



Simposio Internacional / *International Symposium*:

## **Longevidad y comportamiento: ¿Es el comportamiento un factor interviniente en la longevidad?**

*Longevity and behaviour: Do behavioural factors intervene in longevity?*

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**ABSTRACT**

### **Longevidad y Conducta. Una Introducción**

#### **Logevity and behavior. An Introduction**

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The increasing longevity, as unexpected phenomena, favour environmental above genetic reasons, thus, bio-demographers pointed out that population analyses "indicate that genetic differences between individuals account for 20-25% of variation in lifespan...which, in effect, allows us to estimate that 75-80% are attributable to environmental conditions". But "environmental" is not only referring to external to the individual circumstances but includes also behavioural and psychological conditions developed across life span through bio-psycho-social transactions. This introduction will review empirical evidence (cross-sectional and longitudinal) about the most important psychological and behavioural conditions related to aging finalizing with the main questions present on this field.

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