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The rate of subjective cognitive complaints and relationship with chronic diseases in middle-aged females

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Summary

- Background:
 - Substantial evidence exists that cognitive decline may begin in women at a middle age causing a higher risk to develop dementia. Chronic diseases (ChD) have a significant impact on dementia risk.
- Aim:
 - Study aimed to evaluate the rate of subjective cognitive complaints (SCCs) and to determine if ChD are related to SCCs in population of middle-aged females.
- Methods:
 - 310 females from 26 to 59 years (M=38.6) took part in an online study.
 - They filled in Subjective Cognitive Complaints (SCCs) questionnaire. Self-reported ChD were registered.
 - Results were compared using Fisher's exact test.

Results

- 28.7% (N= 89) had subjective cognitive complaints (SCCs+ group) and 71.3% did not have subjective cognitive complaints (SCCs- group).
- 30.6% (N=95) females reported they had chronic diseases and 69.4% (N=215) did not have chronic diseases.

Results

- 46 respondents in SCC+ group reported to have no chronic diseases (ChD), 33 – one ChD, 5 – two ChD, 2 had three ChD, also 2 had four ChD and 1 had five ChD.
- Most often self-reported the ChD in SCC+ group was hypothyroidism (18.03%, N=11) and that was the only disease where differences between SCC+ and SCC- groups were found (12.4% vs. 4.5%, $p=.022$) (Fig. 1).
- Both groups did not differ when compared by other self-reported diseases.

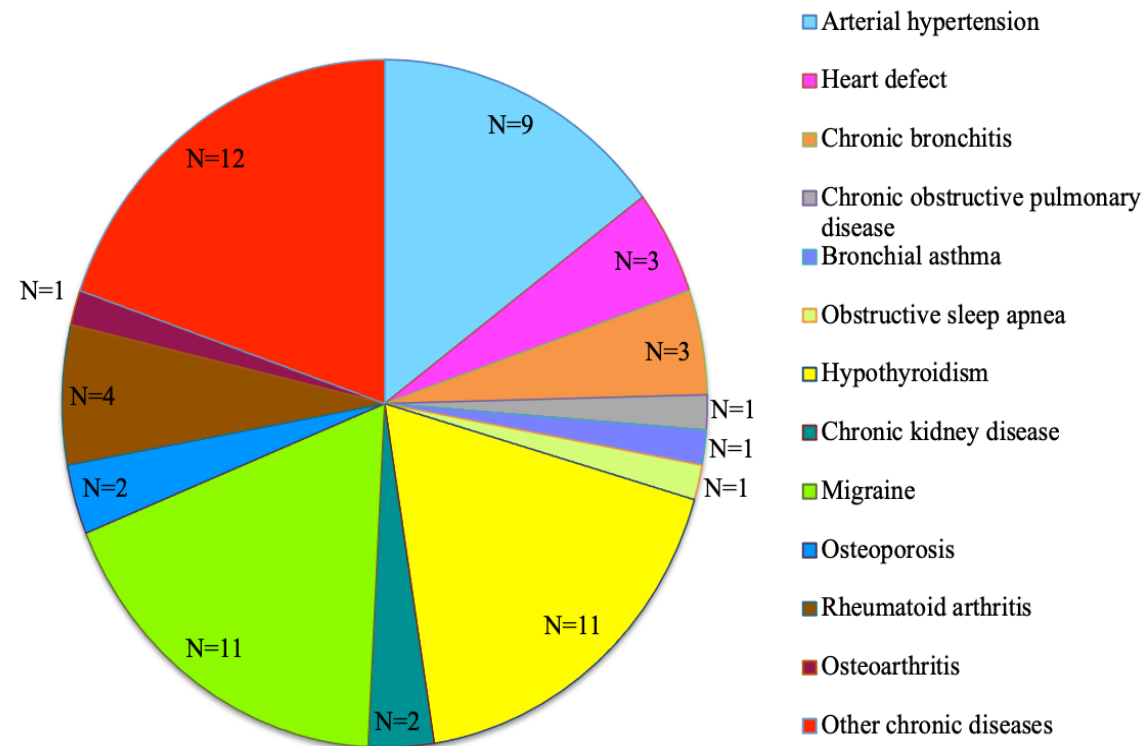


Fig. 1. Distribution of chronic diseases among those with cognitive complaints

Conclusions

- Subjective cognitive complaints are related to hypothyroidism in middle-aged females.