

## **Title of Study: The Impact of Chronic Stress and Lifestyle Behaviours on Cognitive Function Among Older Adults**

**Location:** Ontario

### **Study Description:**

Study aim: To investigate the impact of stress across the lifespan on cognitive function among older adults without cognitive impairment, and the moderating role of healthy lifestyle behaviours in the relationship between lifespan stress and cognitive function.

How the information will be used: This study is a component of Danielle D'Amico's dissertation. Findings (which will only be presented in aggregate form) will be disseminated through peer-reviewed journal publications, conference presentations, and community knowledge translation outputs.

### **What Will Happen During the Study?**

Participant's role: The entire study is online and can be completed from home. Participants will be asked to fill out a short screening questionnaire to determine eligibility. If they are eligible, they will automatically be entered into the study where they will be asked to complete a sociodemographic and health questionnaire, 3 online cognitive tasks, and questionnaires pertaining to stress across the lifespan and lifestyle behaviours (diet, physical activity, social engagement, sleep, and mindful relaxation). Participants will then complete a short contact form not linked to their data in order to receive study compensation (\$10CAD e-gift card). Only eligible participants will be compensated.

Time requirement: The entire study takes approximately 1-1.25 hours to complete.

### **Eligibility: Who Can Participate?**

You are eligible to participate in this study if you:

- Are 60 years or older
- Have access to a computer with a reliable Internet connection

You are not eligible to participate in this study if you:

- Have a diagnosis of dementia, mild cognitive impairment, Parkinson's disease, Huntington's disease, bipolar disorder, schizophrenia, epilepsy, multiple sclerosis
- Have a history of stroke
- Have had a serious head injury or have gone under general anesthetic within the previous year
- Have vision impairment or colour-blindness

**Recruitment Start Date:** October 13, 2021

**Recruitment End Date:** September 1, 2022

### **Contact Information**

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