

# Psychological well-being at 52 years could impact on cognitive functioning at 69 years

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People around the world are living longer, and dementia has consequently become recognized as a public health priority in many countries. The Lancet Commission paper in 2017 collated a large body

of medical research evidence that aims to address the dementia epidemic and following challenge for health and social care. It is estimated that as much as 35% of dementia cases could be prevented by targeting nine modifiable risk factors. However, relatively little is known about psychological well-being in this context.

Miharu Nakanishi, Chief Researcher of Tokyo Metropolitan Institute of Medical Science, and her colleagues finds that psychological well-being at 52 years were prospectively associated with cognitive function at 69 years. The authors used data in women from the British 1946 [birth cohort](#) in the Medical Research Council's National Survey of Health and Development.

Recent studies suggest that specific domains of psychological well-being, including [negative affect](#), positive affect, and purpose in life, are related to cognitive function in older adults. Using the cohort data, the authors finds that there was a significant association between greater personal growth and lower self-acceptance at 52 years, and better cognition at 69 years. This association is adequately robust to control for childhood cognitive ability, physical activity, and other variables among nine [modifiable risk factors](#).

The present study would add new implications to the risk reduction messages by more attention to the health promotion of middle-aged women who face midlife crises.

**More information:** Miharu Nakanishi et al, Midlife Psychological Well-Being and its Impact on Cognitive Functioning Later in Life: An Observational Study Using a Female British Birth Cohort, *Journal of Alzheimer's Disease* (2019). [DOI: 10.3233/JAD-190590](https://doi.org/10.3233/JAD-190590)

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