

HOW CAN THE MYCOGNITIONPRO HOLISTIC DIGITAL HEALTH PLATFORM FOR MONITORING AND PREVENTING COGNITIVE DECLINE BE SUCCESSFULLY IMPLEMENTED INTO THE REAL-WORLD CONTEXT OF PEOPLE EXPERIENCING COGNITIVE DECLINE?

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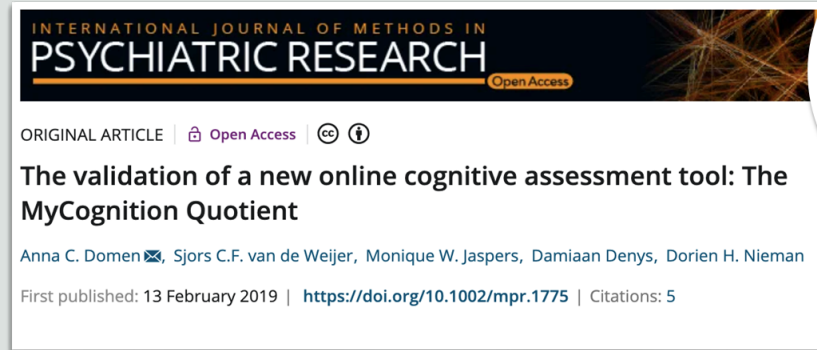
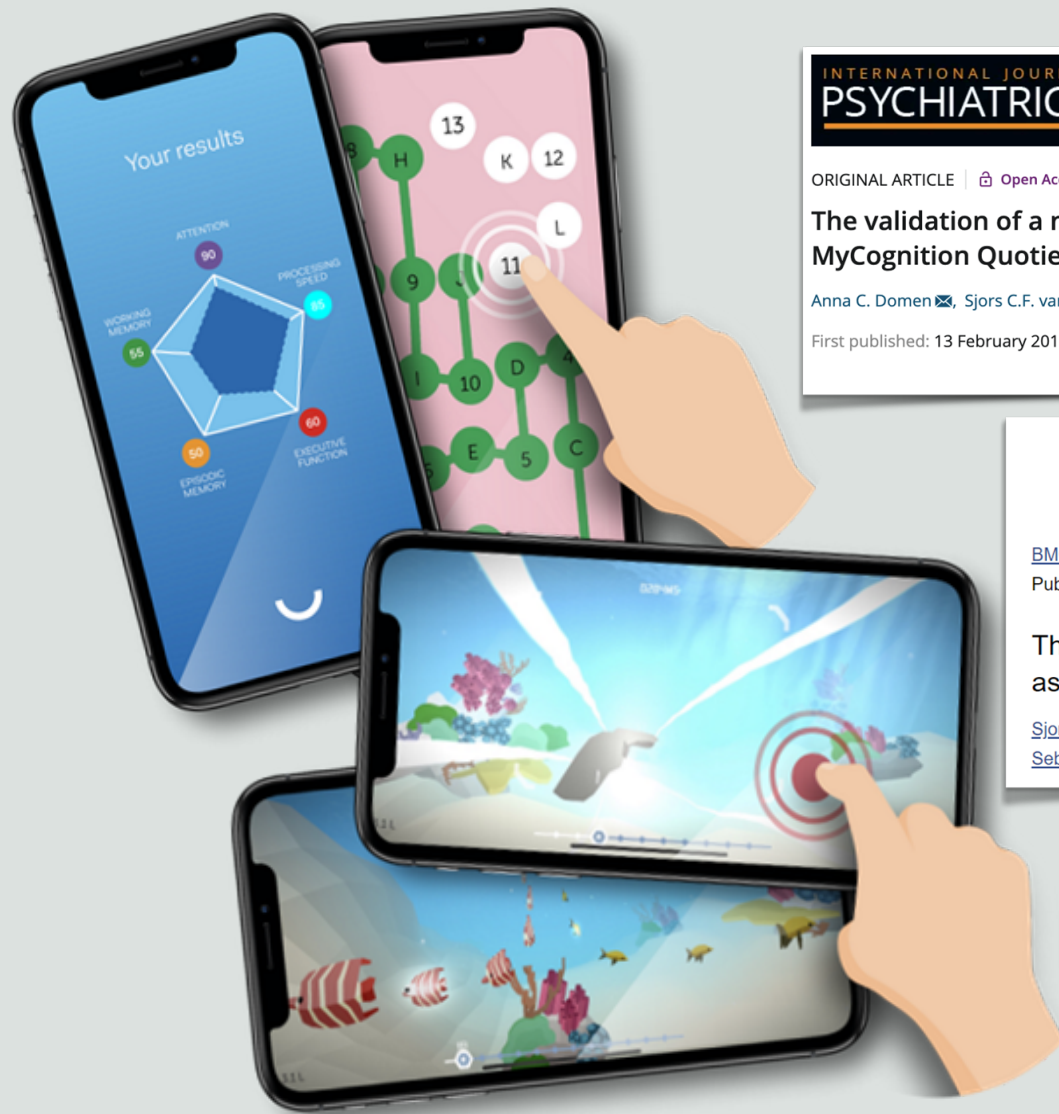
Beingwell

