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Project Title

Depression and cognitive function in mid-to late-life: Longitudinal associations and vulnerable subgroups in the Canadian Longitudinal Study on Aging

Project Summary

Cognitive function is critical to healthy aging. To support the health of older Canadians, we thus need to identify factors that put them at risk for cognitive impairment. One such possible risk factor is depression, which is the leading cause of disability world-wide. We will examine the association between depression and cognition in Canadians aged 45-85 years using longitudinal data from the CLSA. The longitudinal data will allow us to address issues that could not be addressed with the baseline data: 1) temporality (i.e., whether depression precedes cognitive function or vice versa); 2) whether social support acts as a mechanism through which depression affects cognition (i.e., mediation); and 3) whether the association between depression and cognition (and the mediation of this association by social support) varies by age, sex, and gender.

Keywords

Depression, Cognition, Social support, Gender, Sex