

Self-awareness discrepancies among MCI patients in Georgia

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Introduction

Dementia, as one of the leading challenges of the modern healthcare system, is associated with the decline in different areas of cognitive function and the inability to carry out complex, as well as basic daily activities. Mild Cognitive Impairment (MCI) as the ultimate precondition of dementia tend to show no decline in complex daily activities based on DSM V. However, there are several researches questioning the self-awareness of MCI patients.

Methods

The research is a part of a 7-year longitudinal community-based study conducted to identify the cognitive changes over time among the population of Georgia in individuals aged 40 years or older. During second phase of the study 103 participants (52 Dementia and 51 MCI) were randomly chosen for follow-up. To assess participants' cognitive abilities, Montreal Cognitive Assessment (MoCA) test was used. The Instrumental Activities of Daily Living was assessed by patients themselves and by their caregivers in parallel to observe the discrepancy.

Results

ANOVA, t-test and Pearson Correlation test were used to determine a statistically significant difference between the aMCI, naMCI, and dementia groups reported by the patients themselves and their caregivers/family members.

Performing t-test, showed that caregivers/family members reported significantly more decline in everyday functioning, compared to the self-report among dementia group ($t=-10.21$, $p<0.0001$), among the aMCI group ($t=-5.23$, $p<0.002$) and among the naMCI group ($t=-6.57$, $p<0.001$).

Discussion

Based on DSM V criteria, patients with MCI tend to show no decline in complex daily activities; however, the result of the present study stated that the patients with MCI also show some degree of decreased self-awareness while comparing the results of their self-reports and the results of their caregiver/family members.

Difference was statistically significant, indicating the MCI patients, and especially the aMCI subgroup, had some level of decreased self-awareness regarding their everyday functioning.

These results are explained by the fact that patients with any kind of cognitive decline have a tendency to underestimate their functional losses compared to the responses of their caregivers/family members.

Conclusion

MCI patients, and especially the aMCI subgroup, had some level of decreased self-awareness regarding their everyday functioning, therefore, the collecting information from caregivers/family members regarding patients' daily activities is important to make final decisions.