

MIND-AD

Multimodal preventive trials for Alzheimer's Disease: towards multinational strategies (MIND-AD)

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The goal of the *Multimodal preventive trials for Alzheimer's Disease: towards multinational strategies (MIND-AD)* project is to optimise existing infrastructures based on recent pioneering Alzheimer's disease (AD)/dementia prevention trials, and create a unique opportunity for rapid integration of knowledge, and harmonisation of methods and outcome measures across Europe. Its innovative approach consists of multimodal interventions, the inclusion of novel modes of delivery (e.g. computer-based cognitive training, internet-based prevention strategies, medical food with a specific nutrient combination), the inclusion of critical feedback from users (trial participants), and synergistic use of data from several European countries with over 10 000 trial participants.

The MIND-AD project has for the first time, conducted a multimodal lifestyle intervention combined with a medical food among patients with prodromal AD in four countries, with very promising preliminary results. Further, the project provided valuable results on the biological mechanisms underlying multimodal interventions; the suitability of prodromal AD patients AD as a target group in prevention trials, and the cost-effectiveness of such interventions. The multi-national nature of the MIND-AD consortium, provided data on older European adults' expectations, attitudes, facilitators and barriers towards participating in RCTs and adhering to preventive interventions.

The collective knowledge from the project also led to contributions to the first WHO guidelines for dementia risk reduction. To date, the positive experiences and data from the MIND-AD pilot trial provide the first practical model for conducting the next generation of multinational clinical trials combining vascular/lifestyle interventions with pharmacological approaches (disease-modifying treatments).