

<b>Paper Category:</b>	Cognitive Frailty
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	The Relationship between Depression, Anxiety and Stress with Cognitive Frailty Transition over a 7-Year Period in the Malaysian Elders Longitudinal Research (MELoR) study
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>

### **Background**

Cognitive Frailty(CF), linked to detrimental health outcomes in the elderly, has raised interest in its potential reversibility amidst the backdrop of rapid aging. While current factors that elevate CF risk predominantly revolve around physiological aspects, the exploration of psychological contributors remains relatively limited.

### **Objective**

To examine the relationship between depression, anxiety, and stress with CF transition over seven years.

### **Method**

The MELoR study enrolled participants aged above 55 years through stratified random sampling from electoral rolls of three parliamentary districts within the Klang Valley in 2013. In 2020, follow-up data were collected using virtual surveys due to the COVID-19 pandemic. CF was gauged using the Cardiovascular Health Study index and the Fatigue, Resistance, Ambulation, Illness, and Loss of Weight index at baseline and follow-up respectively. Mild cognitive impairment (MCI) was assessed using the Montreal Cognitive Assessment. CF was characterised based on frailty and MCI outcomes. Depression, anxiety, and stress were evaluated via the 21-item Depression, Anxiety and Stress scale.

### **Results**

Incorporating data from participants aged (mean $\pm$ SD) = 76.03 $\pm$ 13.3 years, 56.9% female, analysis revealed CF among 6(1.1%) participants at baseline and 16(2.8%) at follow-up. The trajectory of CF transition over seven years indicated improvement in 93(16.79%) participants and deterioration in 461(83.21%). Differences in education, asthma and cancer were observed between those whose CF improved and worsened. Significant association emerged between depression, anxiety, and stress and CF transition. Improvement in CF were observed among 92(100%), 88(97%) and 91(100%) of those with normal to mild symptoms of depression, anxiety and stress respectively, compared to those with moderate to severe symptoms.

### **Discussions and Conclusion**

The findings underscore the fluctuating nature of CF over the course of seven years. Importantly, the study suggests that increased depression, anxiety and stress were associated with worsening in CF transition. The study delves into the interconnection between psychological states and the evolution of cognitive frailty, revealing the potential for psychological interventions to mitigate CF progression.

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