

AUSTRALIANS KEEN TO TAKE PREVENTATIVE ACTION AGAINST DEMENTIA

AN ONLINE TOOL SHOWS MAJORITY OF PARTICIPANTS PLAN ON TAKING PREVENTATIVE ACTION.



The Australian National University's Alzheimer's Disease Risk Index (ANU-ADRI) is a series of questions designed to evaluate a person's risk of dementia based on his or her lifestyle. However, it was unknown whether participants were motivated to take action based on the results of the test.

Dr Maree Farrow from the Wicking Dementia Research and Education Centre received funding from the Dementia Collaborative Research Centre for Early Diagnosis and Prevention to undertake this evaluation. She presented the survey results at the ninth annual Dementia Research and Knowledge Translation Forum in Sydney in September.

"After our evaluation of 184 Australian adults who completed the ANU-ADRI online assessment, we found that a large majority of users did, in fact, intend to take some action to change their lifestyle," Dr Farrow says. "Just as importantly, users also found the ANU-ADRI recommendations easy to understand, helpful and motivating."

The survey results found that users were most likely to change behaviour for physical activity (58 per cent),

followed by cognitive activity (49 per cent) and fish intake (47 per cent).

The ANU-ADRI is currently targeted at middle-aged people who might be at risk of dementia due to lifestyle and health factors. Dr Farrow also stated the test is becoming popular with users 65 years of age and older who want to learn more and receive advice about lowering their dementia risk.

The test is now being used as part of a bigger dementia risk reduction program called Body-Brain-Life, led by Australian National University Professor Kaarin Anstey, Director of the Dementia Collaborative Research Centre for Early Diagnosis and Prevention and Centre for Research on Ageing Health and Wellbeing.

"We have had promising results from our ANU-ADRI user experience survey and our pilot Body-Brain-Life online dementia prevention program," Professor Anstey says.

The ANU-ADRI test can be completed online at anuadri.anu.edu.au and takes approximately 20 to 30 minutes. More than 10,000 participants have already completed the test.