

## **The SCD-Well Randomized Controlled Trial: Effects of a Mindfulness-Based Intervention Versus Health Education On Anxiety Level in Patients with Subjective Cognitive Decline**

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**Background:** Subjectively experienced cognitive decline in older adults is an indicator of increased risk for dementia and is also associated with increased levels of anxiety symptoms. Anxiety is itself emerging as a risk factor for cognitive decline and dementia. There are currently no approved interventions or treatments for people with SCD. The SCD-Well study investigate whether two behavioural interventions (mindfulness and health education) can significantly reduce anxiety symptoms in patients with subjective cognitive decline (SCD).

**Methods:** 147 older adults with SCD were recruited from memory clinics in the UK, Germany, Spain, and France and were randomly assigned to either an 8-week mindfulness-based intervention or health education program. Changes in anxiety score (trait-STAI) were analyzed. for the total sample and between the two intervention groups, at baseline (V1), immediately after the intervention (V2), and at a 6-month follow-up (V3). Change in

**Results:** For the total sample, there was a significant reduction in anxiety from V1 to V2, and the reduction remained stable at V3. There was no difference between the mindfulness-based and health education groups in anxiety score from V1 to V2 or V1 to V3.

**Conclusion:** The SCD-Well trial provides evidence that behavioural interventions can reduce anxiety level in people with SCD. Further work is needed to understand whether these interventions reduce risk of developing Alzheimer's disease.