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# Cognitive failures in everyday life: how to prevent them?

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# Summary

- Background:
  - The rising cognitive impairment (CI) among younger adults calls for establishing preventive factors to timely manage situations.
- Aim:
  - The study aimed to evaluate factors that can predict cognitive failures (CF) among females.
- Methods:
  - 310 females from 26 to 59 years of age (M=38.6) took part in an online study.
  - They filled Cognitive Failures Questionnaire (CFQ), Geriatric Depression Scale (GDS), and Shirom-Melamed Burnout Measure (SMBM). Smoking, alcohol usage, usage of supplements and vitamins, sleep patterns were registered.
  - Student t-test, Chi-square test, and logistic regression analysis (LRA) were used for data analysis.

# Results

- 34 females (11%) had cognitive failure (CF) in perception, memory, and motor function (CF+ group).
- CF+ group had higher Geriatric Depression Scale scores compared to those without CF (CF- group) (M=6.88 vs. M=3.78,  $p<0.001$ ), also had a higher level of burnout: physical fatigue (M=4.33 vs. M=3.26,  $p<0.001$ ), cognitive weariness (M=4.07 vs. M=2.46,  $p<0.001$ ), emotional exhaustion (M=3.38 vs. M=2.15,  $p<0.001$ ).
- Both groups did not differ in smoking habits, alcohol usage, usage of supplements and vitamins. The CF+ group more often than the CF- group complained about insomnia (41.2% vs 20.3%,  $p=0.006$ ) and used sedatives (26.5% vs. 10.5%,  $p=0.007$ ).
- Logistic regression analysis with all study variables revealed that CF by Cognitive Failures Questionnaire could be predicted only by cognitive weariness (Nagelkerke  $R^2=0.245$ , correct classification of data is 88.7%) by the Shirom-Melamed Burnout Measure.

# Conclusion

- Out of the analysed variables, only reducing cognitive weariness could be a preventive factor of cognitive failure among middle-aged females.