



# The Effect of Delay Length on Time Preferences across Adulthood

Christopher Garza<sup>1,2</sup>, Shelby Leverett<sup>1</sup>, and Kendra Seaman<sup>1,2</sup>

<sup>1</sup>Center for Vital Longevity, University of Texas at Dallas,

<sup>2</sup>School of Brain and Behavioral Sciences, University of Texas at Dallas



## INTRODUCTION

Literature has been mixed about the relationship between adult age and temporal discounting. We posit that these mixed findings could be due to the use of a mixture of time delays across studies. Older adults may discount more heavily at longer delays due to a greater awareness of their limited future time.

**1** For short time delays (days, weeks, months), there will be no differences in discounting.

**2** For very long time delays (years), older adults will discount more than younger adults, due to their uncertainty about the future.

## METHODS

288 healthy participants

Age: M= 54.37, SD= 16.68, Range= 25-84



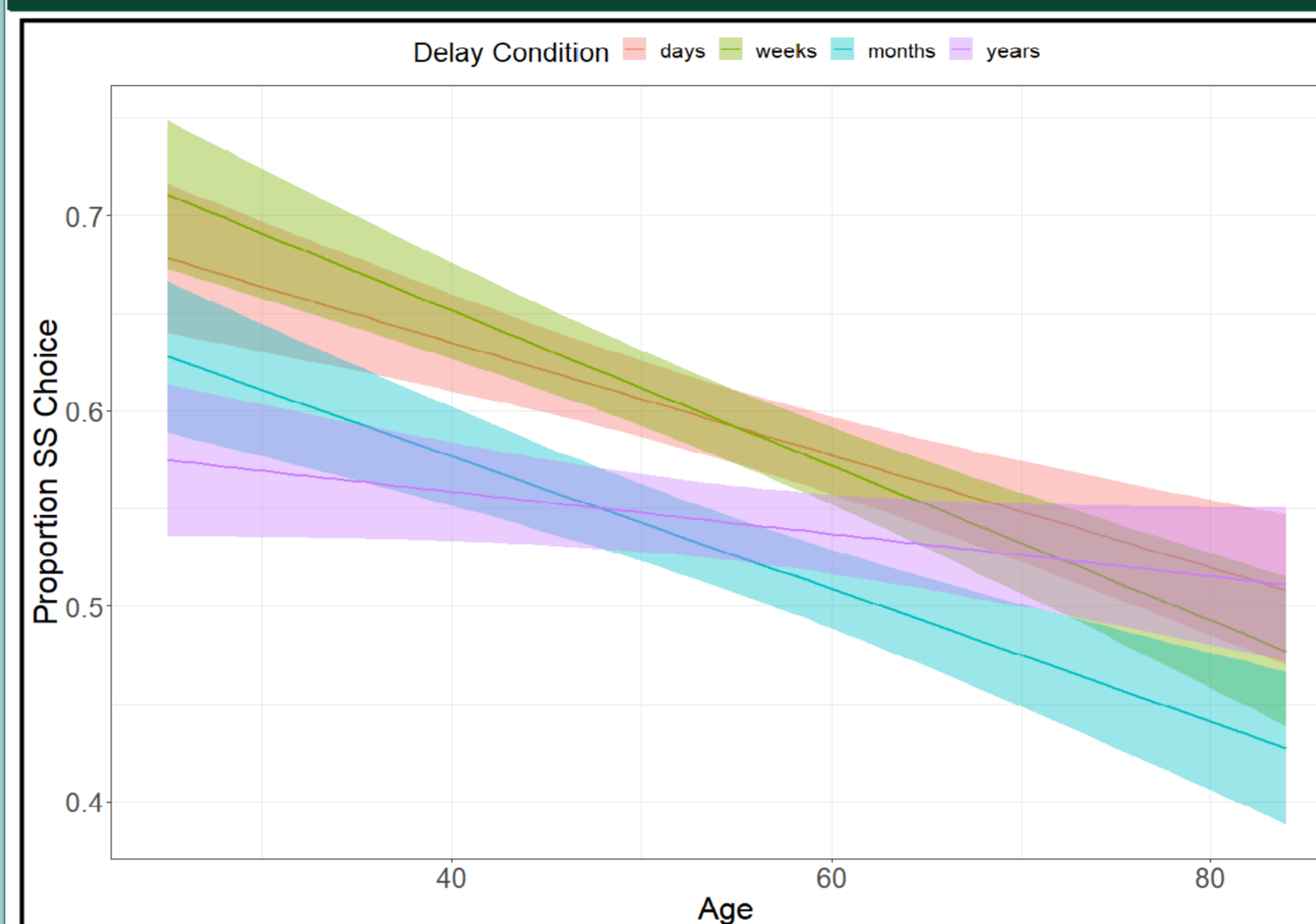
### Delay Lengths:

Days: 1, 4, 7  
Weeks: 1, 2, 4  
Months: 1, 6, 12  
Years: 1, 5, 10

### Two models

- ANCOVA (time delays: *days, weeks, months, years*)
- Logistic regression (time delay: *in days*)

