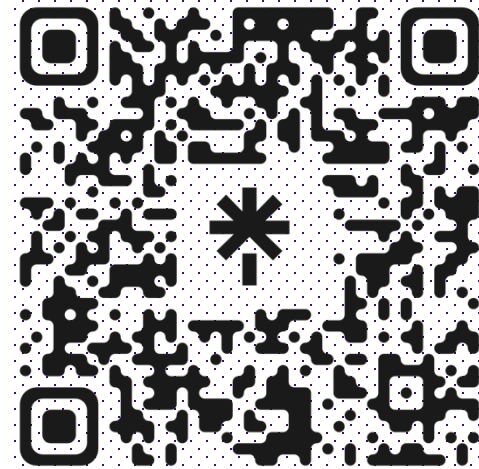


Perceived Stress and Subjective Cognitive Concerns: Implications for Research Engagement and Cognitive Performance in Older Adults

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Higher perceived stress was linked to greater participation in a primary-care embedded research study but poorer cognitive performance among older adults, whereas subjective cognitive concerns did not predict study engagement, acceptability, or cognitive outcomes.

INTRODUCTION	METHODS	RESULTS & CONCLUSIONS	REFERENCES										
- Psychosocial stress and subjective cognitive concerns (SCC) have each been associated with cognitive outcomes in older adults, but their independent and combined effects on research engagement are not well understood. - Understanding these factors may help identify strategies to enhance participation in aging research. - Digital cognitive assessments offer a scalable approach to early detection of cognitive decline but rely on older adults' willingness to engage. Aim: To examine whether perceived stress and SCC are independently and interactively associated with research engagement, acceptability, and performance on digital tests.	Participants 53 older adults in a primary care–embedded study <table><tr><th>Descriptive Statistics (N = 53)</th><th>mean ± SD</th></tr><tr><td>Age in years</td><td>65.4 ± 6.5</td></tr><tr><td>Female, n (%)</td><td>34 (64.0%)</td></tr><tr><td>Perceived Stress Scale</td><td>10.15 ± 6.96</td></tr><tr><td>Subjective Cognitive Concerns</td><td>1.04 ± 1.14</td></tr></table> Measures - Perceived Stress Scale (PSS-10)¹ - SCC: 3-item self-report, past 5 years² Outcomes Engagement: Enrollment and completion of ≥1 study activity Acceptability: Ease, comfort, and perceived difficulty of participation Cognitive performance: Linus Health Digital Clock and Recall³ (DCR™) and CANTAB Paired Associates Learning⁴ Analysis - Hierarchical logistic and linear regression Model 1: age, gender, education Model 2: PSS and SCC main effects Model 3: + PSS × SCC interaction	Descriptive Statistics (N = 53)	mean ± SD	Age in years	65.4 ± 6.5	Female, n (%)	34 (64.0%)	Perceived Stress Scale	10.15 ± 6.96	Subjective Cognitive Concerns	1.04 ± 1.14	STRESS ↑, ENGAGEMENT ↑ β = 0.30 p = .017 Higher perceived stress predicted greater likelihood of enrollment, independent of SCC and demographics STRESS ↑, COGNITION ↓ β = −0.06 p = .032 Higher stress was associated with poorer DCR™ performance SUBJECTIVE CONCERNS No effect (n.s.) SCC did not predict engagement, acceptability, or cognition	- We examined the feasibility and validity of digital cognitive screening tools implemented in a primary care setting. - Higher perceived stress was associated with greater research engagement, independent of SCC and demographic factors. - Higher stress was also associated with poorer performance on select cognitive measures, suggesting stress may reflect subtle cognitive vulnerability. - SCC did not independently predict research engagement, acceptability, or cognitive performance after accounting for perceived stress. - Future studies should examine mechanisms linking stress with research participation and cognition, and evaluate whether stress-reduction interventions can improve both engagement and cognitive outcomes. CONTACT  Sarah Prieto, Ph.D. Brown University Butler Hospital Sarah_Prieto@brown.edu SarahPrieto.PhD@gmail.com Supported by NIA K23AG080159 (PI: Thompson). SP supported by ADNI HESP, a sub-award of NIA U19AG024904. The research team would like to thank our digital assessment partners, including Linus Health and Cambridge Cognition, as well as our study participants! 
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