



Factors associated with **instrumental activities of daily living (IADL)** in older adults with and without cognitive impairment **using a novel computerised performance-based tool:**

A pilot study

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1. Background

- IADL decline distinguishes MCI from dementia
- Questionnaires are subjective; performance-based tools are often impractical
- The Computerised Sydney Test of Activities of Daily Living in Memory Disorders (C-STAM) is a computerised, performance-based IADL tool
- **Its use in dementia assessment depends on whether performance reflects cognition, not non-cognitive factors**

2. Methods

- Cross-sectional pilot study in Sydney, Australia
- N = 31 adults aged 60+ years
 - 17 normal cognition
 - 14 MCI/dementia
- Analyses:
 - Spearman correlations
 - Hierarchical regression

3. Key findings

- Significant correlations:
- **Only age and ACE-III** variables were significantly correlated with C-STAM, not any non-cognitive variables.
- **ACE-III** was the strongest predictor of C-STAM performance.
- DASS-21 mood symptoms did not improve prediction after cognition was included.



ACE-III: $\rho = 0.70^{***}$



Age: $\rho = -0.50^{**}$



Overall model: $R^2 = .81$

4. Take home message

- **C-STAM performance was mainly associated with cognition, rather than mood, and other non-cognitive factors in this pilot sample**
- The C-STAM may offer an efficient, objective and scalable complement to subjective and informant-reported IADL measures
- Larger validation studies are now in progress



Pilot findings support the potential objectivity of the C-STAM and its use as an IADL assessment tool in older adults with and without cognitive impairment.