

# The PROTECT Study

<https://neurodegenerationresearch.eu/it/cohort/the-protect-study/>

## Cohort Acronym

### Cohort type

General population-based cohort

### Disease

Mild cognitive impairment (MCI), Parkinson's disease

### Participant type

No diagnosis

### Profile

Recruitment Period 2014- ongoing

Sample size at start or planned sample size if still recruiting 23000

Estimated Current Sample Size 0 to 4,999

Age at Recruitment >50

Gender Male and Female

Abstract

The PROTECT Study will gather data and support innovative research to improve our understanding of the ageing brain and why people develop dementia.

We know that certain factors such as exercise, smoking and blood pressure affect our risk of dementia, and there is increasing evidence that our genes also play a role.

Participants in PROTECT will provide information about themselves and complete online assessments to measure their abilities such as memory and reasoning. By repeating these assessments each year we will monitor how they change over the study. Participants will also provide a sample of their DNA through a simple at-home kit. PROTECT participants will also have the opportunity to take part in innovative studies to answer crucial questions such as:

- How do key measures, such as memory, language and reasoning change over time as we age
- How do our lifestyle choices, including our exercise habits and diet affect our risk of dementia
- What role do genetics play in the ageing brain? How do they affect how our brain functions and what is their influence on development of dementia?
- What are the early signs of dementia and how can they be distinguished from normal ageing
- What approaches can be delivered online to influence the ageing process and the development of dementia?

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Country United Kingdom

**Contact details**

Institution name King's College London

Website <http://www.protectstudy.org.uk/about.aspx>

Principal Investigator (PI) Professor Clive Ballard

Contact email Email: [admin@protectstudy.org.uk](mailto:admin@protectstudy.org.uk)

Contact phone number Tel: 0207 848 8183

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**Variables Collected****Brain related measures:**

Behaviour, Cognitive function, Mental health, Neurological

**Functional rating:**

Individual psychological

**Anthropometric:**

Height, Weight

**Physical:**

N/A

**Biological samples:**

Saliva

**Genotyping:**

N/A

**Brain imaging:**

N/A

**Brain banking:**

N/A

**Lifestyle:**

Alcohol, Dietary habits, Physical activity, Smoking

**Socio-economic:**

Education, Ethnic group, Marital status

**Health service utilisation:**

Formal health and social care service utilisation including private care