

The Alzheimer's and Families study

<https://www.neurodegenerationresearch.eu/cohort/the-alzheimers-and-families-study/>

Cohort Acronym

Alfa Study

Cohort type

Neurodegenerative disease-specific cohort

Disease

Alzheimer's disease, Mild cognitive impairment (MCI), Subjective memory complaints (SMC) or subjective cognitive decline (SCD)

Participant type

At-risk diagnosis

Profile

Recruitment Period Apr 2013-Nov 2014

Sample size at start or planned sample size if still recruiting 2700

Estimated Current Sample Size 0 to 4,999

Age at Recruitment 45-75

Gender Male and Female

Abstract

The aim of the Alfa Study is to focus on the processes taking place before the initiation of Alzheimer's symptoms in order to design interventions to prevent or delay the onset of dementia. Inclusion criteria were being cognitively normal Spanish and/or Catalan-speaking persons aged between 45 and 74 years that agreed with the study procedures and tests: clinical interview and questionnaires associated to risk factors, cognitive tests, a blood sample extraction for DNA analysis, and MRI.

A subset (n=450) of the ALFA parent cohort participants are currently being recruited / undergoing a nested longitudinal long-term study, named the ALFA+ study, in which a more detailed phenotyping will be performed. On top of a similar characterization as in the ALFA parent cohort, it will entail the acquisition of both wet (CSF, blood, and urine sample collection) and imaging (magnetic resonance imaging [MRI] and PET) biomarkers. Furthermore, ALFA parent cohort participants may also be invited to participate in other BBRC studies such the ALFAlife primary intervention study (n=400) or the full genetic and neuroimaging characterisation study referred to as ALFAgenetics (n=2000).

Last Update 21/09/2017

Country Spain

Contact details

Institution name Barcelona?eta Brain Research Center

Website <https://fpmaragall.org/en/research-alzheimer/alfa-study-against-alzheimer/>

Principal Investigator (PI) Dr. Jos' Luis Molinuevo

Contact email PI Email: [\[email protected\]](#)

Contact phone number Tel. +34 933160990

Funders (Core support) Pasqual Maragall Foundation (FPM)

Variables Collected

Brain related measures:

Behaviour, Cognitive function, Mental health, Neurological

Functional rating:

Caregiver, Individual physiological, Individual psychological

Anthropometric:

Blood pressure, Height, Hip circumference, Waist circumference, Weight

Physical:

Cardiovascular, Hearing and Vision, Musculoskeletal, Reproductive, Respiratory

Biological samples:

Blood, Cerebral spinal fluid (CSF), CSF biomarker data available

Genotyping:

Gene screening

Brain imaging:

Magnetic resonance imaging (MRI), Positron emission tomography (PET) - amyloid, Positron emission tomography (PET) fluorine18 flurodeoxyglucose (FDG)

Brain banking:

N/A

Lifestyle:

Alcohol, Dietary habits, Physical activity, Smoking

Socio-economic:

Education, Ethnic group, Family circumstances, Housing and accommodation, Income and finances, Marital status, Occupation and employment

Health service utilisation:

Formal health and social care service utilisation including private care