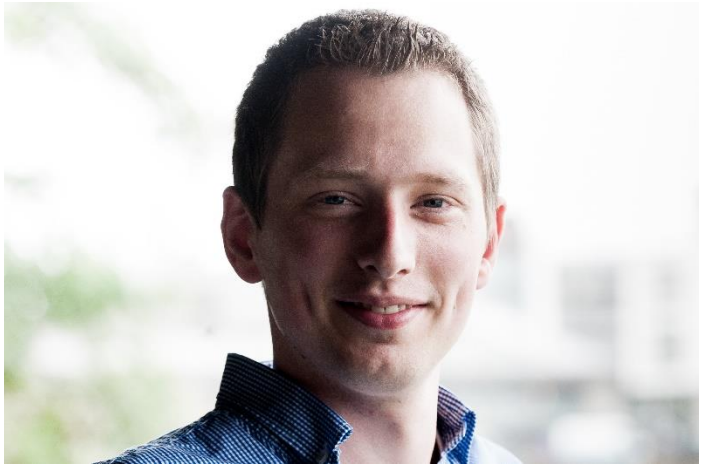
INTERDEM MEMBERS – BRIEF CURRICULUM VITAE



NAME: Kay Deckers

TITLE: Dr., Research Fellow

PROFESIONAL GROUPING: Researcher

WORK ADDRESS: School for Mental Health and Neuroscience, Alzheimer Centrum Limburg, Maastricht University Medical Center+, Universiteitssingel 40, 6229 ER Maastricht, The Netherlands

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PRESENT POSITION: Research Fellow, School for Mental Health and Neuroscience, Alzheimer Centrum Limburg, Maastricht University Medical Center+

HIGHEST ACADEMIC QUALIFICATION: PhD

PROFILE OF MEMBER: I work as a research fellow at the Alzheimer Centrum Limburg and was initially trained as a neuropsychologist before becoming an epidemiologist. In my research, I investigate the effects of lifestyle factors on cognitive disorders, with most studies focusing on dementia. Additionally, I am very concerned with preventive strategies for a brain-healthy lifestyle.

AREAS OF EXPERTISE: Epidemiology, cohort studies, prevention, public health, neuropsychology, longitudinal data analysis, meta-analysis

KEY PUBLICATIONS (Max. 5):

- **Deckers K,** van Boxtel MPJ, Schiepers OJG, de Vugt ME, Munoz JL, Anstey KJ, Brayne C, Dartigues JF, Engedal K, Kivipelto M, Ritchie K, Starr JM, Yaffe K, Irving K, Verhey F, Köhler S. Target risk factors for dementia prevention: a systematic review and Delphi consensus study on the evidence from observational studies. *International Journal of Geriatric Psychiatry* 2015; 30(3): 234-24
- **Deckers K**, Nooyens A, van Boxtel MPJ, Verhey FRJ, Verschuren M, Köhler S. Gender and educational differences in the association between lifestyle and cognitive decline over 10 years: The Doetinchem cohort study. *Journal of Alzheimer's Disease* 2018; DOI: 10.3233/JAD-180492.
- **Deckers K**, Cadar D, van Boxtel MPJ, Verhey FRJ, Steptoe A, Köhler S. Modifiable risk factors explain socioeconomic inequalities in dementia risk: evidence from a population-based prospective cohort study. *Journal of Alzheimer's Disease* 2019; DOI: 10.3233/JAD-19
- **Deckers K**, Camerino I, van Boxtel MPJ, Verhey F, Irving K, Brayne C, Kivipelto M, Starr JM, Yaffe K, de Leeuw P, Köhler S. Dementia risk in renal dysfunction: a systematic review and meta-analysis of prospective studies. *Neurology* 2017; 88(2): 198-208.
- **Deckers K**, Schievink SHJ, Rodriquez MMF, van Oostenbrugge RJ, van Boxtel MPJ, Verhey FRJ, Köhler, S. Coronary heart disease and risk for cognitive impairment or dementia: a systematic review and meta-analysis. *PLoS ONE* 2017; 12(9): e0184244.

RELEVANT RESEARCH ACTIVITY:

Please indicate for past 5 years only (i) Grants Awarded: Names of investigators; Years; Title of Project; name of awarding agency (ii) PhD and other projects: Title, start or competed date.

2019 **Research grant**, co-applicant (total grant: €100.000,-), from Stichting Adriana van Rinsum Ponssen; *"Use it or lose it: the role of a mentally-stimulating lifestyle for the onset and prevention of brain damage and dementia.''* (Co-applicants: dr. Marjolein de Vugt, dr. Martin van Boxtel, prof. dr. Frans Verhey, dr. Sebastian Köhler)

2019 **Research grant**, head-applicant (total grant: €248.750,-), from ZonMw; Memorabel Fellowship: *"Improving brain health to defeat dementia: developing persuasive technology for personalized dementia risk reduction in primary care"*

2017 **Kootstra Postdoc Talent Fellowship,** head-applicant (total grant: € 59.064,-), from Maastricht University Medical Center+: "*The 'LIfestyle for BRAin Health' (LIBRA) score: further validation and application*"

2016 **Research grant**, co-applicant (total grant €129.500,-), from Province Limburg (the Netherlands) for developing the brain health app *''MijnBreincoach''* (Co-applicants: dr. Marjolein de Vugt, dr. Martin van Boxtel, prof. dr. Frans Verhey, prof. dr. Rudolf Ponds, dr. Sebastian Köhler)

2015 **Fellowship,** head-applicant (total grant €12.500,-), from Exchange Program of the Alzheimer's Society UK & Alzheimer Nederland: *'Validation of a new index (LIBRA) for quantifying a brain-healthy lifestyle'*

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

- Implementation of dementia risk reduction within general practices
- Raising more substantial awareness in the general public that people can do something about their own dementia risk and improve their brain health

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

- Given my expertise in dementia risk reduction, I intend to play an important role in the INTERDEM Taskforce on Prevention, which was initiated at the Alzheimer Europe conference 2018 in Barcelona.