

A Core Outcome Set For Mild Cognitive Impairment (MCI)

Recommendations From A Multistakeholder Consensus Study

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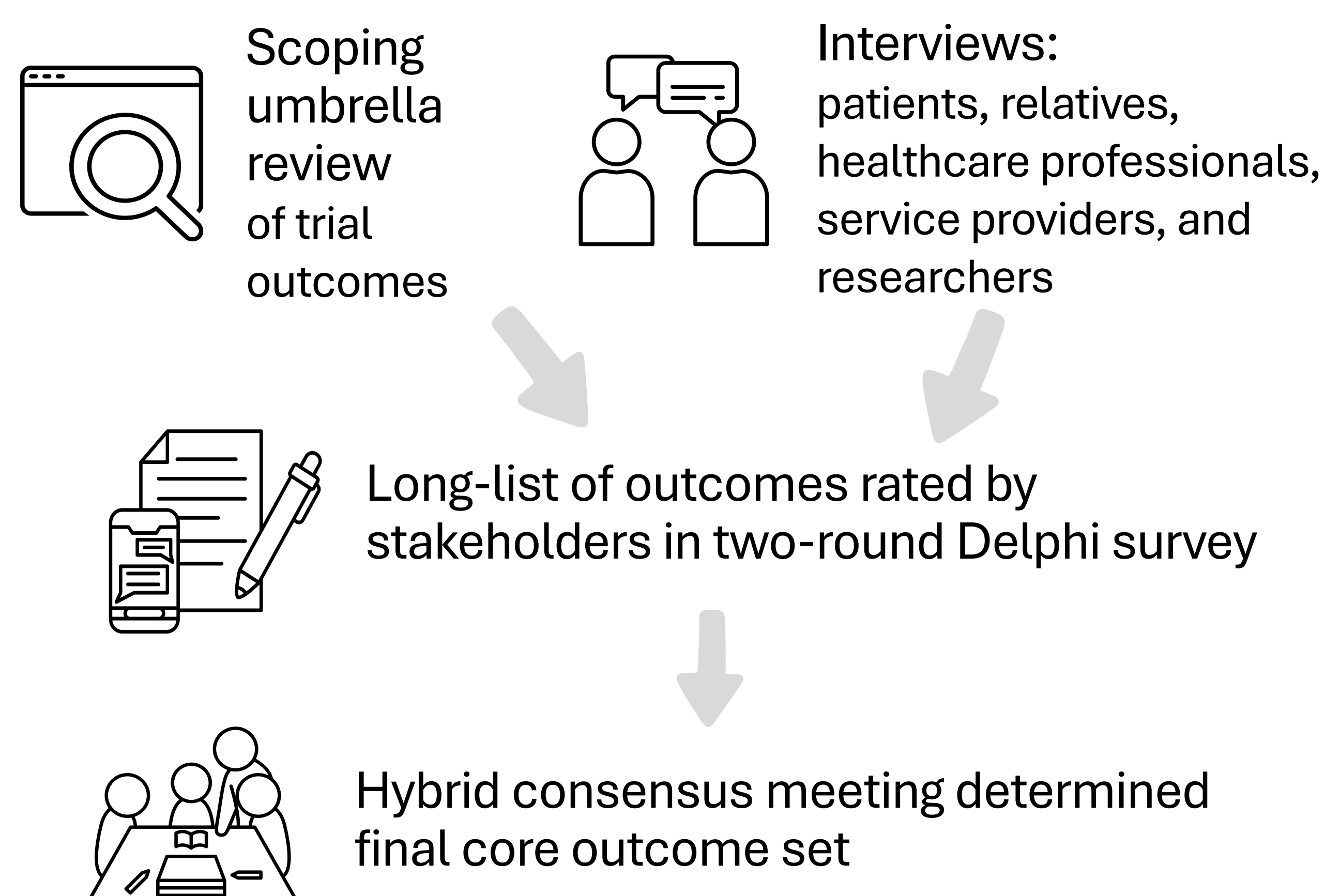
BACKGROUND

The choice of trial outcomes impacts whether treatments are considered effective, but there is currently no consensus on the most meaningful real-world outcomes for people living with mild cognitive impairment (MCI).

OBJECTIVE

To develop a core outcome set (COS) for adults living with MCI for use in interventional trials and clinical practice with relevance to key stakeholders.

METHODS

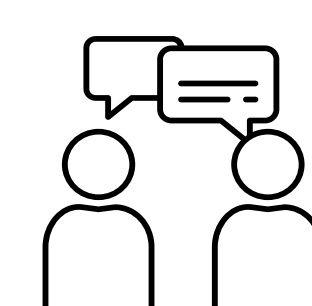


RESULTS



Scoping umbrella review

There was substantial heterogeneity in outcome selection, granularity, and measurement in MCI trials to date. *Global cognition* was the most frequently reported outcome.



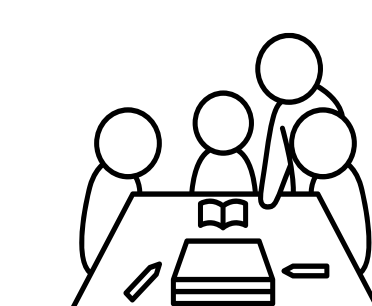
Interviews

Memory, independence, participating in meaningful activities, and relationships were frequently identified as important outcomes.



Surveys

72 unique outcomes were put forward for voting, but no outcomes were voted 'out' during the Delphi survey.



Consensus meeting

Consensus was reached across the panel of patients, relatives, healthcare professionals, and researchers.

The MCI-COS

10 trial outcomes chosen by stakeholders as priorities



- Memory
- Cognitive functioning (non-memory)



- Biomarkers of brain health
- Progression to dementia



- Everyday functioning and independence
- Social functioning/relationships



- Global quality of life
- Mental health and wellbeing



- General/physical health
- Sleep

KEY TAKEAWAYS

- Many outcomes identified as priorities to stakeholders are not routinely captured in trials or clinical practice.
- Adopting the MCI-COS into clinical trials will promote standardised and transparent reporting of meaningful outcomes, better enable synthesis across studies, and support evidence-based and patient-centred practice.

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