

# Clusters of multimorbidity and subjective cognitive decline: The ELSI-Brazil Study

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## Background

- Subjective cognitive decline (SCD) is defined by cognitive complaints expressed by the individual, without evidence of cognitive impairment on objective neuropsychological tests.
- An increased understanding of the association between disease patterns and subjective cognitive decline is essential to develop targeted interventions for these groups.

## Methods

- Data from the baseline of the Brazilian Longitudinal Study of Aging (ELSI-Brazil).
- Cross-sectional study included 2,508 participants.
- SCD was assessed using the Subjective Cognitive Decline Initiative Working Group's criteria.
- Multimorbidity (MM) was defined as the presence of two or more of 14 self-reported health conditions..
- Clusters of MM were identified based on the most prevalent dyads and triads of diseases within the sample.
- Robust Poisson regression models were used to estimate adjusted prevalence ratios (PR) for the association between MM clusters and SCD, accounting for potential confounders.

## Results

### Individuals with SCD

- 32.2% females
- 31.1% blacks
- 39% no scholarship
- 38.9% rural area
- 31.6% with MM

## Conclusion

Our study demonstrated an association between SCD and MM clusters, which is important for developing and managing care for individuals with cognitive decline and/or those multimorbidity patterns. The results could also provide a foundation for future research exploring the causality between these variables.

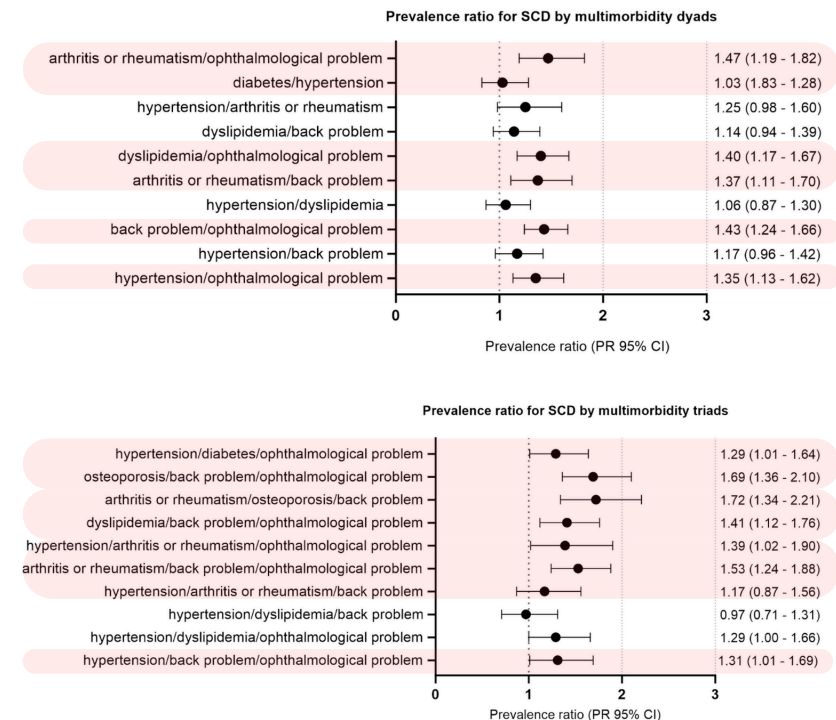


Figure 1. Prevalence ratio for subjective cognitive decline by MM groups.