A22 - Predictors of behaviour and lifestyle changes for dementia risk reduction
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BACKGROUND:
Most people attempt to change an aspect of their health behaviour at some stage of their lives. However, the outcome of the attempt can either be successful or unsuccessful. The aim of this study is to examine the factors that influence actual behaviour and lifestyle changes for dementia risk reduction.

METHODS:
176 participants (mean age=55.5 (SD=3.06)) from the Body Brain Lifestyle study were analysed. The dementia literacy questionnaire, Australian National University Alzheimer’s Disease Risk Index (ANU-ADRI), and the Motivation to Change Lifestyle and Health Behaviour for Dementia Risk Reduction questionnaire were used for analyses.

RESULTS:
Baseline intentions (p=.48 and .61 for males and females respectively) were not significantly associated with behavioural and lifestyle changes for dementia risk reduction. However, fewer numbers of protective and increased numbers of risk factors participants had at the baseline (p<.001) were associated with the behavioural and lifestyle changes. In addition, a smaller change in scores on perceived severity (p<.005) was also related to less behavioural changes for dementia risk reduction amongst male participants. For female participants, higher scores on baseline perceived severity (p<.01) and on knowledge on dementia risk factors (p<.05) were associated with an improvement of the ANU-ADRI total scores, indicating behavioural and lifestyle changes.

This study supports previous studies that high intentions do not always lead to behaviour changes. However, the findings from the current study suggest that being in an increased risk group is related to making health behaviour and lifestyle changes for dementia risk reduction.