

Associations between mild behavioural impairment, subjective cognitive decline, and life satisfaction in older Canadian adults

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Introduction/Objectives

- Mild behavioural impairment (**MBI**) refers to new and persistent changes in behaviour and mood in older adults without dementia.¹
- Subjective cognitive decline (**SCD**) refers to self-reported worsening of memory or thinking.²
- **Life satisfaction** reflects how people feel about their overall wellbeing and quality of life.³

Objective:

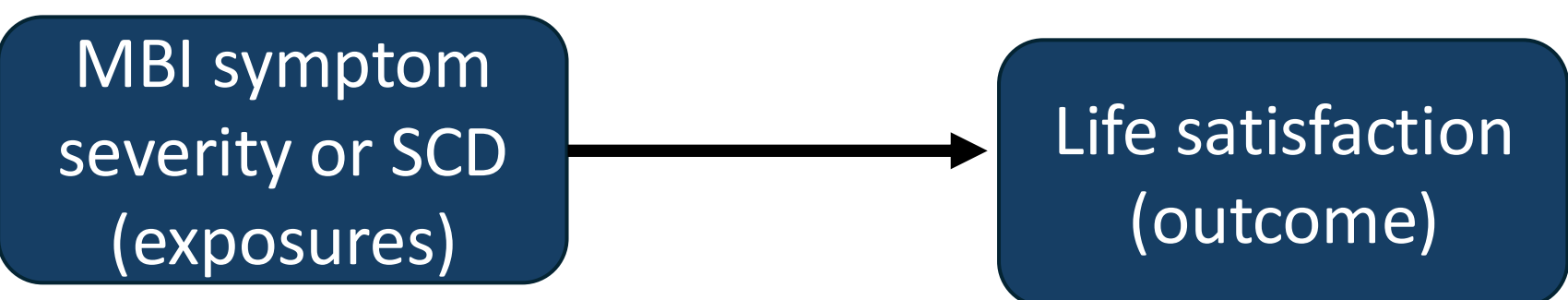
- To examine whether MBI and cognitive symptoms are associated with life satisfaction in older adults without dementia.

Methods

- Cross-sectional data **CAN+PROTECT** www.can-protect.ca
- Participants aged ≥ 50 years
- Life satisfaction was assessed using the 10-rung **Cantril ladder**⁴

