Healthy Brain Ageing

Subjective Cognitive Complaints in Participants of the Healthy Brain Ageing Study (HeBA)

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INTRODUCTION

- Subjective cognitive complaints (SCC) have gained a growing interest due to its potential for earlier detection of mild cognitive impairment and dementia due to Alzheimer's disease (AD) or Parkinson's disease (PD).[1,2]
- SCC is characterized by persistent, self-reported deterioration in cognitive performance without worsening neuropsychological outcomes compared to age, sex, and education-adjusted normative data.[1,2]
- Concerns of developing neurodegenerative diseases and depression could lead to SCC[3]. We expect individuals with affected relatives to be more at risk for SCC than individuals without affected relatives.

OBJECTIVES

METHODS

- As part of the HeBA initiative (Abstract 1957), residents aged between 50 and 80, living in Luxembourg and the Greater Region were invited to participate in the population-based online survey
- The online survey includes self-reporting questionnaires:
  - whether they have/had or not a blood relative with PD or AD
  - Geriatric Depression Scale Short Form (GDS-SF)[4]
- SCC measured as a composite score (/3)

	Description	Max. score
Item on memory	whether they consider their memory as poor or even very poor compared to their peers	/1
Non-Motor Symptoms Scale[5]	Item 12: *Problems remembering things that have happened recently or forgetting to do things* Item 15: *Difficulty concentrating or staying focussed*	/2
	Sum Score, cut-off score ≥ 2 for SCC	**/3**

RESULTS

Table 1
Overview of Data

Data from HeBA Study	
Data collection period	September 2022-June 2023
N (fully completed surveys)	2656
n (SCC)	617
n (no SCC)	2039

SCC = subjective cognitive complaints

Figure 1
Visualisation of the proportion of subjective cognitive complaints

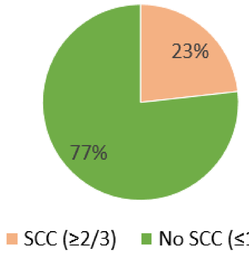


Figure 2
Percentages of participants who have relatives with neurodegenerative diseases

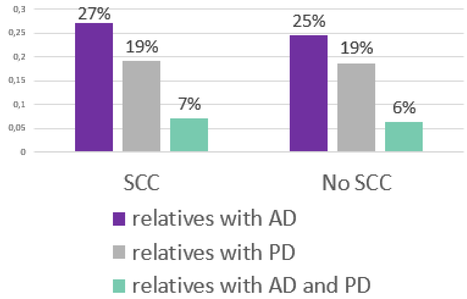
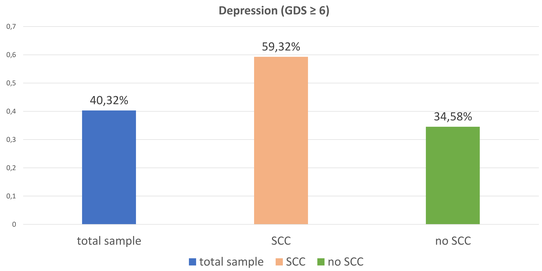


Figure 3
Percentages of depression scores



As seen in the figures, 23% of the total sample report having subjective cognitive complaints. Both groups appear to have relatively similar percentages of relatives who have or had neurodegenerative diseases.

The SCC group have a higher percentage of depression scores than the other group.

CONCLUSIONS & OUTLOOK

Our data showed that 23% of the total sample reported having SCC according to the composite score. The percentage of depression was high in the total sample, with the SCC group having a higher percentage of depression scores. Interestingly, other studies revealed that depressed individuals are more likely to report cognitive complaints than non-depressed individuals[6], as well as that SCC may relate more to depressive symptoms rather than objective cognitive impairment[7]. We seek to complete a deeper analysis and build a multi regression model for SCC and psychological well-being in participants of the HeBA study, as well as to assess objective cognitive impairments during in-person visits.

Link to the survey and further information about the HeBA study

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