

Perseverance is Associated with Subjective Cognitive Decline in Middle-age and Older Cancer Survivors, and Resilience Modifies this Relationship

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1. BACKGROUND & AIM



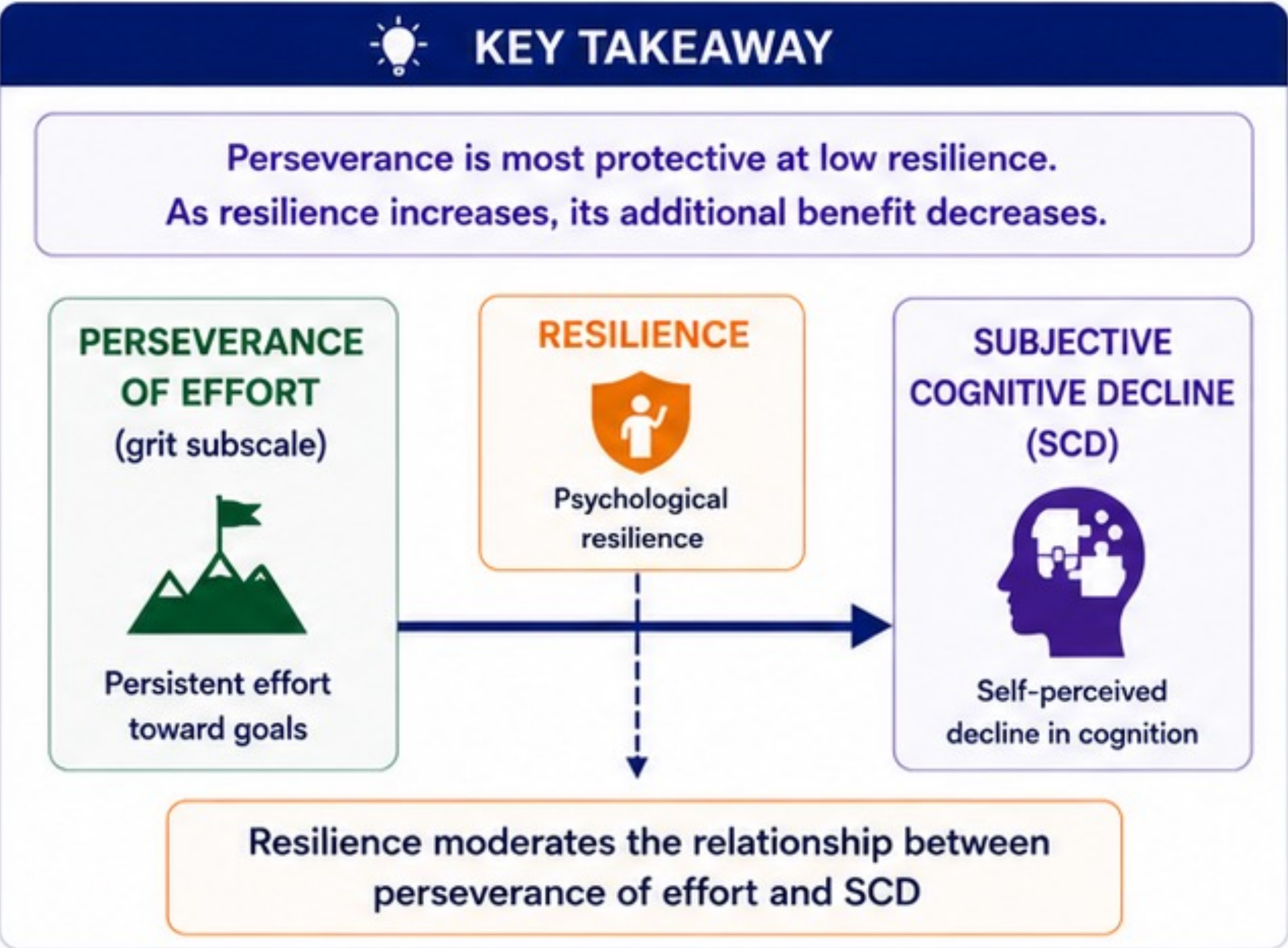
Resilience and perseverance (a grit subscale) support overall health.



Subjective cognitive decline (SCD) is an early marker of dementia risk.



This study examined associations of resilience and perseverance with SCD, and the moderating role of resilience on this relationship among middle-age and older cancer survivors in Nigeria.



