

Healthy Brain Ageing

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

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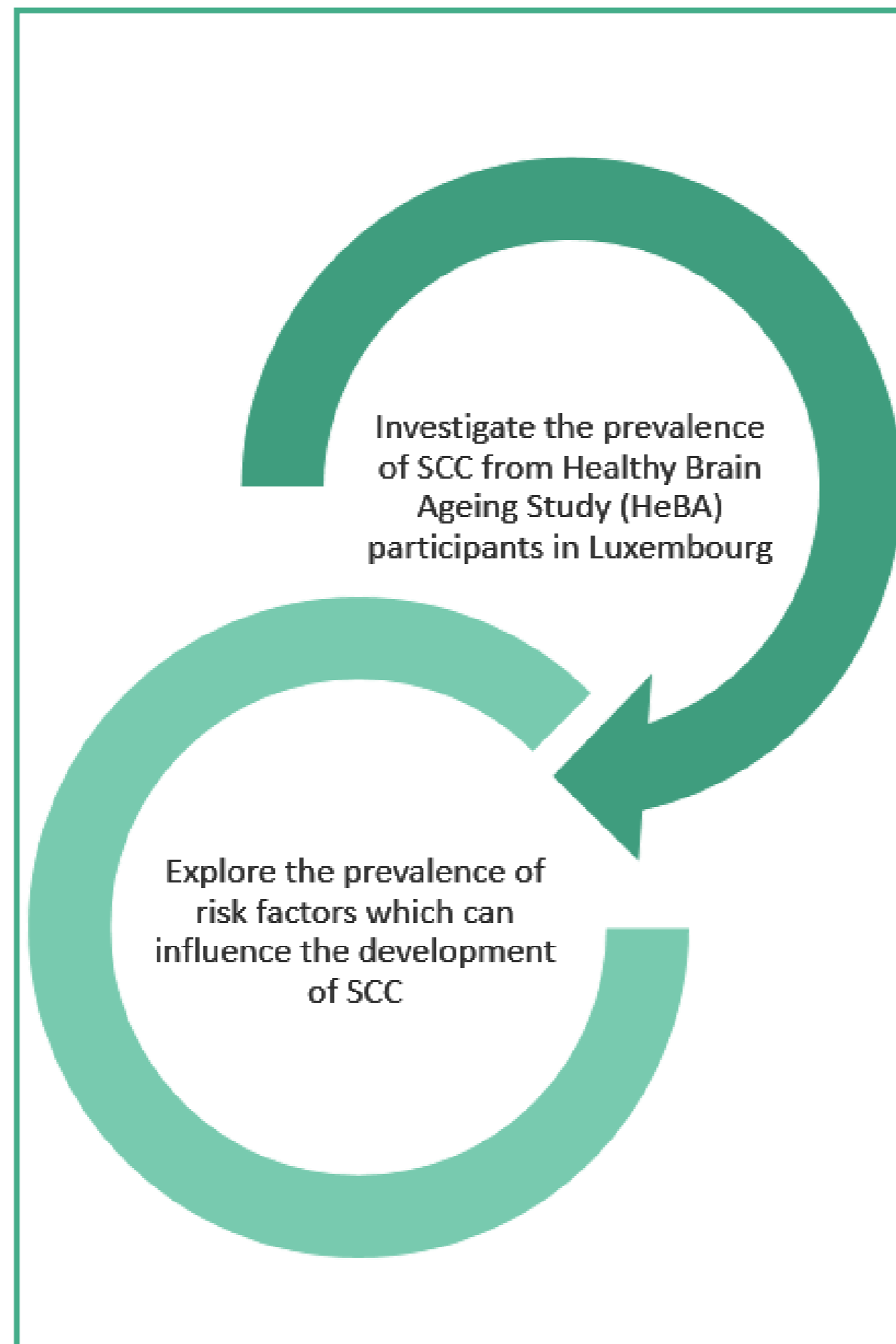
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INTRODUCTION

- 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 SCC³. We expect individuals with affected relatives to be more at risk for SCC than individuals without affected relatives.

