

**Applicant**

Dr. Norbert Schmitz, CIUSSS de l'Ouest-de-l'Île-de-Montréal-Douglas Hospital

**E-mail Address**

norbert.schmitz@mcgill.ca

**Project Title**

Cardiometabolic dysregulation, depression and cognitive functioning: Longitudinal associations in the CLSA

**Project Summary**

Deterioration of cognitive function can affect an individual's overall health and well-being, including self-care activities, as well as the ability to effectively manage medical conditions and to participate actively in society. Cardiometabolic factors like obesity, high blood pressure, and diabetes might affect cognitive function. There is evidence linking depression with poor cognitive function. Depression in combination with metabolic problems might increase the risk of poor cognitive function. Using data from the CLSA, the objective of the study is to investigate the associations between metabolic problems, depression, and decline in cognitive function. The results might inform the development of strategies for prevention at the individual level and might have the potential to contribute to the development of tailored treatments for depression.

**Keywords**

Cardiometabolic dysregulation, Depression, Cognitive functioning