

## MAASTRICHT AGING STUDY (MAAS)

This Study examines cognitive aging where biomedical, psychological sociodemographic factors are studied in relation to neurocognitive functioning. Baseline data collected from 2000 healthy individuals aged 24 through 81.

### Listing of study variables & measurement of variables

#### **Sociodemographic:**

- age and sex
- education
- occupation & responsibilities
- marital status
- housing condition

#### **Bio-clinical:**

- medical tests for blood pressure
- anthropometric measurements
- auditory and visual function parameters
- amplitude and persistence of 9 primitive reflexes
- blood sampling from first follow-up wave onward: genetic variables

#### **Neuropsychological screening:**

- treatment by a neurologist, psychiatrist
- neurotoxic factors
- biological life events including presence of ;
  - systemic brain disease
  - brain trauma
  - general anaesthesia
  - use of psychoactive medication
  - alcohol or drug abuse
  - perinatal or developmental complications

#### **Self-reported health:**

- Health questionnaires [SF-36, COOP/WONCA functional assessment charts, (I)ADL scale, Symptom Check List SCL-90]
- memory function [Cognitive Failure List CFQ, Metamemory in Adulthood MIA]

#### **Psychological:**

- memory and concentration
- psychometric tests
- mood
- loneliness questionnaire
- Satisfaction with Life Scale

#### **Cognitive Functioning:**

- Mini Mental State Examination
- mental functioning
- Verbal Learning Test and Groningen Fifteen Words Test
- Letter-Digit Substitution Test
- Memory Scanning Test
- Motor Choice Reaction Test
- Concept Shifting Test
- Stroop Color-Word Test
- Analogies
- Neuro-vegetative questionnaire
- Maastricht questionnaire- re cardiovascular morbidity
- Positive and Negative Affects Scale PANAS

#### **Lifestyle/Psychosocial:**

- hours devoted to watching television, reading, sports
- quality of life
- Satisfaction With Life Scale SWLS
- experienced life events in the past year
- use of alternative health care and health services
- alcohol, tea, coffee, and cigarette consumption