4. PARTICIPANT CHARACTERISTICS (N = 145)

Variable	N = 145
Age (in years), M (SD)	52.03 (11.83)
Gender (%)	
Females	71.0
Males	29.1
Education in years (0–30), M (SD)	11.84 (3.75)
Subjective socioeconomic status (1–10), M (SD)	5.01 (1.83)
Relationship Status (%)	
Married/living as married	86.2
Single/divorced/widowed/separated	13.8
Years since cancer diagnosis (0–30), M (SD)	4.73 (5.55)
Depression (%)	
No	57.2
Yes	42.8
Resilience (7–40), M (SD)	22.40 (6.30)
Perseverance of effort (1–5), M (SD)	3.59 (0.85)
Subjective cognitive decline (0–24), M (SD)	9.35 (5.22)

2. METHODS



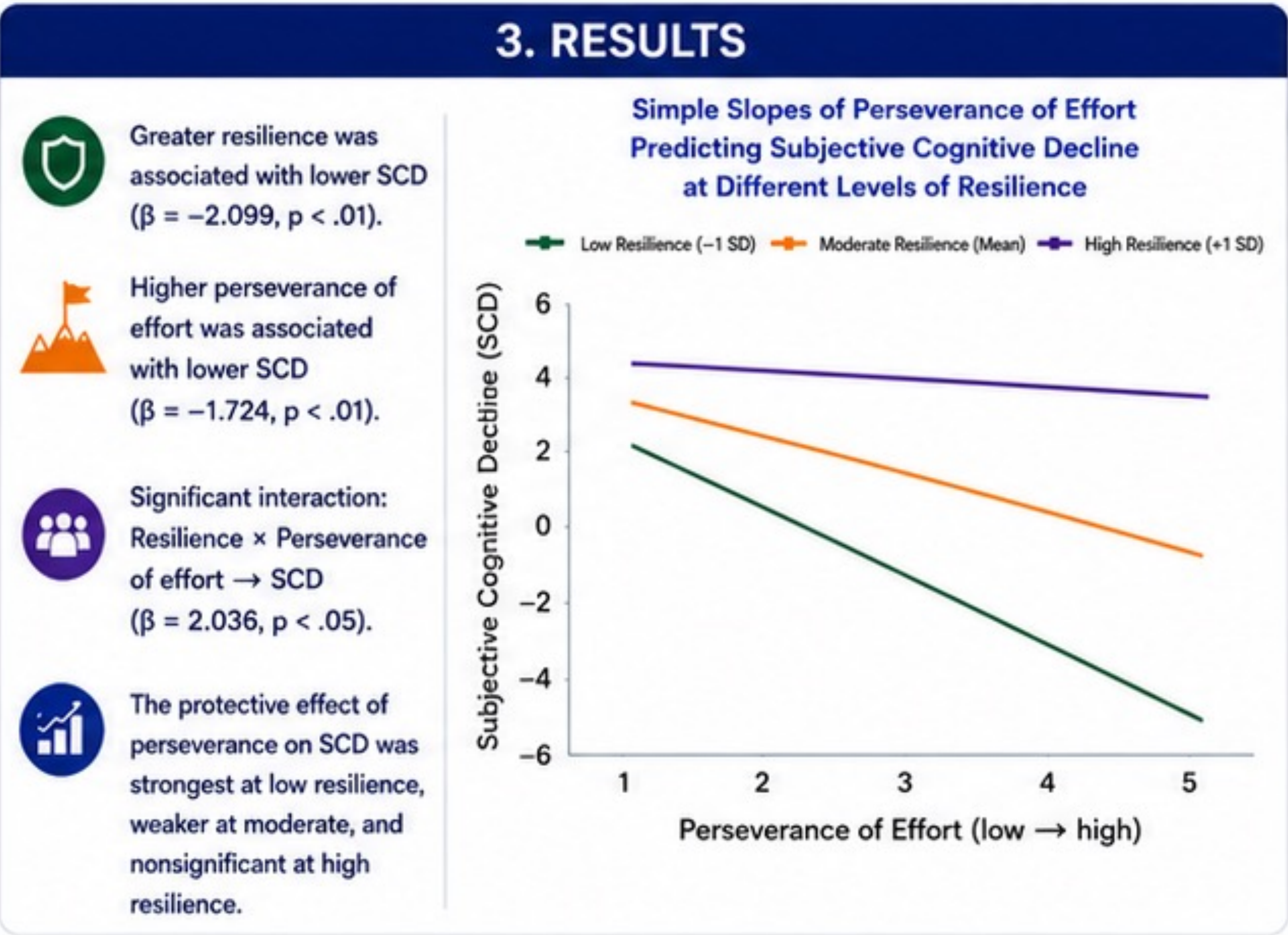
N = 145 cancer survivors in Nigeria
Age = 52.3 years



Measures: Resilience, Perseverance of effort, Subjective cognitive decline, demographics, years since diagnosis, depression



Multiple linear regression examined associations and tested moderation (resilience × perseverance) on SCD, adjusting for sociodemographic factors, years since diagnosis, and depression.



5. MODERATION MODEL
(Resilience × Perseverance of Effort → SCD)

Predictor	B	SE	t	p
Age	−0.02	0.04	−0.51	.608
Gender	−2.32	0.93	−2.49	.014*
Partnered status	−1.77	1.10	−1.62	.108
Education	−0.19	0.11	−1.79	.076
Socioeconomic status	−0.18	0.21	−0.85	.399
Years since cancer diagnosis	0.08	0.08	1.02	.310
Depression	1.23	0.77	1.60	.111
Resilience	−1.08	0.38	−2.82	.005**
Perseverance of effort	−7.42	2.21	−3.36	.001**
Resilience × Perseverance of effort	0.23	0.09	2.51	.013*