

About The Study

The purpose of the study is to learn more about how daily activities can impact people's thinking skills as they age.



The study investigates whether incorporating walking exercises, computer training or both can affect one's thinking and memory.

Looking For Those Who Are:

- Between the ages of 60 – 80
- Not currently exercising or participating in any computer training course
- Possibly experiencing some changes in thinking or memory
- Generally medically healthy



Other Information

- You will be screened for medical history
- There will be three neuropsychological examinations, including memory testing
- You will receive a pedometer to track your step count and/or an online computer training program
- Your participation is always voluntary

Interested?

Contact:

Andrew Rauch
Study Coordinator
(858) 642-6375

What's In It For Me?

- You will receive written feedback regarding the findings of the cognitive assessment
- You can receive up to \$100.00 for the completion of all three assessments (paid in installments at each assessment.)
- You will help us learn about improving people's cognition as they age.



Study Coordinator:
Andrew Rauch
3350 La Jolla Village Dr.
Bldg. 13, 3rd Floor
San Diego, CA 92161

Phone: (858) 642-6375
Email: aarauch@ucsd.edu

Impact of Combined Behavioral Interventions on Cognitive Outcomes in MCI



Principal Investigator:
Amy Jak, Ph.D

Human Research
Protections Program
UC San Diego
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