OBJECTIVES



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

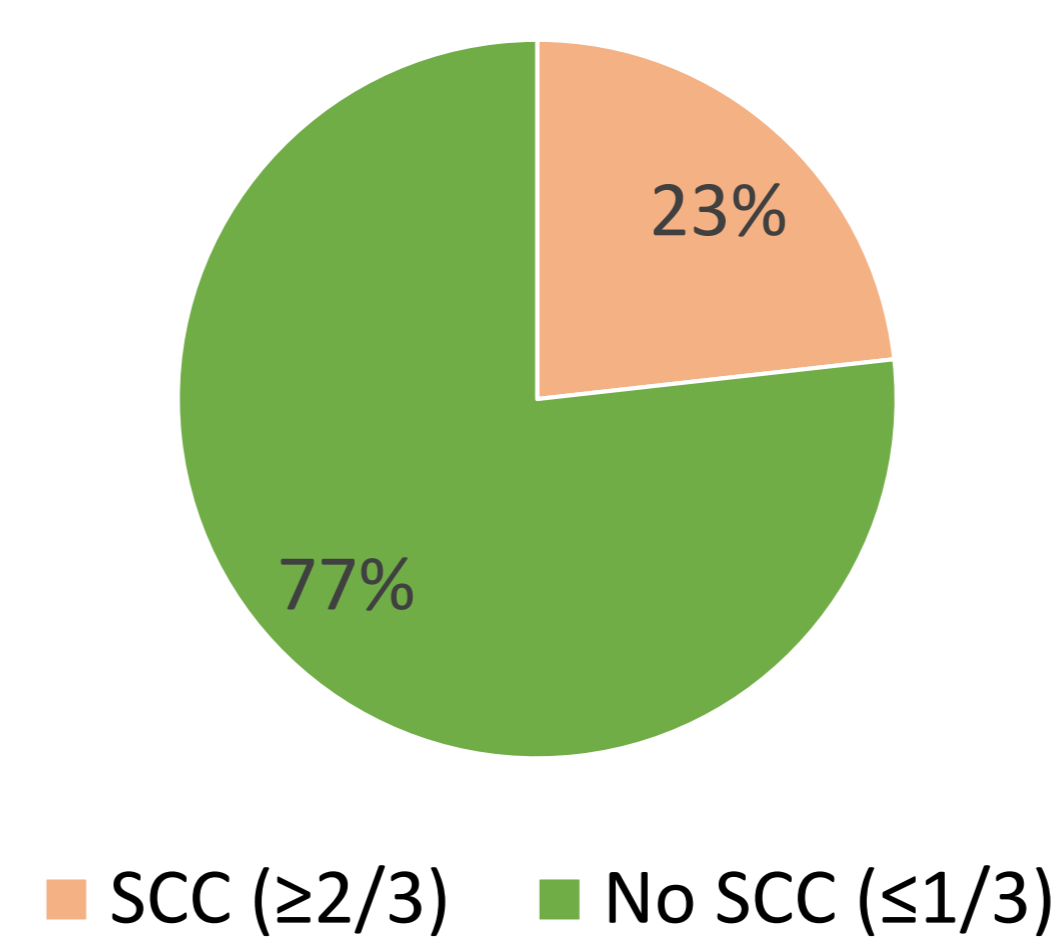
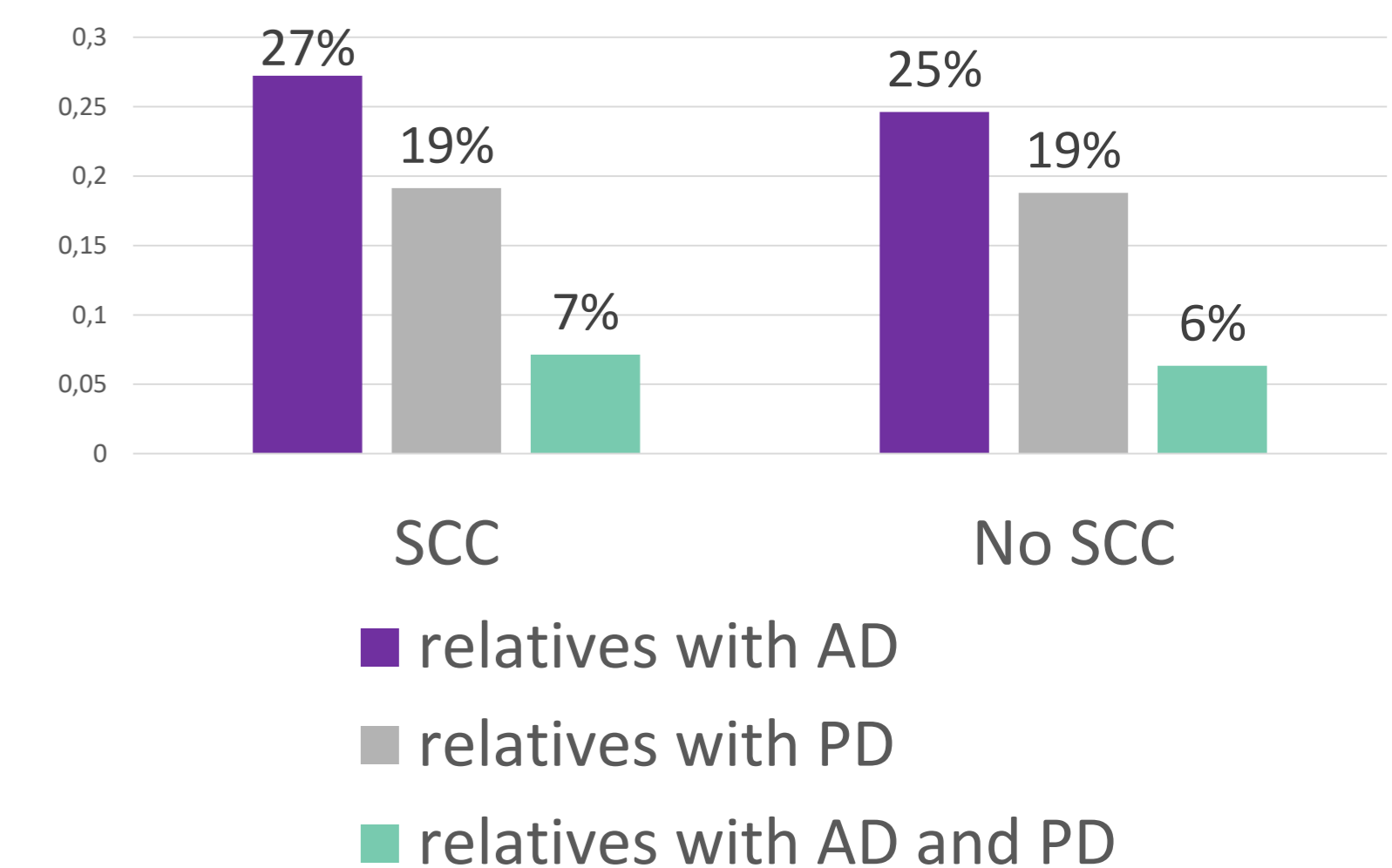