Knowledge Transfer Partnerships



AFFILIATIONS

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Methods

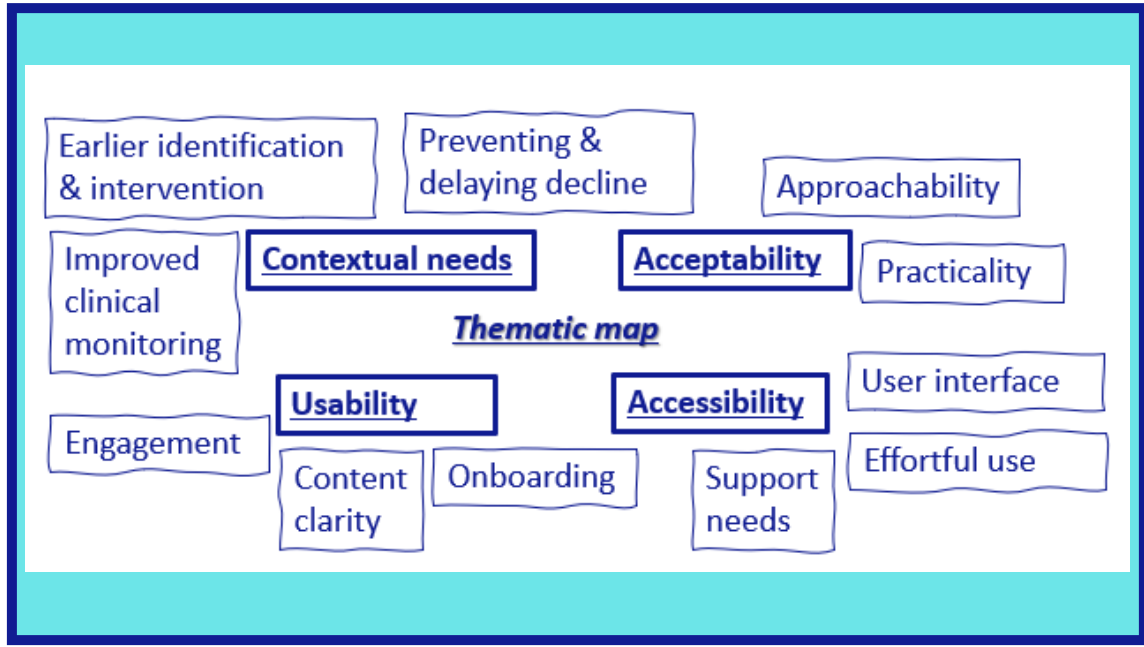
Mixed methods feasibility trial:

- Likelihood app can be used effectively (usability/experience data)
- Likelihood app can be implemented successfully (contextual data)

Participants (n=20)

- Over 50 years experiencing cognitive decline
 - Subjective
 - Diagnosed early-stage (MCI, mild dementia).

