



Self-report of Cognitive Complaints in Healthy Aging and Mild Cognitive Impairment

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Introduction

- Persons with mild cognitive impairment (PwMCI) experience a decline in one or more cognitive domains when compared to their cognitively healthy aging peers (HAP)¹
- PwMCI do not experience significant functional impairments, but may have difficulty with more complex tasks²
- Understanding the subjective concerns of PwMCI can help identify challenges they experience during daily activities and potential areas for support
- These subjective concerns can be assessed with an easy-to-administer self-report questionnaire focusing on complex processing of information

Purpose

To characterize the barriers that PwMCI experience during everyday tasks relative to HAP

Methods

Participants:

- General inclusion criteria:
 - English speaking, normal or corrected vision and hearing, no history of learning disability, stroke, major psychiatric illness, alcohol or substance abuse, and no elevated depressive symptoms (Geriatric Depression Scale³ score ≤ 5)
- PwMCI specific criteria:
 - Met Petersen criteria¹ including subjective and objective memory impairment; no significant impairment in social or occupational functioning; no diagnosis of dementia
 - Score of 0.5 on the Clinical Dementia Rating Scale⁴
 - All PwMCI also had a clinical diagnosis of MCI from a dementia-specialist neurologist at the Carle Neuroscience Institute

Procedure:

- All participants completed global cognitive screening and a battery of cognitive assessments
- Subjective concerns were measured using a locally developed cognitive self-report questionnaire
 - Questionnaire developed to focus on complex processing of information, which reflects daily functional tasks
 - Responses examined within PwMCI and HAP groups for trends

Participant Characteristics

Demographics

	PwMCI	HAP
Total N	17	18
Age (years)	75.76 \pm 4.70*	67.53 \pm 9.27*
Education (years)	15.25 \pm 2.54*	15.76 \pm 2.44*
Sex	6M/11F	3M/15F

Neuropsychological Measures

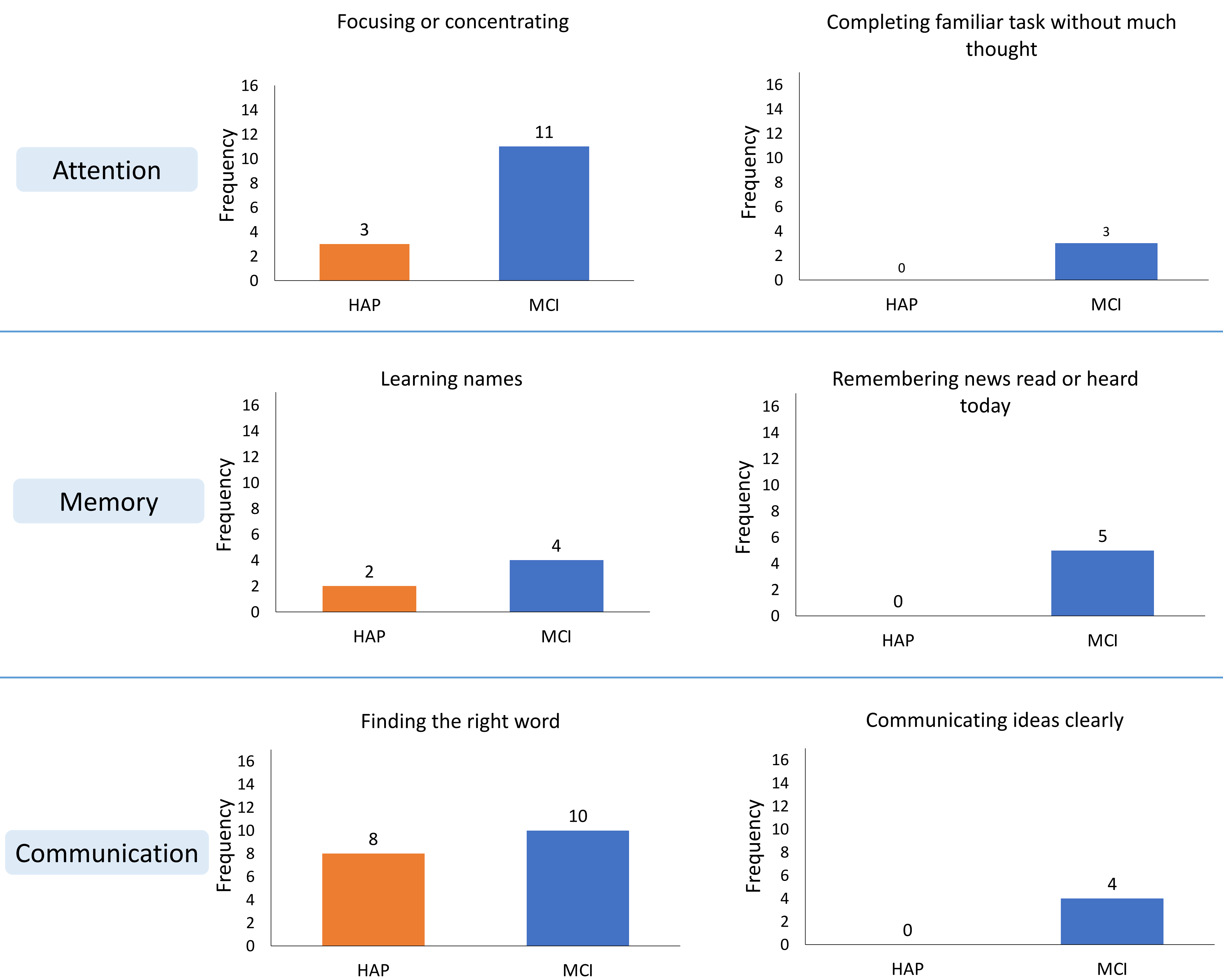
	PwMCI	HAP
MoCA⁵	22.71 \pm 1.79*	27.53 \pm 1.46*
Logical Memory Immediate⁶	8.31 \pm 3.14*	15.65 \pm 3.86*
Logical Memory Delayed⁶	3.76 \pm 3.60*	14.29 \pm 4.25*
FAS Total⁷	36.59 \pm 11.82*	39.76 \pm 3.65*
Animals⁸	14.71 \pm 5.89*	20.76 \pm 5.76*
Boston Naming Test⁸	26.06 \pm 5.07*	27.76 \pm 1.71*
Digit Span Forward⁶	7.06 \pm 1.48*	6.65 \pm 1.54*
Digit Span Backward⁶	5.24 \pm 1.15*	5.35 \pm 1.37*

*mean \pm SD

Self-Report Questionnaire

Are you having problems with any of the following? (check all that apply)	How does this problem affect your daily activities or your work?
Focusing or concentrating	✓
Paying attention to finish a task	
Expressing or communicating your ideas clearly	
Following conversations when you are in a group	
Finding the right word when you need it	
Coming up with the names of objects	
Understanding all of a conversation you hear	
Understanding all of a newspaper article you read	
Reading	
Handwriting	
Learning people's names	
Remembering news that you read or heard today	
Recognizing the face of a person you recently met	
Recognizing everyday objects	
Making your hands or feet do what you want them to do	
Planning your day	
Decision making	
Shifting your attention	
Completing a task you are used to completing without too much thought	

Results



Conclusions

- PwMCI have more subjective complaints about memory, attention, and communication relative to HAP
- These findings can be used to guide the development of strategies to support attention, memory, and communication during functional activities
- Consideration of subjective measures would be beneficial in minimizing the functional impact of cognitive impairment on daily activities for those with MCI

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