

Associations between psychological factors and lifestyle changes for dementia risk

Oriol Perera-Cruz (1,2) oriolpereracruz@ub.edu; **María Cabello-Toscano** (1,3); **Cristina Solé-Padullés** (1,2); **Rachel M. Morse** (1,2); **Gabriele Cattaneo** (4,5); **Javier Solana-Sánchez** (4,5); **Alvaro Pascual-Leone** (6,7); **Lidia Vaqué-Alcázar** (1,2,8) and **David Bartrés-Faz** (1,2).

INTRODUCTION

Recent research shows psychological characteristics influence dementia risk and cognitive decline. A novel person-centered approach aggregates psychological factors into latent profiles of individuals. In the present work, we apply this idea to longitudinal psychological and lifestyle data to:

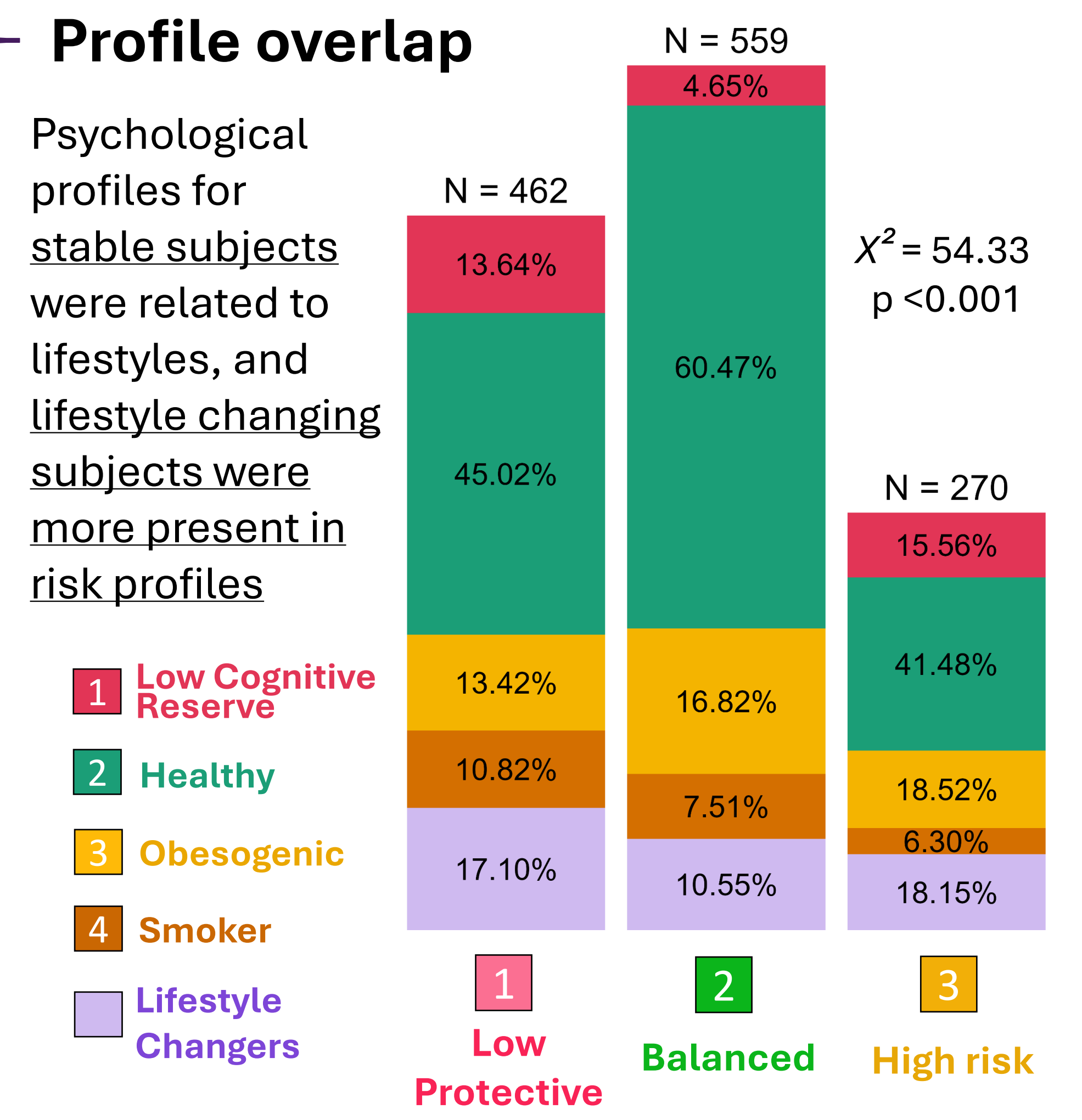
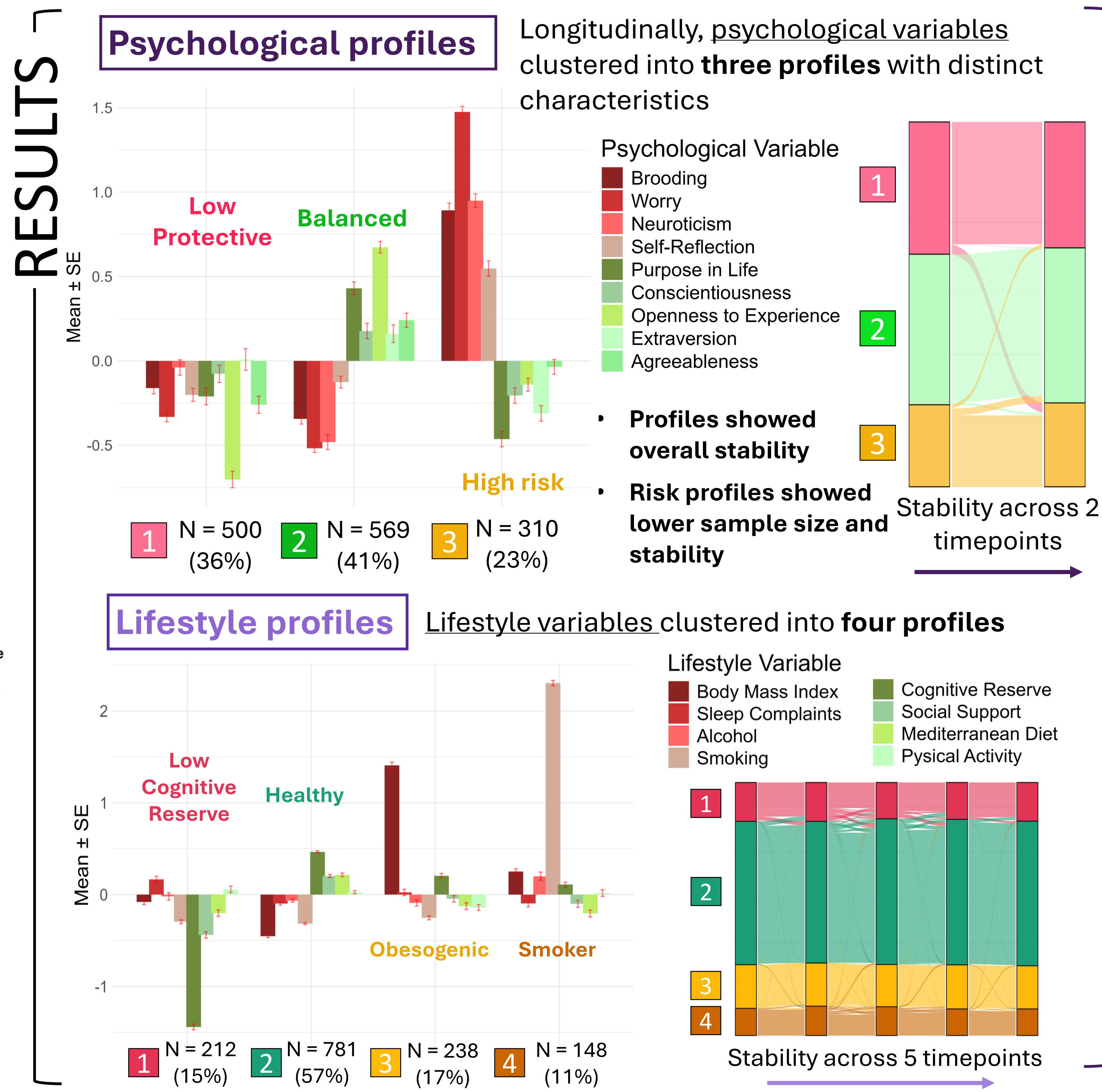
1. Assess **latent profiles stability**
2. Assess the **relationship between psychological and lifestyle profiles**

METHODS



Barcelona
Brain Health Initiative
INSTITUT GUTTMANN

A total of **N = 1379** healthy middle-aged individuals from the **Barcelona Brain Health Initiative (BBHI)** remotely completed questionnaires for 2 timepoints on psychological data and 5 timepoints on lifestyle data. A Latent Transition Analysis (LTA) was implemented using the LMest() RStudio® package on either **psychological** or **lifestyle** variables.



CONCLUSIONS

1. Both psychological and lifestyle profiles show **high stability** across timepoints, with risk profiles presenting the lowest stability
2. **Balanced psychological profiles** engage in **healthier lifestyles**, while risk profiles show higher proportions of unhealthy lifestyle groups and lifestyle changing subjects