

# Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Dementia

<https://www.neurodegenerationresearch.eu/survey/finnish-geriatric-intervention-study-to-prevent-cognitive-impairment-and-dementia/>

## Title of the cohort

Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Dementia

## Acronym for cohort

FINGER

## Name of Principal Investigator

Title MD, PhD, Associate Professor

First name Miia

Last name Kivipelto

## Address of institution where award is held

Institution Aging Research Center, Karolinska Institutet

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City Stockholm

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## Country

- Sweden

## Website

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## Funding source

- 1) Academy of Finland
- 2) Swedish Research Council (VR)
- 3) Alzheimer Association
- 4) Novo Nordisk
- 5) La Carita foundation

## 1. The cohort includes, or expects to include, incidence of the following conditions

- Alzheimer's disease and other dementias
- Neurodegenerative disease in general

**When studies on the above condition(s) are expected to become possible**

- 2011 – 2015

## **2a. Stated aim of the cohort**

To study the effect of the multi-domain lifestyle intervention on cognitive impairment and incidence of dementia/AD

## **2b. Features distinguishing this cohort from other population cohorts**

This is one of the very few large multi-domain randomized controlled trials primarily designed to prevent cognitive impairment. In the control arm it will be possible to study the natural history of cognitive impairment and the role of biomarkers in predicting AD.

## **3a. i) Number of publications that involve use of cohort to date**

1

## **3a. ii) Up to three examples of studies to date (PI, Institution, Title of Study)**

The intervention is still ongoing

## **3b. Publication list/link to where data or publications are accessible (if available)**

## **3c. Information (i.e. research findings) expected to be gained from the population cohort**

The study will answer to the question to what extent an intensive lifestyle intervention (diet, physical activity, cognitive training, social activity, management of vascular risk factors) can prevent cognitive impairment and AD. Also several secondary outcomes are included including depressive signs, vascular risk factors and morbidity, disability, quality of life, utilization of health resources, and thus, the total benefit can be investigated. Several biomarkers will be studied and neuroimaging will be conducted for a sub-sample giving possibility to investigate underlying mechanisms. The study is expected to produce both high-qualitative scientific results and means to translate them to clinical practice.

## **4a. Study criteria: age range of participants at recruitment**

Age in years from: 60

To ('until death' if applicable): 77

## **4b. Study criteria: inclusion criteria**

Elevated Dementia Risk Score (Kivipelto et al, Lancet Neurology 2006) and cognitive performance slightly lower than expected for age

## **4c. Study criteria: exclusion criteria**

Dementia and significant cognitive impairment, severe illness, medical and other conditions preventing participation in the intervention

## **5. Size of the cohort (i.e. number of participants enrolled)**

- 1,000 – 5,000 participants

#### **6a. Measures used to characterise participants**

Health and lifestyle questionnaire, neuropsychological tests, physical examination, scales for depression, disability, quality of life. Diagnoses of dementia and AD. Blood samples. MRI and PET for a subsample.

#### **6b. Additional measures for participants with a clinical disorder**

Differential diagnosis for dementia including MRI, CSF, more detailed neuropsychological tests etc

#### **6c. Are there defined primary and secondary endpoints (e.g. defined health parameters)**

Neuropsychological test battery, incidence of dementia and AD

#### **7. Study design**

- Prospective cohort
- Other (please specify)
- Randomized controlled trial

#### **8. Cases matched by**

- Age
- Sex

#### **9a. Does the study include a specialised subset of control participants**

- No

#### **9b. If yes, description of specialised subset of control participants**

This is a representative population-based sample. Age and sex matched persons from the control group are used for neuroimaging sub-study

#### **10a. i) Data collection start date**

01-09-2009

#### **10a. ii) Data collection end date**

#### **10a. iii) Data collection for this study is**

- Data collection ongoing

#### **10b. Plans to continue the cohort study beyond the current projected end date**

- Yes – intend to apply for funding

#### **11. Data collected**

- Only through the study
- Through links to medical records

## 12. System in place to enable re-contact with patients for future studies

- Yes (participants have given permission to be re-contacted via the PIs to ask if they would participate in further studies)

## 13a. Format and availability of data stored in a database

Yes/No % available

Data summarised in database yes 40

Database is web-based

Database on spreadsheet

Database is on paper

Other (specify)

### Language used:

English

## 13b. Format and availability of data held as individual records

Yes/No % available

Data held as individual records yes

Data is web-based yes

Data held on computer based records

Data held on cards

Other (specify)

### Language used:

English

## 14a. Are data available to other groups

Yes

## 14b. Access policy/mechanisms for access if data are available to other groups

- Apply to PI or co-ordinator at resource
- Access through collaboration with PI only

## 15. Data sharing policy specified as a condition of use

- No requirement to make data publicly available

## 16a. Are tissues/samples/DNA available to other groups

Yes

**16b. i) Description of available tissues/samples/DNA**

- Living donors: blood
- Living donors: blood derivatives
- Living donors: DNA
- Living donors: cerebro-spinal fluid

**16b. ii) Form available tissues/samples/DNA are supplied in**

**16b. iii) Is the access policy/mechanism for obtaining samples the same as that for obtaining data**

Yes

**17. Is information on biological characteristics available to other groups**

- Yes, for all the cohort