

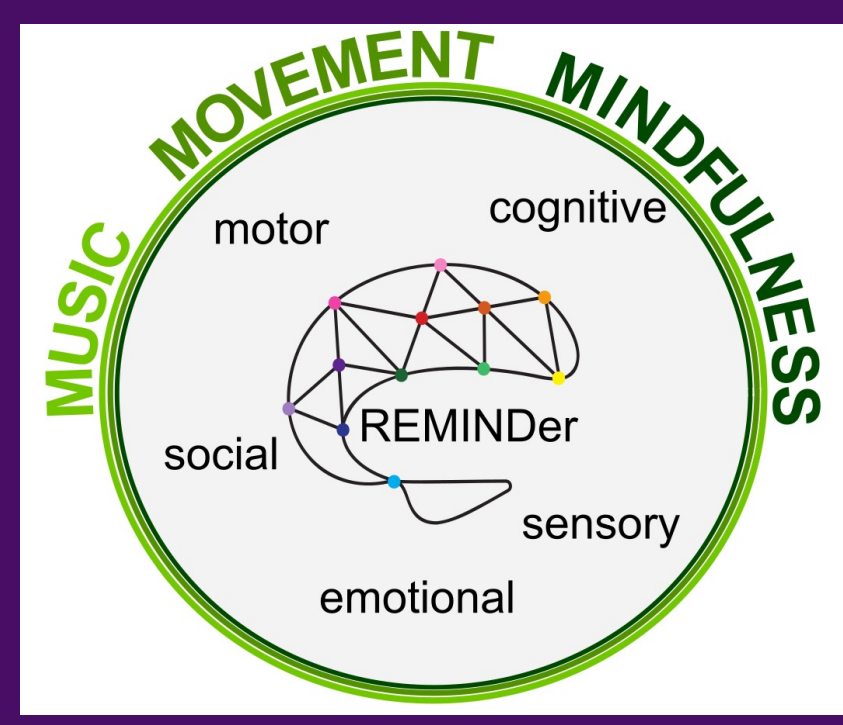
Digital Environmental Enrichment For Dementia Prevention: The *REMIND*er Randomized Controlled Study (NCT06530277)



Selina Stamer^a, Adrianna Lipska-Dieck^a, Maxie Luft^a, Olivia Braunholz^a, Sabine C. Koch^b, René Mauer^c, Olga Klimecki^d, Miranka Wirth^a

^aGerman Center for Neurodegenerative Diseases, Dresden, Germany. ^bResearch Institute for Creative Arts Therapies, Alanus University of Arts and Social Sciences, Bonn, Germany. ^cInstitute for Medical Informatics and Biometry, Technische Universität Dresden, Germany. ^dBiological Psychology, Universität Innsbruck, Austria.

REMINDer shows feasibility, safety, and effects of an online multimodal mind-body group intervention.

Introduction	Methods	Results	Outlook	References
- Multimodal lifestyle interventions can reduce multiple dementia risk factors¹ - Environmental enrichment has shown multiple benefits in animal models² - Translation to digital environmental enrichment in older adults is important	REMINDer study^{3,4}: Digital environmental enrichment - Combination of music, movement, and mindfulness based on the <i>REMIND</i>* program⁵ - 6-week (two 1h sessions /week) online compared to passive control - Live-streamed, home-based, two-way video conferencing - Participants: 68 healthy older adults (≥ 60 years, retired, community-dwelling) *License: CC BY-NC-ND	Quantitative results: - High feasibility and safety⁴  Reach: 95% Retention: 90% Dropout: 9% No serious adverse events - No effects in the Health-Survey SF-12: mental and physical well-being - Effects in secondary outcomes: psychological and social well-being	Qualitative results: Example quotes from participants: <i>"I'm more mindful of my movements in everyday life and pay closer attention to my body."</i> <i>"I feel more strong-willed than before."</i> Conclusion - Digital environmental enrichment is feasible, safe, and potentially provides a scalable, accessible AD prevention strategy. - Large-scale intervention studies are needed to evaluate effectiveness and underlying neuroplasticity mechanisms.	¹Rosenberg et al. 2020. J. Prev. Alzheimers Dis. ²Kempermann. 2019. Nat Rev Neurosci. ³Wirth et al. 2025. Alzheimer's & Dementia: BSEA. ⁴Stamer et al. 2026. Alzheimer's & Dementia: BSEA. ⁵Nicotra et al. 2022. The REMIND Program. Logos Verlag Berlin.
Aim: Evaluation of feasibility, safety, and effects of digital environmental enrichment				Contact  maxie.luft@dzne.de miranka.wirth@dzne.de www.dzne.de/wirth  