Study design of FINGER-NL: A multidomain lifestyle intervention in Dutch older adults to prevent cognitive decline

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Abstract


Method: FINGER-NL is a Dutch multi-center, randomized, controlled, multidomain lifestyle intervention trial among 1,206 adults at risk for cognitive decline with a duration of 24 months. Inclusion criteria are 60-80 years of age and presence of both modifiable (based on LIfestyle for BRAin health (LIBRA) score) and non-modifiable (family history, worries about subjective cognitive decline) dementia risk factors. Participants will be randomized in a 1:1 ratio to the structured intervention group or the self-guided control group. The multidomain lifestyle intervention comprises 8 modules, namely physical exercise, cognitive training, management of metabolic and vascular risk factors, nutritional counseling, Souvenaid®, sleep counseling, stress management, and social activities. The structured intervention group receives a personalized, supervised and hybrid (both online and at study site) intervention consisting of group meetings and individual sessions. The self-guided control group receives online lifestyle-related health education. Primary outcome is 2-year change from baseline on a cognitive composite score covering processing speed, executive function and memory. Secondary outcomes including changes in specific cognitive domains, Amsterdam Instrumental Activity of Daily Living Questionnaire (A-IADL-Q), LIBRA score, EQ-5D-5L, lifestyle component specific outcomes. Participant recruitment will start in June 2021 and FINGER-NL is expected to be completed in 2024.

Result: Results of FINGER-NL will provide further insight in the effectiveness and feasibility of a multidomain lifestyle intervention to prevent cognitive decline in older adults.
Conclusion: Given the current lack of curative treatment options and the growing prevalence of cognitive impairment and dementia, lifestyle interventions may play an important role in preventing or delaying disease onset.