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**Project Title**

Does functional social support mediate the association between anxiety and executive function in middle-aged and older adults? An analysis of the Canadian Longitudinal Study on Aging

**Project Summary**

Anxiety is a common mental health condition that adversely affects executive function. Executive function is a cognitive domain that enables individuals to plan and make decisions, and it is thus essential to everyday functioning and independence. Functional social support, or one's perception that their social network will provide help, care, and comfort when needed, may decrease because of anxiety and, consequently, offer less protection against cognitive decline. Using data from the first three waves of the CLSA, we will examine whether anxiety's negative impact on executive function is the result of anxiety reducing levels of functional social support, which, in turn, affects executive function. Our work will promote healthy aging by better understanding how anxiety impacts social support and cognitive function and whether these effects vary by age and sex. This research will inform interventions targeting social support as a means of enhancing the health of older Canadians.

**Keywords**

anxiety, social support, cognition, executive function