TITLE OF THE PROJECT: Establishment of normative scores for standard cognitive scores

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SUMMARY

Background

Most of studies of cognitive ageing involve participants aged 65 or over. This age is arbitrarily used to investigate cognitive ageing because people use to retire at about 65. Such age criteria has been selected for most of the French epidemiologic studies on ageing. However, cognitive ageing is obviously a continuous phenomenon influenced by a wide range of physiological, psychological and social changes occurring all along the lifespan. Therefore, it appears relevant to pay more attention to the cognitive changes occurring before age 65 to better understand later cognitive ageing.

Objectives

A first consequence of the scarce data on cognitive functioning in the "young-old" adults is the very few studies having provided psychometric norms in such population, leading to a lack of available normative scores that could help clinicians who often have to refer to norms established from population-based studies on elderly people aged 70 or over.

Therefore our first objective in the short-term is to draw normative scores from the CONSTANCES cohort for several psychometric tests used in clinical practice. This work will have the advantage not only to rely on a particularly huge sample of individuals, but also will offer the opportunity to provide norms for "young-old" adults at starting age of 45.

Methods

The normative scores will be derived from the cognitive tests included in the cognitive assessment implemented in the CONSTANCES study. This assessment includes measures of global cognitive performances (MMSE), attention and executive functioning (Trail Making Test A - B), verbal fluency (formal and category fluency), episodic memory (Free and Cued Selective Reminding test) and psychomotor speed (Digit Symbol Substitution Test). Normative scores will be computed according to socio-demographic demographic variables.

Analyses will be performed on baseline data stratifying according to age, sex and education. For each category, data will be described according to mean, standard deviation, 5th percentile, 10th percentile, 25th percentile, median, 75th percentile and 90th percentile.

Note: this project is part of the research consortium 'PRESAGE – PREparing Successful AGEing'