Are you aged 65+? We need you!

Researchers in the School of Psychology, Trinity College Dublin, have launched an exciting new study investigating the link between motor coordination learning and cognitive function in older Irish adults. We are looking to recruit 50 healthy adults aged 65+ who would like to get involved in our research study.

Aims of the Research

Our research is looking into healthy brain aging and how you can stay sharper for longer. As you may know it has been discovered that lifestyle factors such as exercise and diet can have an important role in maintain a healthy brain as you age. The aim of the present project is to increase our understanding of the effects movement and attention training has on the aging brain, and in so doing provide a basis upon which to develop the most effective therapies.

The Study

During our study, you will be asked to complete a range of brief measures of memory and attention, consisting of short computer-based tasks. These are very simple tasks in which no prior computer experience is required (involving pressing only one or two buttons). During the training sessions you will be asked to acquire targets on a visual display. Moderately intense concentration will be required. Rest breaks will be scheduled throughout the procedure, and will always be available at your request.

Study Diary

The Study will take place over 8 days on 4 successive weeks. You will be asked to attend one day of the first week, Monday through Friday of a second week, on one day of the third week, and on one day of the fourth week. The training sessions that take place during the second week will each last approximately 20 minutes. Three test sessions that take place during the first, third and fifth weeks, will each last approximately 2 hours.

Location of the experiment

Experiments will be conducted in the Trinity College Institute of Neuroscience, Trinity College Dublin.

Contact

For further information or to volunteer for this study, please contact:

Email: cremeni@tcd.ie or Phone: 01-8964196