

RAR-CLA and cognition

Gepubliceerd: 12-03-2019 Laatste bijgewerkt: 18-08-2022

Daily supplementation of 3.5g RAR-CLA will slow down cognitive decline as compared to placebo

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

Samenvatting

ID

NL-OMON29637

Bron

Nationaal Trial Register

Verkorte titel

CoRA

Aandoening

cognitive impairment

Ondersteuning

Primaire sponsor: Stepan Specialty Products B.V.

Overige ondersteuning: Stepan Specialty Products B.V.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

Episodic memory as measured with the RAVLT

Toelichting onderzoek

Achtergrond van het onderzoek

Objective: The primary objective is to investigate the effect of 12 weeks of supplementation with 3.5g/day of ruminic acid on cognitive functioning in older men and women at risk of cognitive impairment. Secondary objectives include the assessment of the effect of ruminic acid supplementation on mental well-being, handgrip strength, hand joint discomfort, and plasma fatty acid levels.

Study design: Randomized, parallel, double-blind, placebo-controlled trial.

Study population: Elderly (≥ 65 years, $n=52$) at risk of cognitive impairment.

Intervention: Subjects will receive a daily dose of 3.5g ruminic acid divided over six capsules (intervention) or six placebo capsules (control).

Main study parameters/endpoints: The primary study parameter is episodic memory as measured with the RAVLT. Secondary parameters entail cognitive functioning (episodic and working memory, attention, executive functioning, and psychomotor speed) as measured with a battery of cognitive tests, the evaluation of ruminic acid supplementation on anxiety, depressive symptoms, quality of life (measured with questionnaires), and plasma fatty acid status (measured in blood).

Doel van het onderzoek

Daily supplementation of 3.5g RAR-CLA will slow down cognitive decline as compared to placebo

Onderzoeksopzet

0 weeks and 12 weeks

Onderzoeksproduct en/of interventie

Subjects will receive a daily dose of 3.5g ruminic acid divided over six capsules (intervention) or six placebo capsules (control).

Contactpersonen

Publiek

Wageningen University & Research
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0317-485867

Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Aged ≥ 65 years
- At risk of cognitive impairment/ memory complaints
- Able to understand and perform the study procedures

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Body Mass Index (BMI) > 35 kg/m²
- Current use of medication belonging to the “sartans” or “glitazones”
- Current use of > 500 mg/day of acetylsalicylic acid
- Current use of medication that affects inflammation (anti-inflammatory medication)
- Fish consumption of more than 1 serving per week
- Current or recent (< 1 month) use of fish oil supplements
- Current or recent (< 1 month) use of anti-inflammatory dietary supplements such as quercetin, curcumin, resveratrol, and/or other flavonoids
- Diabetes mellitus
- Having a disease which interferes with the effect of the RAR-CLA supplement and/or with the outcome measure (cognitive functioning) as judged by medical doctor
- Swallowing problems
- Current participation in other scientific research with the exception of EetMeetWeet!

Onderzoeksopzet

Opzet

Type: Interventie onderzoek

Onderzoeksmodel:	Parallel
Toewijzing:	Gerandomiseerd
Blinding:	Dubbelblind
Controle:	Placebo

Deelname

Nederland	
Status:	Werving tijdelijk gestopt
(Verwachte) startdatum:	02-09-2019
Aantal proefpersonen:	52
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nog niet bepaald

Ethische beoordeling

Positief advies	
Datum:	12-03-2019
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	NL7598

Register

Ander register

ID

METC-WU : 18/27

Resultaten