Qualitative results



Experience evaluation

Think-aloud observation and semi-structured interviews captured qualitative data as the participant engaged with each part of the platform.

n= 15

Engagement period

Participants asked to take MyCQ assessment once per week and play the AquaSnap training game for 15mins per day (at-home). **Quantitative platform engagement & performance data** was captured.

n= 19

Onboarding evaluation

Think-aloud observation and semi-structured interviews captured qualitative data as the participant was guided through how to download and use the MyCognitionPRO platform.

n= 19

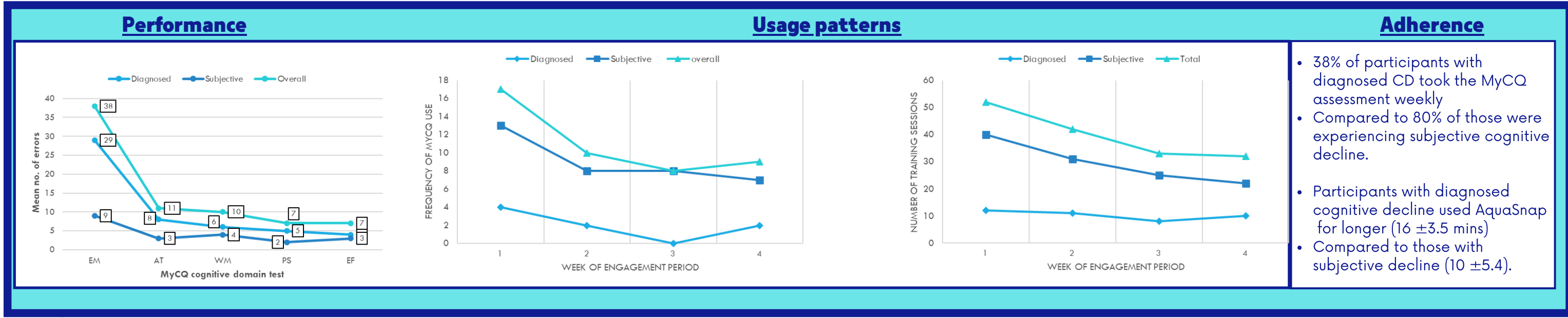
"Blimey!...he will not remember what to do when we get home, he will have no idea, the only way he will do that is with me to help him"

Carer of person with Mild Dementia

"I think that there is a lot of good in each of the apps. It is just a matter of refining them and making it a lot clearer on how to use them, making them a lot more user-friendly."

Person with subjective cognitive decline

Quantitative Results



- 38% of participants with diagnosed CD took the MyCQ assessment weekly
- Compared to 80% of those were experiencing subjective cognitive decline.
- Participants with diagnosed cognitive decline used AquaSnap for longer (16 ±3.5 mins)
- Compared to those with subjective decline (10 ±5.4).

Conclusion

At present, the apps work best as a preventative, self-management tool for people experiencing subjective cognitive decline. The apps require significant developments to meet the needs of older people experiencing cognitive decline. This is summarised in the user-centred product roadmap.

User-centered product roadmap

| Development track | Activities required to achieve growth opportunity |
|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Onboarding | Alleviate pain points (login, multiple apps, instructions) App demo/walk-through Push notification planning system |
| MyCQ assessment | Update age & diagnosis standardisation norms for scoring algorithm Update user reports- incorporate ADLs (advanced-basic), friendlier language Improve visual clarity Reduce speed of tasks Validate against standard clinical assessments (MoCA, ACE-III, MMSE) |
| Aquasnap training game | Improve adaptiveness of task speed and difficulty (MyCQ & ongoing performance data) Improve progression reports Increase game/stimuli variety Improve mindfulness/relaxation element Shorter training loops |
| New service model | Encourage private groups- parallel login and group-based reports Incorporate social engagement- allow sharing Operational advice/CPD webinars for group-based delivery |

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