

Uptake and effectiveness of a tailor-made online lifestyle advice for Dementia Risk Reduction

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To investigate the uptake and effectiveness of a Dementia Risk Reduction Online lifestyle Program among middle-aged descendants of people with recently diagnosed AD or VD at participating Dutch memory clinics.

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON24336

Bron

NTR

Verkorte titel

Demin

Aandoening

dementia, Alzheimer's disease, Vascular dementia, prevention, risk reduction, lifestyle

dementie, de Ziekte van Alzheimer, vasculaire dementie, preventie, risico reductie, leefstijl

Ondersteuning

Primaire sponsor: University Medical Center Groningen (UMCG)

Overige ondersteuning: ZonMw

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary outcome is the uptake (e.g. the percentage of eligible people that signed the online informed consent form and completed baseline risk assessment). The total number of eligible people in each recruitment group (active versus passive) will be based on the number of new cases of AD or VD (dementia patients) in all memory clinics during the recruitment period, assuming an average of one child per dementia patient. Monthly, the number of eligible participants (e.g. new cases of AD and VD) will be monitored using the medical records of each memory clinic.

Toelichting onderzoek

Achtergrond van het onderzoek

Introduction: Increase in life expectancy will lead to an absolute increase in the prevalence of dementia the coming years. As no curative treatments for dementia are yet available, prevention is a key element to counteract the dementia epidemic. Having a parent with recently diagnosed dementia might encourage people to participate in a lifestyle program to get insight in their risk and protective factors for dementia and improve their health behavior. Our aim is to investigate the uptake and effectiveness of a tailor-made lifestyle program targeting risk and protective factors for dementia, consisting of an online questionnaire, physical examination at one of the participating memory clinics and online tailor-made lifestyle advice for dementia risk reduction among middle-aged descendants of people with recently diagnosed Alzheimer's Disease (AD) or Vascular dementia (VD).

Methods and analysis: Cluster randomized controlled trial, in which memory clinics throughout the Netherlands (≥ 20) are randomized to an active or passive recruitment strategy. The difference in uptake (e.g. percentage of eligible people that completed the first assessment) between the passive (poster and flyer in waiting room of memory clinic) and active (personal invitation by the medical doctor of their parent, next to the poster and flyer) recruitment strategy will be evaluated. Additionally, the effectiveness of this tailor-made lifestyle program on protective and risk factors for dementia between participants of the program (aged 40-60 years) and a matched (using propensity scores) control group, consisting of Lifelines participants (non-exposed to the tailor-made lifestyle program) will be investigated.

Ethics and dissemination: This study is approved by the Dutch ministry of Health, Welfare and Sport according to the population screening act (see:

https://www.gezondheidsraad.nl/sites/default/files/grpublication/summary_population_screening_act_study_of_online_lifestyle_advice_for_reducing_the_risk_of_dementia_201809.pdf).

Doel van het onderzoek

To investigate the uptake and effectiveness of a Dementia Risk Reduction Online lifestyle Program among middle-aged descendants of people with recently diagnosed AD or VD at participating Dutch memory clinics.

Onderzoeksopzet

Participants are asked (by email or SMS, depending on their preference) to complete online questionnaires at 3, 6, 9 and 12 months after baseline assessment (online baseline questionnaire). After each follow up measurement, the personal health profile is updated providing the participants with new tailored computerized lifestyle advice. At baseline and 12 months follow-up, participants will be invited at the memory clinic for physical examination.

Onderzoeksproduct en/of interventie

This study is a cluster randomized controlled trial in which participating memory clinics (≥ 20) in the Netherlands will be randomized into a passive or active recruitment strategy. Memory clinics allocated to the passive recruitment strategy, do not invite individuals actively, but individuals are invited to participate in the Dementia Risk Reduction Online Lifestyle Program only by posters and leaflets that are placed in the waiting room of the memory clinic. Memory clinics allocated to the active recruitment strategy will invite potential participants face-to-face by the medical specialist of their parent to participate in the Dementia Risk Reduction Online Lifestyle Program, during the second consultation after receiving the diagnoses AD or VD, next to posters and leaflets that are placed in the waiting room of the memory clinic. All patients (and their caregivers) receive an envelope addressed to the adult children of patients, including a standard leaflet with information about the content of the study. Participants recruited via both recruitment strategies will receive the same Dementia Risk Reduction Online Lifestyle Program.

Contactpersonen

Publiek

Universitair Medisch Centrum Groningen

Nynke Smidt

Postbus 30 001 (HPC: FA40)

Groningen 9700 RB

The Netherlands
050-3617061

Wetenschappelijk

Universitair Medisch Centrum Groningen

Nynke Smidt
Postbus 30 001 (HPC: FA40)

Groningen 9700 RB
The Netherlands
050-3617061

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Middle-aged adults with a parent who is recently diagnosed with Alzheimer's disease or Vascular dementia.

- Age between 40 and 60 years
- Able to use a computer

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Pregnant women or women were pregnant in the last 12 months

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd

Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	18-12-2018
Aantal proefpersonen:	378
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Ja

Toelichting

This study aims to include data from 378 middle-aged participants recruited through participating memory clinics in the Netherlands. The final dataset will include data on physical examination, laboratory data from fasting blood samples and self-reported data including demographic characteristics, health and health behaviour. We will make the data and associated documentation available to users conditional on a data-sharing agreement that provides for: (1) a commitment to using the data only for research purposes, (2) a commitment to securing the data using appropriate computer technology, and (3) a commitment to destroying or returning the data after analyses are completed.

Ethische beoordeling

Positief advies	
Datum:	21-08-2018
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL7235
NTR-old	NTR7434
Ander register	ZonMw : 531002008 ZonMw

Resultaten