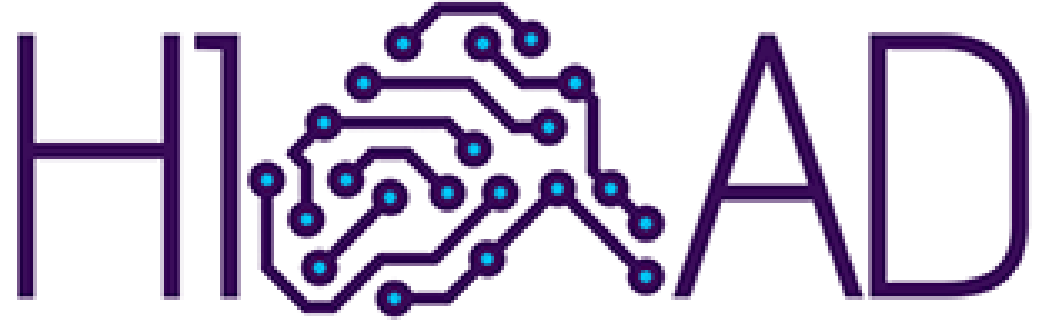


Changes in Cognitive Function & Satisfaction Degree of Participants of the GINGER Pilot Study

#P10387



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The 6-month multilevel dementia prevention intervention GINGER, coordinated by the Hellenic Initiative against Alzheimer's Disease [HIIAD], is feasible and leads to cognitive performance improvement in people with subjective cognitive complaints

INTRODUCTION	METHODS	RESULTS				REFERENCES
Modifiable factors account for approximately 45% of dementia risk. Multidomain interventions targeting such factors have been shown to decelerate cognitive decline. The Greek Interventional Geriatric Initiative to Prevent Cognitive Impairment and Disability (GINGER) is a multi-level dementia risk reduction intervention in individuals with subjective cognitive decline (SCD) over a six-month period. The study is based on trans-disciplinary assessments and interventions in multiple centers across Greece. Here, the design and findings of GINGER pilot study are presented.	55 Individuals ≥55 years were screened for risk factors related to nutrition, physical activity, vision and hearing, cardiovascular parameters, anxiety and depressive symptoms, and insomnia. Participants received up to 3 interventions based on their risk factor profiles, in addition to cognitive training. Changes in cognition, between baseline and 6-month follow-up and satisfaction degree were assessed with the Montreal Cognitive Assessment (MOCA), the delayed recall of the Greek Verbal LearningTest (GVLT), the Digit Symbol Substitution Test and the Boston Naming test.	Cognitive domain	Performance at baseline	Performance at 6- month FU	P	Kivipelto M et al. <i>Alzheimers Dement.</i> 2020 Jul;16(7):1078-1094
		MOCA	27.76	28.50	0.001*	Alexopoulos P et al. <i>Front Psychiatry.</i> 2025 Mar 18;16:1514227
		Semantic clustering	20.03	24.22	0.02*	Billis E et al. <i>Healthcare (Basel).</i> 2024 Nov 15;12(22):2282
		Boston Naming test	13.89	14.38	0.001*	
		Digit Symbol Substitution Test	42.87	45.49	0.002*	
Verbal long term memory	12.62	13.51	0.01*			
*T-paired test or Wilcoxon signed-rank test, as appropriate						
		Client Satisfaction Questionnaire (CSQ-8): Mean: 29.3 (Standard deviation: 3.07). Highest possible score 32				CONTACT
		DISCUSSION				
		Cognitive performance was shown to benefit from the GINGER intervention and participants were highly satisfied. Further analyses of the data collected will shed light on the relationships between adherence, the number of interventions in which individuals participated and the cognitive changes. GINGER findings provide a solid foundation for building a network of evidence-based brain health clinics in Greece.				
						