Alzheimer Europe

Making dementia a priority:
changing perceptions, practice and policy.

CLINICAL TRIALS WATCH

ACCESSIBLE EASY READ INFORMATION ON:

LIGHT STUDY

Alzheimer Europe • R.C.S. LUXEMBOURG F2773 • 5 Heienhaff, L-1736 Senningerberg
Tel. +352 29 79 70 • Fax +352 29 79 72 • info@alzheimer-europe.org • www.alzheimer-europe.org

LIGHT study

1. Study Information	
Name of the study	Lifestyle Intervention in the memory clinics of General and academic Hospitals Trial (LIGHT)
Study sponsor	Maastricht University
Diseases	Subjective cognitive decline (SCD) and mild cognitive impairment (MCI)
Phase	Not applicable – lifestyle behaviour

2. Information about the intervention that will be tested in the study	
Name of the intervention	Personalised lifestyle intervention
Administration	The lifestyle intervention comprises three parts 1) three individual consultations with a trained lifestyle coach, 2) a voucher program to encourage brain healthy activities, and 3) an access to an online self-management tool for dementia risk reduction.
Will all participants receive the same intervention?	Participants will be selected at random to either receive one of the following options: • A tailored lifestyle intervention (Group A) • General health advices (Group B). Neither the participant nor their doctor will know if the person is receiving the lifestyle intervention or general health advices.

3. Information about participating in the study	
What are the researchers trying to find out?	• The purpose of the study is to compare an innovative 1-year lifestyle intervention with care as usual and general health advice in older people with SCD or MCI, and to identify possibilities, barriers, and facilitators for sustainable implementation of the lifestyle intervention.
How long will the intervention last?	• 1 year
What your involvement will entail?	• During the study, participants will be asked to complete a test assessing dementia incidence (LIBRA). This test is a weighted score of fifteen lifestyle-related risk factors that are proven to be

	associated with increased dementia risk. Higher score means a greater risk for dementia. • To complete additional tests to assess cognitive functions (e.g., episodic memory, executive functions, information processing speed and attention) and health-related quality of life and capabilities and instrumental activities of daily living • To complete some laboratory tests (e.g., blood test, blood test, blood pressure). Further information on the procedures, tests and visits can be obtained from the study team.

4. Who can participate in this study?	
Who can participate in the study?	To take part in the study, participants must: • Be 50 years old or older • Have a diagnosis of subjective cognitive decline (SCD) or mild cognitive impairment (MCI) • Have a presence of at least 2 modifiable risk factors for dementia (e.g., smoking, obesity, diabetes, high blood pressure, hearing loss).
Who cannot participate in the study?	Exclusion criteria include: • A diagnosis of dementia • Insufficient understanding of the Dutch language • A disease or condition that may interfere with the safety, tolerability and/or study assessments (e.g., under treatment for current malignant diseases, major psychiatric disorders like major depression, psychosis or bipolar disorder)

	• Current participation in another research intervention trial. The above list is not exhaustive. It includes the most common conditions and diseases that might exclude people from the study.

5. Where and when will the study be conducted?	
European country involved in the trial	• Netherlands
Estimated start date of recruitment	January 2025

6. Information for your doctor	
Clinicaltrials.gov identifier	NCT06832761
Study contact information	Niels Janssen +316 14348188 n.janssen@maastrichtuniversity.nl Veerle van Gils +316 14348188 v.vangils@maastrichtuniversity.nl
Link to full text	https://clinicaltrials.gov/study/NCT06832761 https://www.onderzoekmetmensen.nl/en/trial/57198

✓ The information contained in this document is based on information available on public registries (e.g. clinicaltrials.gov website) in February 2025.

✓ This document has been reviewed by the study's sponsor.