

**Note to Students: This document is for you to use for the assignment but will not be submitted or graded.**

**EXPECTATIONS REGARDING AGING**  
**(Short Version, Physical Health, Mental Health, and**  
**Cognitive Function Scales)**

- This survey has questions about what you expect about aging.
- Please check the **ONE** box to the right of the statement that best corresponds with how you feel about the statement. If you are not sure, go ahead and check the box that you think **BEST** corresponds with your feelings.

	Definitely True <input type="checkbox"/>	Somewhat True <input type="checkbox"/>	Somewhat False <input type="checkbox"/>	Definitely False <input type="checkbox"/>
1. When people get older, they need to lower their expectations of how healthy they can be.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
2. The human body is like a car: when it gets old, it gets worn out.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
3. Having more aches and pains is an accepted part of aging.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
4. Every year that people age, their energy levels go down a little more.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
5. I expect that as I get older I will spend less time with friends and family.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
6. Being lonely is just something that happens when people get old.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
7. Quality of life declines as people age.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
8. It's normal to be depressed when you are old.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>
9. I expect that as I get older I will become more forgetful.	<input type="checkbox"/> <sub>1</sub>	<input type="checkbox"/> <sub>2</sub>	<input type="checkbox"/> <sub>3</sub>	<input type="checkbox"/> <sub>4</sub>

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10. It's an accepted part of aging to have trouble remembering names.

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11. Forgetfulness is a natural occurrence just from growing old.

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12. It is impossible to escape the mental slowness that happens with aging.

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### Scoring:

Directions: Calculate your score by completing the following steps.

- Sum the numbers at the bottom of each box for items 1-12.
- Take the sum and subtract 12.
- Then multiply by 25.
- Then divide it by 9.

Total ERA-12 Score: \_\_\_\_\_

Score Calculation Example:

$$4+2+1+3+2+2+4+1+1+3+1+2=26$$

$$26-12 = 14$$

$$14 \times 25 = 350$$

$$350 / 9 = 38.89$$

### Interpretation:

Expectation regarding aging (ERA) describes a person's belief in how one will maintain their physical and cognitive health as they age. ERA is an indicator of how successfully someone anticipates aging. The ERA-12 Survey examines the relationship between perceptions of aging, health behaviors, and outcomes. The score will be 0-100 range score. There are no cut points for an optimal score. A higher score indicates higher overall expectations regarding aging and maintenance of high physical and mental functioning with age for self and others. Lower scores indicate an expected decline with age.

Reference

### Adapted from:

Sarkisian, C. A., Hays, R. D., Steers, W. N., & Mangione, C. M. (2005). Development of the 12-item Expectations Regarding Aging (ERA-12) Survey. *The Gerontologist*, 45(2), 240-248.

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