The Rhineland Study

https://neurodegenerationresearch.eu/cohort/the-rhineland-study/
Cohort Acronym

Cohort type
General population-based cohort

Disease
Dementia (unclassified), Parkinson's disease, Subjective memory complaints (SMC) or subjective cognitive decline (SCD)

Participant type
No diagnosis

Profile
Recruitment Period 2016 - Present
Sample size at start or planned sample size if still recruiting 1000
Estimated Current Sample Size 10,000 to 19,999
Age at Recruitment >30
Gender Male and Female
Abstract

The Rhineland Study is a prospective cohort study, which began in March 2016. It will include up to 30,000 participants from Bonn and asses their physical and mental health over their lifespan. The study is scheduled to run for decades and participants will be re-examined every 3-4 years.

As neurodegenerative diseases and their pathologies develop over a long time before first symptoms start to show, the Rhineland Study will include men and women aged 30 years and above regardless of their health status.
The main aims of the study are:

1. To investigate modifiable and non-modifiable causes of neurodegenerative and neuropsychiatric diseases
2. To find biomarkers/(multimodal) biomarker profiles to identify individuals at risk for neurodegenerative or neuropsychiatric disease, who might benefit from preventive interventions
3. To investigate (patho)physiology over the adult life course, with specific emphasis on brain-related outcomes.

Last Update 21/09/2017

Country Germany
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Variables Collected

Brain related measures:
Behaviour, Cognitive function, Mental health, Neurological
Funtional rating:
Individual physiological, Individual psychological
Anthropometric:
Blood pressure, Height, Hip circumference, Waist circumference, Weight
Physical:
Cardiovascular, Hearing and Vision, Reproductive
Biological samples:
Blood, Microbiome, Other, Urine
Genotyping:
Gene screening
Brain imaging:
Magnetic resonance imaging (MRI)
Brain banking:
N/A
Lifestyle:
Alcohol, Dietary habits, Physical activity, Smoking
Socio-economic:
Education, Ethnic group, Family circumstances, Housing and accommodation, Income and finances, Informal support, Marital status, Occupation and employment, Unpaid care
Health service utilisation:
N/A