A21- Long-term effects of eHealth interventions for dementia risk reduction
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BACKGROUND:
It has been estimated that millions of dementia cases worldwide could be prevented by reducing the population incidence of dementia risk factors. This study aims to evaluate the impact on dementia risk reduction behaviour of three eHealth tools developed by Alzheimer’s Australia to promote lifestyles associated with brain health and reduced risk of developing dementia.

METHODS:
370 healthy adults were randomly allocated to use one of three eHealth tools for four weeks. The control group used an information-based website; the other groups used an interactive website or a smartphone/tablet application which provided the ability to assess and address their personal dementia risk factors. Participants completed pre- and post-intervention online questionnaires assessing dementia risk reduction behaviour and motivation. 200 participants completed the immediate post-intervention assessment. Here we report findings for the 145 participants (mean age 54 years; 89% female) who also completed a third assessment three months post-intervention.

RESULTS:
55% of control participants continued to use their eHealth tool in the three months post-intervention, compared to 52% for the app group and 41% for the interactive website group. Across all groups, small but significant improvements in behaviours associated with diet and mental activity were maintained at three months; there were no changes in health checks or physical or social activity. Impacts of the interventions on motivation to reduce dementia risk were maintained at three months.

Brief eHealth interventions can motivate and achieve behaviour change associated with reduced dementia risk. In the participants who completed long term follow up, these positive outcomes were sustained at three months. These findings will inform future developments of dementia prevention initiatives.