

Factors Associated with Subjective Life Expectancy in a National Longitudinal Study among Community-dwelling Persons 80 Years and Older in Thailand in 2015-2022

Background: Few studies have longitudinally assessed the determinants of subjective life expectancy (SLE) among persons 80 years and older. The aim of this study was to estimate the determinants of SLE in terms of socio-demographic factors, health behaviour, physical and mental health status among persons 80 years and older based on 4-wave national longitudinal data from Thailand.

Methods: Data from the Health, Ageing, and Retirement study in Thailand from 2015, 2017, 2020 and 2022 were utilized. The sample was restricted to community-dwelling persons 80 years and older (analytic sample: n=2763 observations). For the pooled sample, average age was 85.0 years (range 80-117 years). SLE was defined as the individuals' estimate (0-100%) of their possibility of living another 10-15 years by age group. Established measurements were used to assess various measures including physical and mental health status. Linear fixed effects regression was applied to assess the time-variant determinants and outcomes.

Results: Regressions found that older age, higher subjective economic status, purchase of health insurance, better self-rated physical health status, higher self-rated mental health status, and higher quality of life/happiness increased the odds of SLE and higher meal skipping frequency decreased the odds of SLE. In addition, among men, higher functional disability worsened SLE.

Conclusions: This longitudinal study enhances our understanding of the determinants of SLE among persons 80 years and older. We found that sociodemographic factors, physical, mental and behavioural indicators were associated with SLE. Improving mental and physical health in the oldest-old may help in increasing SLE.