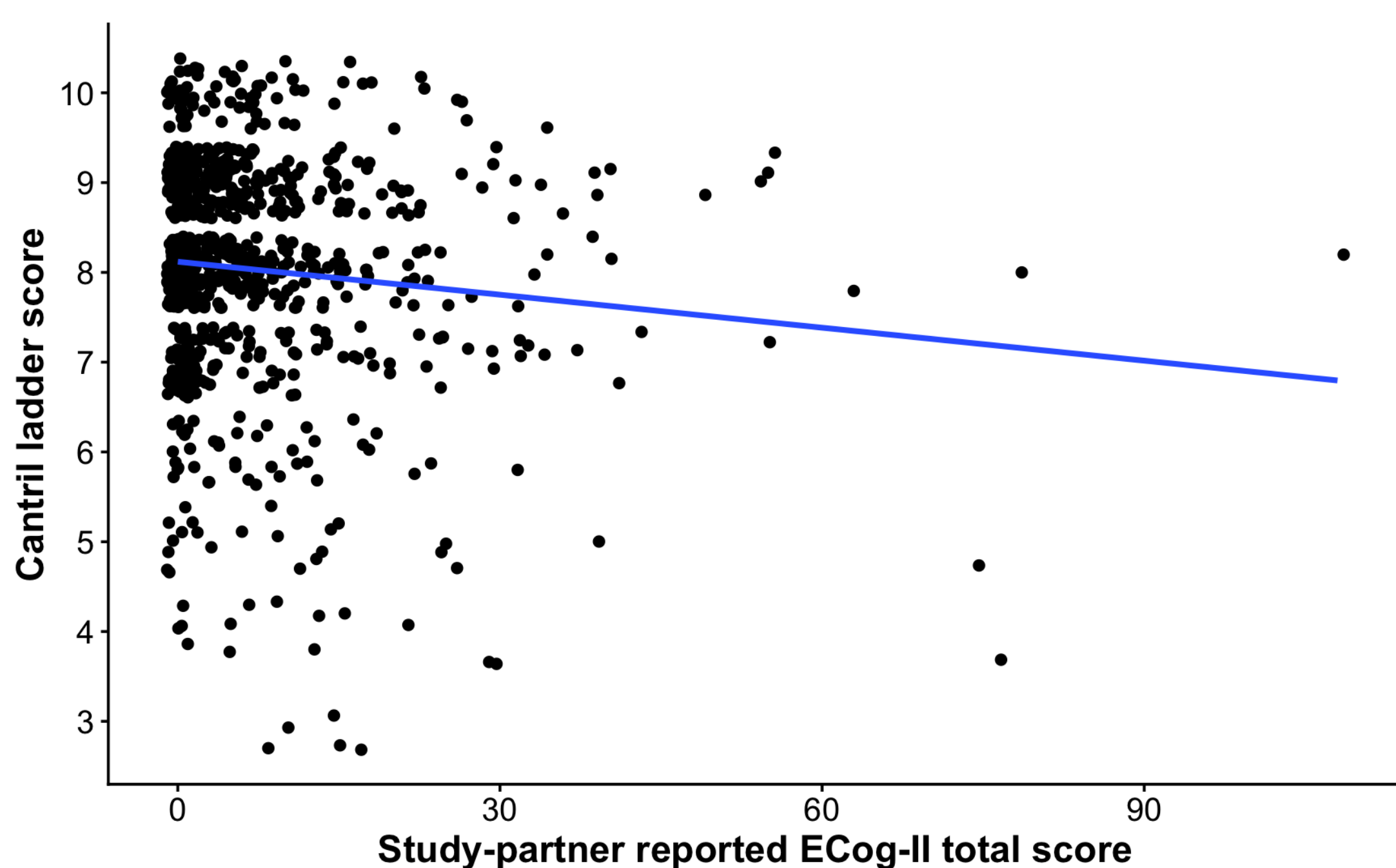
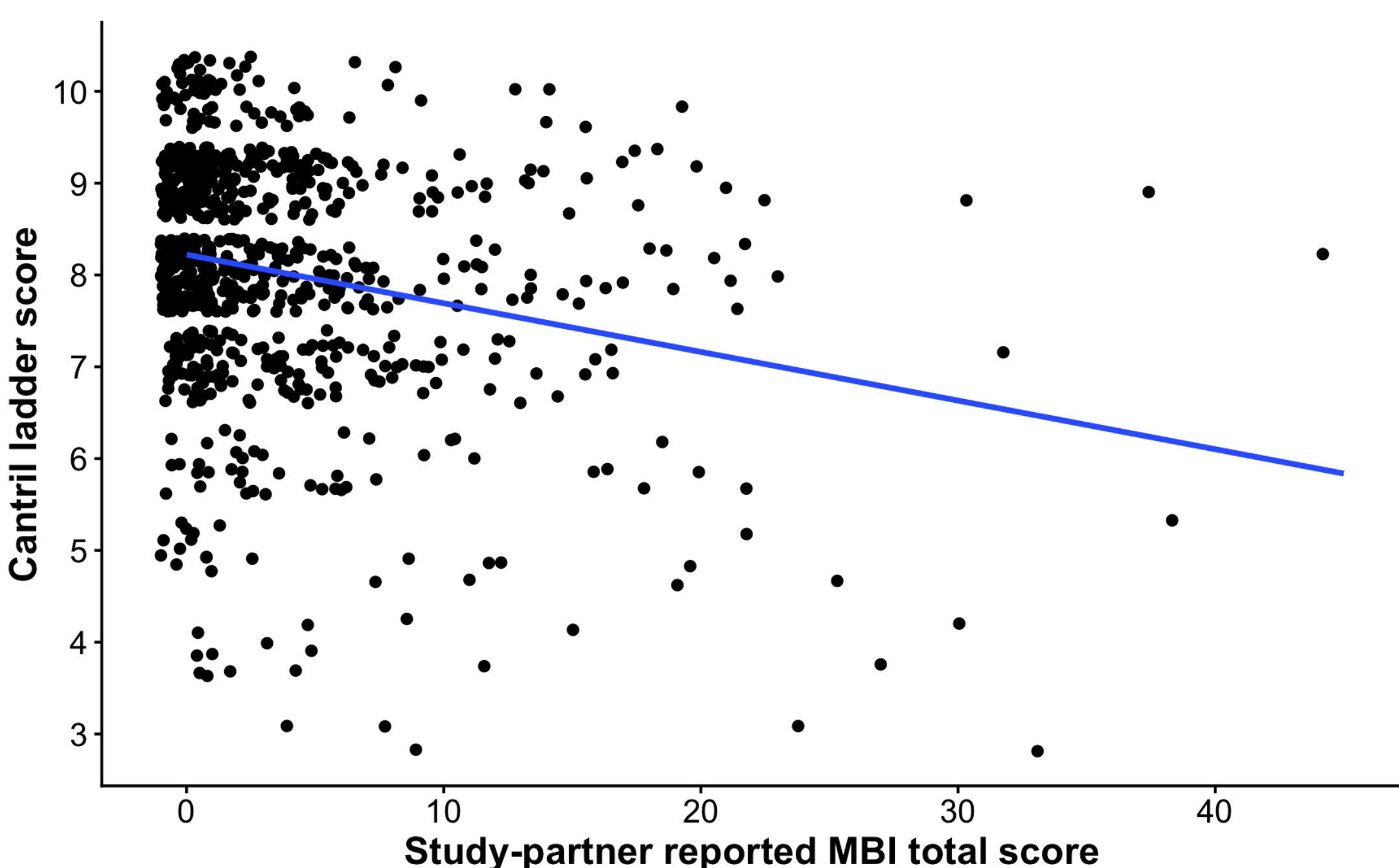


