

WHAT IS I-CONNECT?

The Internet-Based Conversational Engagement Clinical Trial (I-CONNECT) study explores digital face-to-face social interaction and its effects on memory and mental function. Adults over 75 years are one of the fastest growing segments of the population and face the highest risk of developing dementia and social isolation. User-friendly, in-home approaches to prevent this are needed. This study aims to fulfill that need.

Research shows that more frequent social interactions are associated with a lower incidence of Alzheimer's disease, suggesting that increased social interaction may improve the brain health of older adults.

I-CONNECT pairs trained interviewers with eligible seniors to conduct fun and engaging conversations.



Contact the Team

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Approved by:

OHSU IRB: #15937

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I-CONNECT Research Study



Eligibility Requirements

- At least 75 years of age
- Looking for more opportunity to talk with others
- Generally healthy

Brain Imaging

Participants who are safely and comfortably able will receive brain MRI scans. A MRI (magnetic resonance imaging) is a safe and painless test that uses a magnet and radio waves to produce detailed images of the brain. Scans are conducted at the beginning of the study and at the six-month mark. Researchers hope to determine if increased social activity results in improved brain health. Scans are done to answer research questions and not for medical reasons.



What does the study involve?

Participation lasts for about one year. One group receives home visits, phone calls and face-to-face video conversations. Another group will only receive phone calls and home visits. There is a 50% chance of being in either group. All participants receive an electronic pillbox that tracks when they take a low-dose vitamin C pill.

Participants may be eligible to receive up to \$375 for participation.

Weekly Phone Calls

- 15-minute health and social activity check-in over the phone.

Occasional Home Visits

- Includes physical measures, survey-taking and problem-solving tasks, equipment installation and upkeep

Frequent Video Conversations

- 30-minute-long conversations on a variety of topics and/or interest.
- Video chat device and study internet service provided.

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IT REMINDED ME OF MY YOUNGER YEARS AND THAT WAS REFRESHING. IT'S FUN TO RECALL TIMES GONE BY."

- Study Participant

