

Assessment of cognitive function and mentally stimulating activities in the Utrecht Police Lifestyle, Fitness and Training (UPLIFT) study

Published: 16-12-2008

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The aim of this study is to explore whether changes in parameters of physical activity, physical fitness and mentally stimulating activities are associated with cognitive parameters.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Observational non invasive

Summary

ID

NL-OMON32390

Source

ToetsingOnline

Brief title

Assessment of cognitive function in the UPLIFT study

Condition

- Other condition

Synonym

Cognitive function

Health condition

Cognitieve functie

Research involving

Human

Sponsors and support

Primary sponsor: Hogeschool Utrecht

Source(s) of monetary or material Support: Ministerie van OC&W

Intervention

Keyword: Cognition, Mentally stimulating activities

Outcome measures

Primary outcome

Cognitive function, measured with a neuropsychological test battery and reported mentally stimulating activities.

Secondary outcome

not applicable

Study description

Background summary

Due to plasticity of the human brain, cognitive capacity could be influenced by lifestyle behaviours throughout the lifespan. It is feasible that successful cognitive aging is mediated by components of cardiorespiratory fitness. At the same time, all studies examining the role of physical activity in cognitive function have difficulties ruling out the impact of cognitive (or mental) stimulation. It is thought that keeping mentally active will maintain ones cognitive abilities and possibly prevent cognitive decline (generally referred to as the *use it or lose it* hypothesis). Our study wishes to evaluate the effects of changes in physical activity, physical fitness and mentally stimulating activities on cognitive function in a study of young and middle aged participants.

Study objective

The aim of this study is to explore whether changes in parameters of physical activity, physical fitness and mentally stimulating activities are associated with cognitive parameters.

Study design

Cross sectional study.

Study burden and risks

All volunteers for the cognitive tests in the UPLIFT answer a questionnaire on mentally stimulation activities and participate in cognitive testing. All tests together take approximately 0.5 hours. The risks of all these tests are negligible.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age

Adults (18-64 years)

Elderly (65 years and older)

Inclusion criteria

All UPLIFT volunteers visiting our facilities for the second test, aged 18-25 years and 55-62

years are asked to participate in the supplementary cognitive testing and mentally stimulating activities procedures.

Exclusion criteria

Volunteers with any history of stroke will be excluded from the supplementary cognitive test procedure.

Study design

Design

Study type: Observational non invasive

Masking: Open (masking not used)

Control: Uncontrolled

Primary purpose: Prevention

Recruitment

NL

Recruitment status: Recruitment stopped

Start date (anticipated): 13-01-2009

Enrollment: 150

Type: Actual

Ethics review

Approved WMO

Date: 16-12-2008

Application type: First submission

Review commission: METC Universitair Medisch Centrum Utrecht (Utrecht)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
CCMO	NL23833.041.08