- **MBI** was operationalized using **study-partner reports** on the **MBI Checklist**⁵
- **Cognitive symptoms** were captured using the **study-partner reported Everyday Cognition II (ECog-II) scale**⁶
- Used **linear regression models** with robust standard errors to address heteroscedasticity



- **Covariates:** age, years of education, marital status
 - Assessed interactions with sex, if non-significant $\rightarrow$ retained as a covariate

Greater behavioural and cognitive changes were associated with lower life satisfaction in older adults without dementia, emphasizing the importance of understanding their impact on wellbeing.



Results

- $n=811 \rightarrow$ mean age: 64.9 ± 7.4 years 
78.4% female
- Each 1-unit increase in **global MBI severity** was associated with a **0.05-unit lower Cantril ladder score** ($b=-0.05$, 95% CI: -0.07 — -0.03 , $p<0.001$).
- A significant association was observed with **ECog-II scores**, with each 1-unit increase associated with **0.02 lower points on the Cantril ladder** ($b=-0.02$, 95% CI: -0.02 — -0.005 , $p<0.001$).

MBI Domain	b	95% CI	p-value
Decreased motivation	-0.13	-0.20 to -0.07	<0.001
Affective Dysregulation	-0.17	-0.24 to -0.11	<0.001
Impulse Dyscontrol	-0.08	-0.13 to -0.03	<0.001
Social Inappropriateness	-0.19	-0.37 to -0.01	0.007

- Among females, each 1-unit increase in the **abnormal perception/thought content domain** was associated with a 0.70-unit lower Cantril ladder score, but no association was observed among males (males: $b=-0.14$, $p=0.58$; sex interaction: $b=-0.56$, 95% CI: -1.02 — -0.10 , $p=0.049$).

For more information 

