

TITLE OF THE PROJECT: Impact of professional retirement on cognitive performances

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SUMMARY

Background

Most of studies of cognitive ageing involve participants aged 65 or over. 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

Another consequence of not considering the life period preceding age 65 is to miss a major event in one's life: professional retirement. With retirement, the individual has to deal with important changes in the social, psychological and also cognitive demands of environment. Very few studies have directly investigated the impact of retirement on cognition. However some data issued from the European SHARE cohort study suggest that, accounting for age, sex and education, elderly persons who are still actively engaged in professional life have higher cognitive performances than their counterparts already retired. Therefore, when repeated measures will be available, one of our objectives will be to investigate the impact of retirement in cognition by comparing cognitive functioning before and after retirement.

Methods

In a first step, a cross-sectional study will be carried out to assess the relationship between information professional retirement (collected at baseline)performances (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)) adjusting on potential socio-demographic confounders (age, sex, education, socioeconomic factors, health-related behaviors (smoking, alcohol, physical activity), anxiety, depression, hypertension, dyslipidemia, chronic diseases (stroke, coronary artery disease, chronic respiratory insufficiency, chronic obstructive pulmonary disease, diabetes) Then, with the follow-up of the CONSTANCES cohort, the more original aspect will be to investigate the impact of retirement on further cognitive decline.

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