## RESULTS

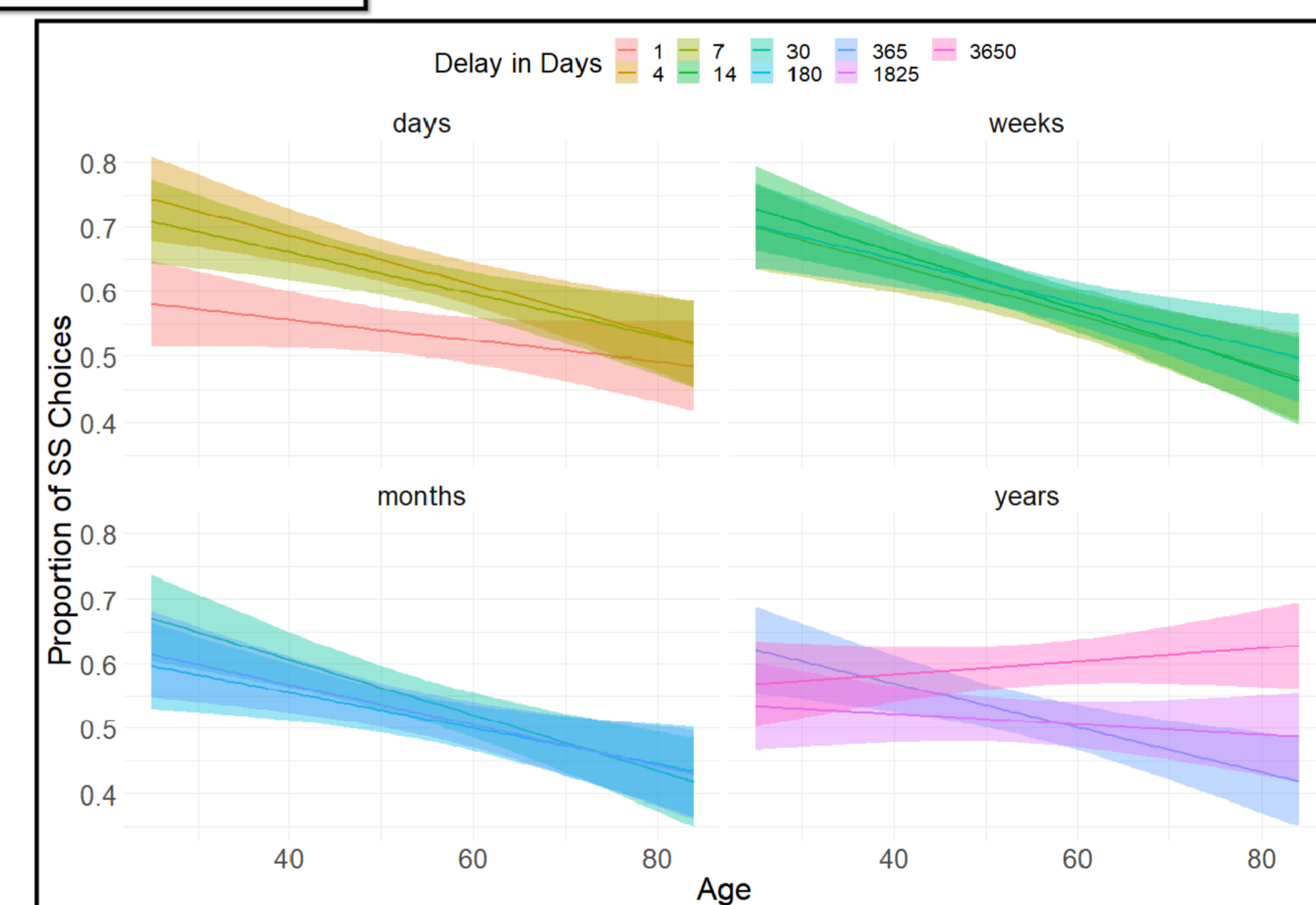


Older adults discount less than younger adults at short to moderate delays.

➤ Our ANCOVA shows less discounting with age for days, weeks and months, but not years.

➤ In general, older adults again discounted significantly *less* than younger adults.

➤ At 5 and 10 years, older adults and younger adults discount similarly.



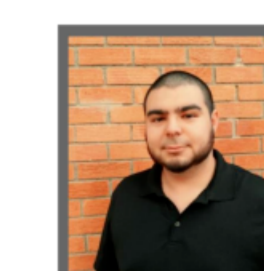
## CONCLUSION

- Although we didn't hypothesize age effects in short to moderate delays, we did see age differences in discounting.
- Contrary to our prediction, we didn't observe age effects at 5 or 10 years.

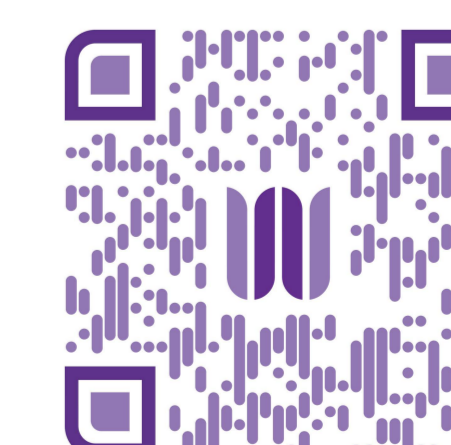
### Future Directions:

- Exogenous factors that mediate age effects
- Age effects on delay lengths of 5-10 years and beyond

## CONTACT US



Christopher Garza  
crg170330@utdallas.edu



<https://agingwell.utdallas.edu>