, quality assessment and synthesis are currently underway. Full results of our findings will be completed by December 2019.

Conclusions/Implications: Results of this umbrella review have the potential for important clinical, research and policy implications. Determining the effectiveness of text message interventions for adults with T2D and optimal delivery strategies (eg., one way, two-way, automated, personalized) will inform future implementation and scale-up efforts with significant public health impact.

Advance Directives: Is it Ever too Early?

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Background/Purpose: An advance directive (AD) is associated with reduced family stress at the end of an older adult's life, yet only 37% of older adults have an AD in place. There is limited research regarding the impact non-caregiving adult children may have on completion of an AD. A nascent concept in intergenerational relationships is of anticipatory loss for healthy, aging parents. The purpose of this presentation is to present data regarding rate of AD completion and levels of parent anticipatory loss.

Methods: After IRB approval, a convenience sample ($N=315$) of non-caregiving, mostly Caucasian ($n=181$, 57.5%) men, ($n=202$, 63.9%) with an average age of 36.4 (SD 10.2) was obtained through a crowdsourcing platform. Participants completed the Parent Anticipatory Loss Scale ($\alpha=0.93$), and answered questions about the existence of an AD for a parent.

Results: 52 % of respondents indicated their parent had an AD. White participants were more likely (53.65%) to report knowledge of completed ADs than non-white participants (46.34%). While both men and women expressed gratitude (for presence of AD) and worry (related to absence of an AD), significant gender differences existed. Women reported higher gratitude scores than men ($M=7.43$, $v. M=6.93$, $p=0.01$) if their parents had an AD. When parents did not have an AD, women reported higher worry scores ($M=5.45$ $v. M=4.93$; $p=0.01$). Concern for lack of an AD and gratitude for its presence, were significantly correlated with the overall PALS scores ($r=0.3$; $p<0.01$ and $r=0.587$, $p<0.01$) respectively.

Conclusions/Implications: Presence of an AD is a source of comfort in relatively young adult children of aging parents. Policies that support inclusion of dialogue related to end of life planning between adult children and their older parents earlier in the lifecourse could improve prevalence of AD and decrease worry in adult children.

Barriers and Facilitators of Work Life Balance in Caregivers of Individuals with Parkinson's Disease: An Integrative Review

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Background: Parkinson's Disease (PD) is a chronic, progressive neurodegenerative illness with an estimate of seven to ten million people diagnosed worldwide. While motor and non-motor symptoms start mild in early stages, over the years the illness worsens and may require the aid of caregivers. Globally, changing family structures and delayed retirements due to professional or financial reasons has placed a limit on number of caregivers available. Family members who become informal caregivers acquire higher one year insurer, medical, prescription and total out of pocket costs. Little is known about the stressors on work-life balance of caregivers who are working.

Purpose: The purpose of this integrative review was to explore how caregivers of people with PD experience work-life balance in the family context.

Methods: This integrative review utilized standards from Whittemore and Knafl. A literature search of multiple electronic databases included studies from 2015-2019 that explored informal, unpaid caregivers who were relatives of people with PD. Studies that specifically looked at cognitive impairment were excluded.

Results: Fifteen studies fit criteria; and all looked at caregiver burden with regard to levels of stress, emotional dimensions, and time spent on assisting with activities of daily living. All studies assessed general working status or socioeconomic status, but few studies further explored how this was perceived to affect work life balance. The tool most commonly used to measure caregiver burden was the Zarit Burden Interview that used only one question related to stress and work. The family system's theory was applied to synthesize cultural differences and the role of caregiving within the context of family life. Females were the higher ratio of caregivers in 13 out of 15 studies.

Conclusions/Implications: This integrative review explored the burdens that informal caregivers face including work-life balance and stress. Lack of social or professional support may increase caregiver stress; many caregivers already suffer from financial stress and depression. Future research is needed to explore the multiple roles caregivers have and identify potential interventions to alleviate caregiver burden as well as monitor health status. An advanced tool for measuring work life balance is also warranted.

Associations Between Dietary Patterns and Inflammatory Markers During Pregnancy and Postpartum: A Systematic Review

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Background: Persistent inflammation is associated with the development of multiple chronic diseases. Pregnant women have complex inflammatory responses, and elevated inflammation



ABSTRACTS

32nd ENRS Annual Scientific Sessions

Paper Session A1: Young Adults

The Relationship Between Physical Activity by Gender on Suicidal Ideation, Suicide Attempts and Suicide Attempts Requiring Treatment: Youth Risk Behavior Survey 2011-2017

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Background: Globally, suicide is the second leading cause of death among adolescents. Empirical findings suggest a strong relationship between sedentarism, depressive symptoms and suicidal ideation among adolescents. Conversely, physical activity is positively associated with improved mental health and wellbeing. This research estimated the relationship between physical activity and suicidality among US high school students by gender.

Methods: This research is a secondary analysis of the Youth Risk Behavior Survey, a biennial, nationally representative survey of US high school students. Four waves of data were pooled from 2011, 2013, 2015 and 2017 (N=59,397). Based on recommendations by STROBE guidelines, additive interactions using risk difference were estimated to examine whether increased physical activity was associated with decreased suicidal ideation, suicide attempts and suicide attempts requiring treatment in male and female students. Data were analyzed using R software and the R survey package.

Results: Among male students but not females, there was a significant association between increased physical activity and a reduction in suicidal ideation, suicide attempts and suicide attempts requiring treatment. Males who were physically active three to five days per week had a 15% decrease in suicide attempts requiring treatment, while male students who were physically active six or seven days a week had a 17% decrease, both as compared to males who exercised less than three days per week. Females who were physically active three to five times per week had 2% fewer suicide attempts requiring treatment, and those who were physically active six to seven times per week had an increase of 1% more suicide attempts requiring treatment.

Conclusions/Implications: Current recommendations for adolescents to have at least one hour of physical activity most days should be included in suicide prevention programs.

Increasing physical activity among adolescents should become a national public health priority; nurses have an important role in implementing these policies, and promoting increased physical activity among this population. Further research should explore the gender differences related to the association between physical activity and mental health promotion among adolescents.

Associations Between Adverse Childhood Experiences and Attitudes Toward Intimate Partner Violence Among Adolescents In Malawi

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Background: Exposure to Adverse Childhood Experiences (ACEs) have shown to be a predictor of future victimization or perpetration. ACEs is used to describe violence to those under 18 and may take various forms, including maltreatment and abuse, as well as living in unsafe environments. The purpose of this study was to examine attitudes towards abuse against women between adolescents, aged 13 to 17, who had adverse childhood experiences (ACEs) and those who did not. The study also evaluated whether the region of residence moderates the relationship between participants' adverse childhood experiences and attitudes towards abuse against women.

Methods: Secondary data collected from adolescents and young adults aged 13 to 24 between September and October of 2013 in the Violence Against Children and Young People Malawi Survey (VACS Malawi) was utilized in this cross-sectional retrospective study. The VACS Malawi is a nationally representative cross-sectional household survey that conducted face-to-face interviews with 2162 participants using a four-stage cluster survey design. Multivariate logistic regression was conducted to examine the associations between ACEs, including sexual, physical and emotional abuse and witnessing spousal abuse, and attitudes towards Intimate Partner Violence (IPV).

Results: The results revealed a significant relationship between witnessing spousal abuse and tolerant attitudes towards IPV among adolescents. These findings indicate that associations between adverse childhood experiences and attitudes towards abuse against women vary depending on the type of abuse experienced during childhood.

Conclusions/Implications: Because ACEs and IPV negatively impact the health of women, nurses are well-positioned to