



Inviting you to take part in a **study on preventative health**

Aim

This project aims to develop a primary care screening tool, the **Ageing Well Tool**, to detect common mental disorders and risk factors for dementia and poor wellbeing in 60-70-year-olds.

What's involved

The study involves completing a survey three times in a 12-month period. The survey will ask you to rate your current level of symptoms on a range of psychological and wellbeing variables such as feelings of depression, anxiety, social isolation, and lifestyle habits such as your usual diet, alcohol use, and exercise routine. The survey will take you approximately 30 minutes. Most of the survey can be completed online at home or you can use a tablet at your GP clinic. Your GP/practice nurse will also add in information to the survey with some of your medical data including your cardiovascular risk, body mass index, diabetes, cholesterol and smoking. For your GP/practice nurse to provide some of this information they may send you for additional tests to ensure your health data is up to date.

As part of the study, your GP/practice nurse will provide you with a report at some point over the 12-month period that outlines your performance on the risk factors. You will receive resources and information about how you can reduce your risk for developing dementia and poor wellbeing. Your GP/practice nurse will be able to guide you to relevant help as needed.

The Macquarie University research team will also administer cognitive measures as part of the study. This includes a cognitive screener at the start of the study to confirm healthy cognition as part of the inclusion criteria. A separate cognitive assessment will also be conducted via Zoom/Teams or the Centre for Emotional Health clinic (audio and video recorded for scoring purposes) by a trained research assistant, at the start of the study and 12 months later.

All information collected during this study is confidential and stored in a highly secure, password protected data storage site.

There is a one-off \$50 payment for patients at the completion of the study.

We might also ask you about your experiences in reporting on your circumstances using the survey and the risk reduction resources via a short online survey, and you might also be invited to attend a Zoom focus group for additional feedback. If you are invited to attend the optional focus group, we will compensate you for your time.

Participation in this study is entirely voluntary. Please talk to your GP or practice manager/administrator if you are interested in taking part in this study on preventative health.