

Are psychosocial symptoms and self-rated health early and shared risk factors for physical disability and cognitive decline in old age?

Post doctoral research project
Funded by Academy of Finland
FLARE 2 Associate fellow status

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Objectives of the research

- ❏ To investigate early psychosomatic symptoms and self-rated health in relation to cognitive decline and physical disability in old age.

The main research questions:

- ❏ Are stress symptoms in midlife associated with cognitive decline or physical disability in old age?
- ❏ Are negative motivational reactions to work in midlife associated with adverse health outcomes in old age?
- ❏ Does poor self-rated health or fitness earlier in life predict physical disability or dementia in old age?
- ❏ Are stressful life events accelerating the process of cognitive decline?



Methods

Study data and subjects

- Mainly two large, existing datasets from Gerontology Research Centre, University of Jyväskylä, Finland and from Aging Research Centre, Karolinska Institutet, Sweden, will be used for conducting the present study.
- 1. The follow-up study on Finnish municipality workers (FLAME)**
 - 2. Cardiovascular Risk Factors, Aging and Dementia (CAIDE)**



FLAME

- Collaboration between University of Jyväskylä and Finnish Institute of Occupational Health
- Baseline data in 1981 (N=6257, aged 44-58)
- Follow-up questionnaires in 1985, 1992, 1997 and 2009
- Data consist information about work, work ability, health, somatic and psychosocial symptoms, work strain, stress, lifestyle and leisure-time activities.



CAIDE

- Collaboration between ARC, University of Eastern Finland and National Institute of Health and Welfare, Finland
- Participants were selected from survivors of four population-based random samples (baseline examinations in 1972, 1977, 1982 or 1987), N=2000
 - Information about health, medical history, health behaviour
- First re-examination in 1998
- Second re-examination in 2005-2008
 - Re-examination included battery of cognitive tests.



Results and reporting

- The post-doc research will consist of original articles, which will be published in international peer-reviewed scientific journals.
- Additionally, the results will be presented in national and international conferences during 2011-2014.

