Een gezonder brein met de Brain Aging Monitor

Gepubliceerd: 02-08-2013 Laatst bijgewerkt: 18-08-2022

The main objective of the Brain Aging Monitor study is to examine whether a two year online health-behavior change intervention can influence brain aging patterns in a population 40 years and older. Our hypotheses is that successful lifestyle...

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

Samenvatting

ID

NL-OMON26042

Bron
Nationaal Trial Register

Verkorte titel
BAM

Aandoening

cognitive aging, lifestyle, healthy living, dementia prevention

hersenveroudering, leefstijl, gezond leven, dementiepreventie

Ondersteuning

Primaire sponsor: Radboud University Nijmegen Medical Centre, Department of Geriatric Medicine
Overige ondersteuning: National Initiative Brain and Cognition (NIHC)

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Cognitive aging measured with the Brain Aging Monitor - Cognitive Assessment Battery (BAM-COG)

Toelichting onderzoek

Achtergrond van het onderzoek

Rationale:

Cognitive decline is already measurable in people aged 45-49. So it becomes increasingly important and necessary to come up with scientifically validated ways in which we enable and train people how they can maintain normal levels of cognitive functioning for a longer period of time.

Objective:

The main objective of the Brain Aging Monitor study is to examine whether a two year online health-behavior change intervention can influence brain aging patterns in a population 40 years and older.

Intervention:

The Brain Aging Monitor (BAM) is a two year online, individually tailored lifestyle intervention. Aiming for six pillars of lifestyle change for which the literature suggests that these effect cognitive functioning. These pillars are physical activity, nutrition, smoking, alcohol consumption, sleep, and stress.
In order to measure cognitive functioning online we developed a new online self monitor for cognitive functioning called the Brain Aging Monitor Cognitive Assessment Battery (BAM-COG), which has been validated in a healthy aging population.
The BAM first screens and compares current lifestyle to references that have been published by governmental institutions for public health in terms of physical activity norms, healthy diets, smoking recommendations, alcohol consumption, sleep patterns, and stress coping. After which the BAM will measure cognition with the BAM-COG.
Based on these measurements participants will set themselves up in a goal setting module (using Goal Attainment Scaling) where they are guided to set their own realistic goals aiming for behavior change on those lifestyle pillars that they want to change.
Once the goals have been set the participant will be provided with several tool and tips on how to accomplish his goals. Participants are able to set their own reminder system on how frequently they want to be reminded about taking part in the program. To monitor progress a visually attractive way of presenting progress is used.

The site is updated with the latest scientific information and breakthroughs on the subject of brain research, healthy living, and the psychology of behavior change. Furthermore, there are blogs by the researchers and participants, and healthy recipes are uploaded weekly.
At 12 and 24 months into the program the baseline measurement will be performed again to track lifestyle changes and cognition changes both halfway and at the end of the program.

Primary outcome measure:

The primary outcome measure is the Brain Aging Monitor Cognitive Assessment Battery.

Doel van het onderzoek

The main objective of the Brain Aging Monitor study is to examine whether a two year online health-behavior change intervention can influence brain aging patterns in a population 40 years and older. Our hypotheses is that successful lifestyle change will result in different brain aging patterns.

To test the hypotheses participants that succesfully alter their behavior will be compared to unsuccesful participants on brain aging patterns.

Onderzoeksopzet

01-10-2012

01-10-2013

01-10-2014

Onderzoeksproduct en/of interventie

The Brain Aging Monitor website provides participants with an overview of current lifestyle, and stimulates healthy behavior change over time in a feasible and structured manner.

Contactpersonen

Publiek

Reinier Postlaan 4

Teun Aalbers
Nijmegen 6500 HB
The Netherlands
+31243619807

Wetenschappelijk

Reinier Postlaan 4

Teun Aalbers
Nijmegen 6500 HB
The Netherlands
+31243619807

Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age: 40 years and older

2. Regular internet access

3. Electronic informed consent

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Inability to understand the Dutch language

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Parallel

Toewijzing:	N.v.t. / één studie arm
Blindering:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving gestart
(Verwachte) startdatum:	01-10-2012
Aantal proefpersonen:	200
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	02-08-2013
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	NL3921
NTR-old	NTR4144
Ander register	: NA
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
T. Aalbers et al. Characteristics of effective Internet-mediated interventions to change lifestyle in people aged 50 and older: A systematic review. Ageing Research Reviews. 2011; 10: 487-497.

Letter to the editor:
T. Aalbers et al. (2013) The Mediterranean Diet as prevention strategy for dementia as a multicausal geriatric syndrome. American Journal of Clinical Nutrition