Who Lives Longer: One Whose Psychological Age is Older, Younger, or Close to Actual Chronological Age?

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Definitions: Psychological Age (PA) is defined as equal to the product of Realization x Years That One Expects to Live. Realization equals the ratio of the psychological past (one's memories) to the sum of the whole (psychological past, present and future). The formula is PA = R x L, where R is realization, and L is the number of years one expects to live. **Methods**: Clinical data from 2007-2019, with 34 deceased patients was analyzed: 71-91 years old at the time of their PA testing. PA-test "Assessment of Five-Year Periods" was used (currently, on-line: www.psychologicalage.com). **Results:** The data was divided into two groups: Age Balanced (AB) – with the difference between PA and Chronological Age of not more than one year, and Age Misbalanced (AM) – with the difference of two years or more. Two AM subgroups were analyzed: Psychologically Older (PO) and Psychologically Younger (PY). AB patients lived longer - on average, an additional 3 years and 6 months, while AM patients lived, on average, an additional 2 years and 4 months ($p<.10$). The average Real Lifespan was 90 years for AB patients and 85 years for AM, PO, and PY patients ($p<.01$, and $p<.05$). Average indexes of longevity were almost the same for PO and PY patients. **Conclusion:** For longevity, the optimal value is when one's psychological age corresponds most closely with his/her chronological age.

Keywords: psychological age, lifespan, longevity.