Figure 2
Percentages of participants who have relatives with neurodegenerative diseases

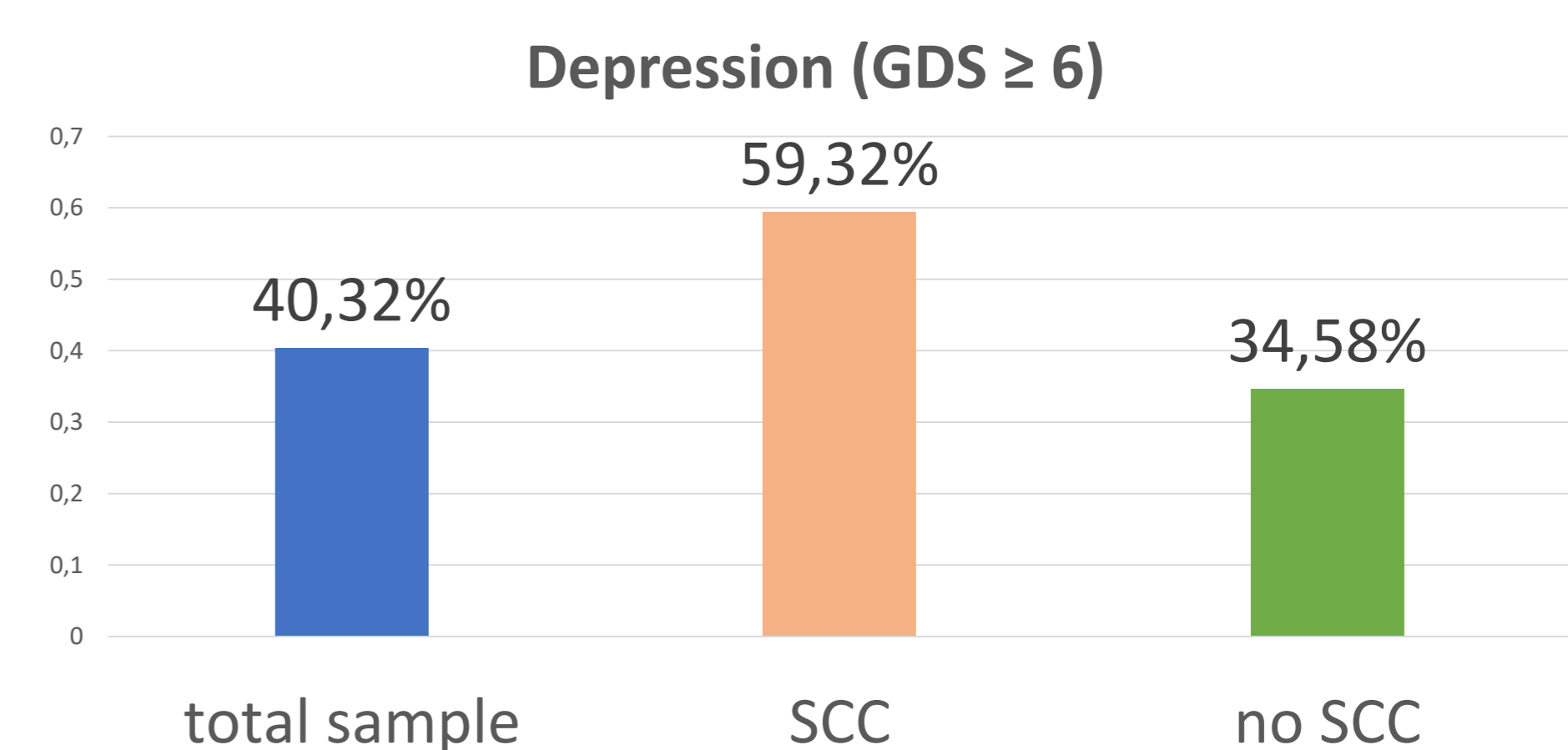


METHODS

- 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: <i>Problems remembering things that have happened recently or forgetting to do things</i> Item 15: <i>Difficulty concentrating or staying focussed</i> | /2 |
| | Sum Score, cut-off score ≥ 2 for SCC | /3 |

Figure 3
Percentages of depression scores

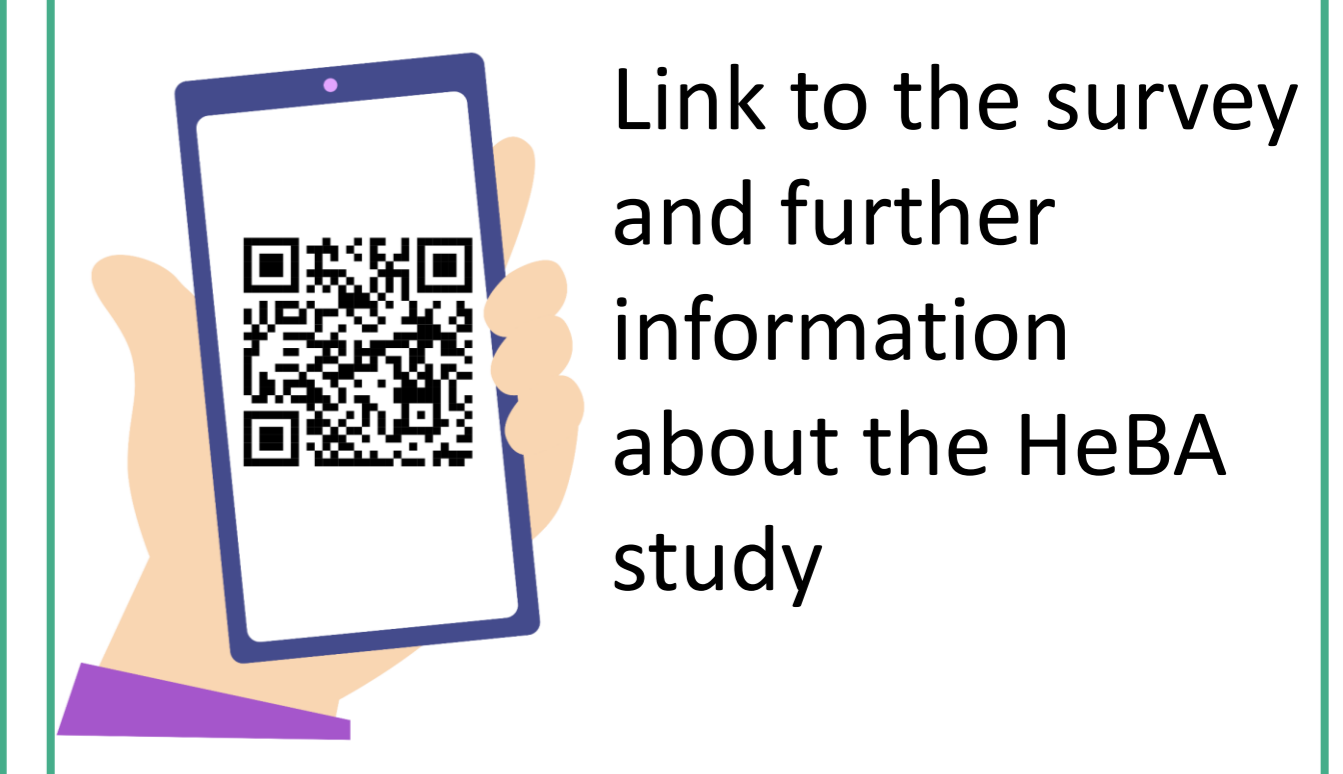


As seen in the figures, 23% of the total sample report having subjective cognitive complaints. Both groups appear to have relatively similar percentages of relatives who have or had neurodegenerative diseases.

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 individuals⁶, as well as that SCC may relate more to depressive symptoms rather than objective cognitive impairment⁷. 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.



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