The Feasibility and Acceptability of Scalable Tests (FAST) Study:

The FAST study, conducted by the University of Oxford and Dementias Platform UK team, investigates the relationship between putative dementia blood biomarkers (neurofilament light and phosphorylated tau-217) and dementia-related variables (diagnosis and cognitive performance).

Serving as a pilot study, FAST sets the stage for a larger nationwide investigation into blood biomarkers for brain health, particularly in relation to dementia and memory disorders.

The study aims to assess participant perceptions of the processes involved, including blood tests and online cognitive assessments – an online visual memory task – addressing both acceptability and feasibility considerations.

Participants commit to a one-year involvement, comprising three visits:

1. An initial site visit at their local hospital
2. A remote follow up at six months
3. A final visit at their local hospital after one year.

All three visits involve completing a remote cognitive test. At site visits, participants undergo blood sample collection (of 30ml), remote computer-based cognitive tests and provide feedback via a short questionnaire. The study's structured approach ensures thorough data collection whilst minimising participant burden of their participation by offering local sites for their study visits and online consent and cognitive tests, ultimately advancing our understanding of dementia and cognitive health.

Inclusion and exclusion criteria:

Inclusion:

- Anyone over the age of 50 years
- Cognitively healthy or not – i.e., participants with subjective cognitive impairment (SCI), mild cognitive impairment (MCI) or dementia can also participate.

Exclusion:

- Participants with difficult venous access
- Participants not fluent in English

Study recruitment and participating sites:

The current recruitment target for the study is 1000 participants and so far, we have recruited 582 participants across all sites.

Current active sites:

- Oxford, Oxfordshire
- Aylesbury, Buckinghamshire
- Newport, Wales
- Crowborough, East Sussex
- Chertsey, Surrey
- Exeter, Devon
- Taunton, Somerset
- Fulbourn, Cambridge
- Bradford, West Yorkshire
- Sheffield, South Yorkshire
- Slough, Berkshire
- Watford, West Hertfordshire
- Southampton, Hampshire
- Maldon, Essex
- Lancashire and South Cumbria

We are currently engaged in discussions regarding the potential opening of **additional sites in the future** including:

- Swindon, Wiltshire
- Southall, West London
- Harrow, Central and North West London
- Blandford Forum, Dorset
- Portsmouth, Solent
- Essex, East Anglia
- Gateshead, Tyne and Wear
- Bodmin, Cornwall
- Plymouth, Devon
- Newcastle Upon Tyne, Tyne and Wear
- Nottingham, East Midlands
- CWM Taf University Health Board
- Betsi Cadwaladr University Health Board
- Cardiff & Vale University Health Board
- Hywel Dda University Health Board
- Swansea Bay University Health Board
- Powys Teaching Health Board

https://www.google.com/maps/d/edit?mid=1ssIrCcXh2u2Oit-hIXWV2yCsAFMzcp0&usp=sharing

For any questions related to the FAST study, please contact: FAST@psych.ox.ac.uk

Dementias Platform UK Great Minds

What is Great Minds?

Great Minds is a large register of potential healthy research participants across the UK who are interested in contributing to dementia research. It is a part of the Dementias Platform UK (DPUK) and is used to match participants with various studies including clinical trials to deepen the current understanding of mental health and cognitive disorders and fast-track early diagnosis and treatments. We currently have over 10,000 volunteers registered on the database, and the number continues to grow. After participants join Great Minds, they are able to choose which studies they wish to support as well as which assessments they wish to take, giving them control of their participation.

Participants that join Great Minds are additionally invited to provide saliva samples to provide genetic data on their APOE gene status - a factor related to the pathogenesis of Alzheimer's disease. They are also invited to wear an actigraph monitor for seven days, which fits around the wrist like a Fitbit. This actigraph monitor measures daily physical activity and sleep patterns to help understand at what time people are most and least active. These two measurements have been found to be risk factors for developing dementia, therefore, collecting this data will support future research studies investigating this field of research.

What sort of research can Great Minds volunteers be involved in?

Some studies that volunteers can sign up to are observational studies looking to understand cause-and-effect relationships. Others are experimental medicine, which investigate the mechanisms that cause the disease or evidence of the validity of experimental treatments. There are also clinical trials where volunteers are offering an intervention to evaluate the effects on health outcomes.

Volunteers can choose which dementia studies interest them, which additional tests they'd be willing to take and how we should contact them.

All studies Great Minds offer have ethical approval, meaning they have been checked to make sure they protect the rights, safety and wellbeing of the people involved.

Great Minds online assessments:

When participants register on Great Minds, they are asked a few questions about their health and well-being. These questions take about 5 - 10 minutes to complete. They are also asked to complete an assessment of their memory. This takes approximately 10 - 15 mins to complete. Every six months, participants are re-contacted, asking them to repeat these questionnaires and assessments.

Who developed Great Minds?

Great Minds is part of the DPUK family, a multi-million pound public-private partnership which launched in 2014. DPUK is directed by Professor John Gallacher (University of Oxford) and is supported by an executive team of ten other representatives from our academic and industry partners, including Dr Ivan Koychev (also the CI of the FAST Brain Health Study).

How do researchers sign up?

Follow the link Researchers — Great Minds (greatmindsfordementia.uk) to know more. Below are the steps to apply for participants from Great Minds or the Clinical Studies register:

1. Visit https://crm.greatmindsfordementia.uk and click on 'Create new account'.
2. Complete the form, selecting the role of 'Researcher'.
3. Upon approval, log in to the site and select 'Apply for Study'.
4. Provide details of your study to access potential participants.

How do volunteers sign up?

There are four steps to joining Great Minds and it only takes a few minutes to complete the basic information:

1. Join as a member - You'll set up a username and password which you use to login each time you visit. Members can join using the following link: https://my.greatmindsfordementia.uk/account/register and then select 'Join Dementia Research' for the Cohort and type 'JDR001' where prompted for a Cohort ID.
2. Tell us about yourself - Share your contact details and let us know about health as well as mood and anxiety levels
3. Take our brain health tests - These are simple tests of your memory on your computer and smartphone (if you have one)
4. ...visit regularly and repeat the tests – We'd like you to come back every six months and repeat the tests – we'll email you a reminder.

For any questions related to Great Minds, please contact: Greatminds@psych.ox.ac.uk

Connect with us:

@DementiasUK

Dementias Platform UK

LinkedIn