

## P-364 - DIFFERENCES IN COGNITIVE FUNCTION BETWEEN ELDERLY AND MIDDLE AGE PEOPLE

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**Introduction and objectives:** The human body changes with age. How do these changes influence brain functions? The objective of this study was to analyze differences in cognitive status between elderly and middle age people.

**Material and methods:** One hundred non-demented adults (29 M, 71 F) aged 46 - 88 years (mean 65.6; SD 11.0) living in rural regions of Poland entered the study. They were divided into two groups: people 40 - 65 years old (58,76; SD 5,74) and more than 65 years old (mean 73.8; SD 5.2). Dementia screening was performed using Mini Mental State Examination (MMSE). Cognitive functions were assessed by means of Stroop Test and Trail Making Test. Demographic, socioeconomic, clinical and lifestyle data were collected with the help of the semi-structure questionnaire. Data were collected by face to face interview.

**Results:** The elderly group scored significantly worse on the cognitive tests, compared to the middle aged group. They had significantly worse results in MMSE, made significantly more mistakes in Stroop test part B, TMT part A and B. In the elderly the time needed to complete of both parts of Stroop test was significantly longer than in the younger group. Also there were significant correlation between the participants' age and the time to complete the tests in each of these two groups.

**Conclusions:** Cognitive functions worsen with age which may be associated with the deterioration of the functioning of older people. The study is being continued in order to identify factors that may influence cognitive ageing.