MyCog

Mobile

Cognitive Screener

Ages 65+

MyCog
Mobile

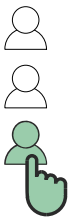
Overview of Development:

MyCog Mobile is the smartphone-based counterpart to MyCog. MyCog Mobile was funded by the National Institute on Aging, NIH (1R01AG074245-01), to offer a cognitive screening app that participants can self-administer remotely on personal smartphones and send results directly to their primary care provider's EHR. Evidence from pilot studies, where older adults downloaded the app on their own smartphones, has demonstrated acceptable reliability and usability of MyCog Mobile. MyCog Mobile is currently undergoing a large clinical and construct validation to understand its ability to detect pathological cognitive decline in older adult populations.

How it Works:

Measures

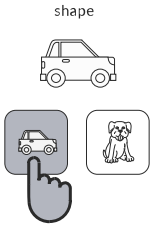
MyFaces



MyFaces is an associative memory test where participants are first shown 12 pictures of people paired with their names. After an approximately five-to-ten-minute delay, participants' memories of the faces are tested.

12 minutes.

MySorting



MySorting is an executive functioning measure which asks participants to sort images by color or shape as quickly as they can.

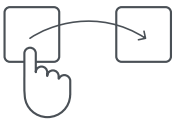
3 minutes.

MySequences

MySequences is a measure of working memory test that requires participants to remember strings of letters and numbers and arrange them in order, with the letters in alphabetical order first and then the numbers in ascending numerical order.

4 minutes.

MyPictures



MyPictures is an episodic memory measure which presents a sequence of 12-picture cards along with audio descriptions, then scrambles the cards and asks the participants to place them in the order they were presented.

7 minutes.

Equipment Needed

All MyCog Mobile measures require an iPhone to properly administer (Android coming soon)

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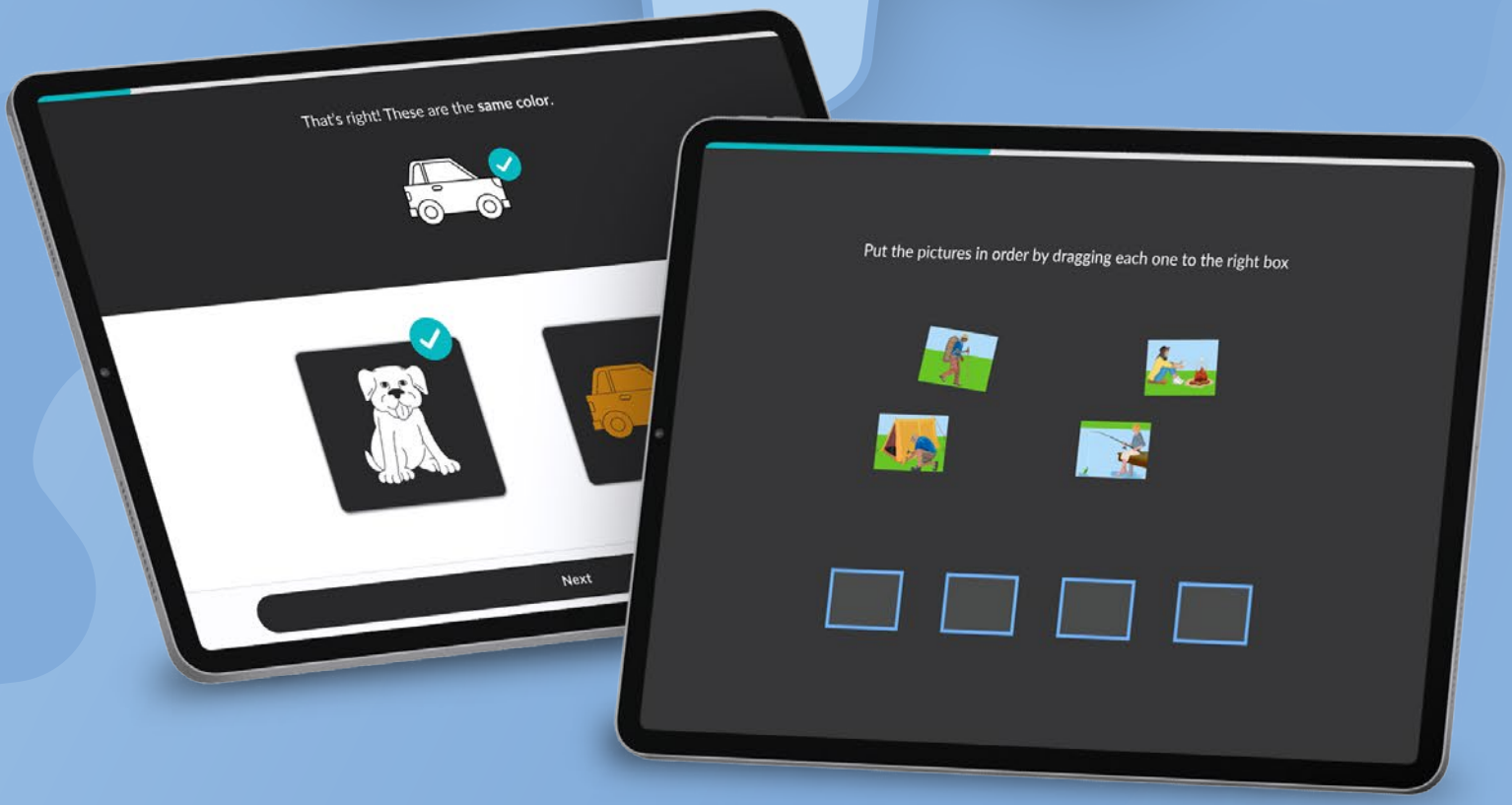
Sponsors

MyCog Mobile funding was provided by the National Institute on Aging (NIA) grant number 1R01AG074245-01.

MyCog

Tablet



Cognitive Screener

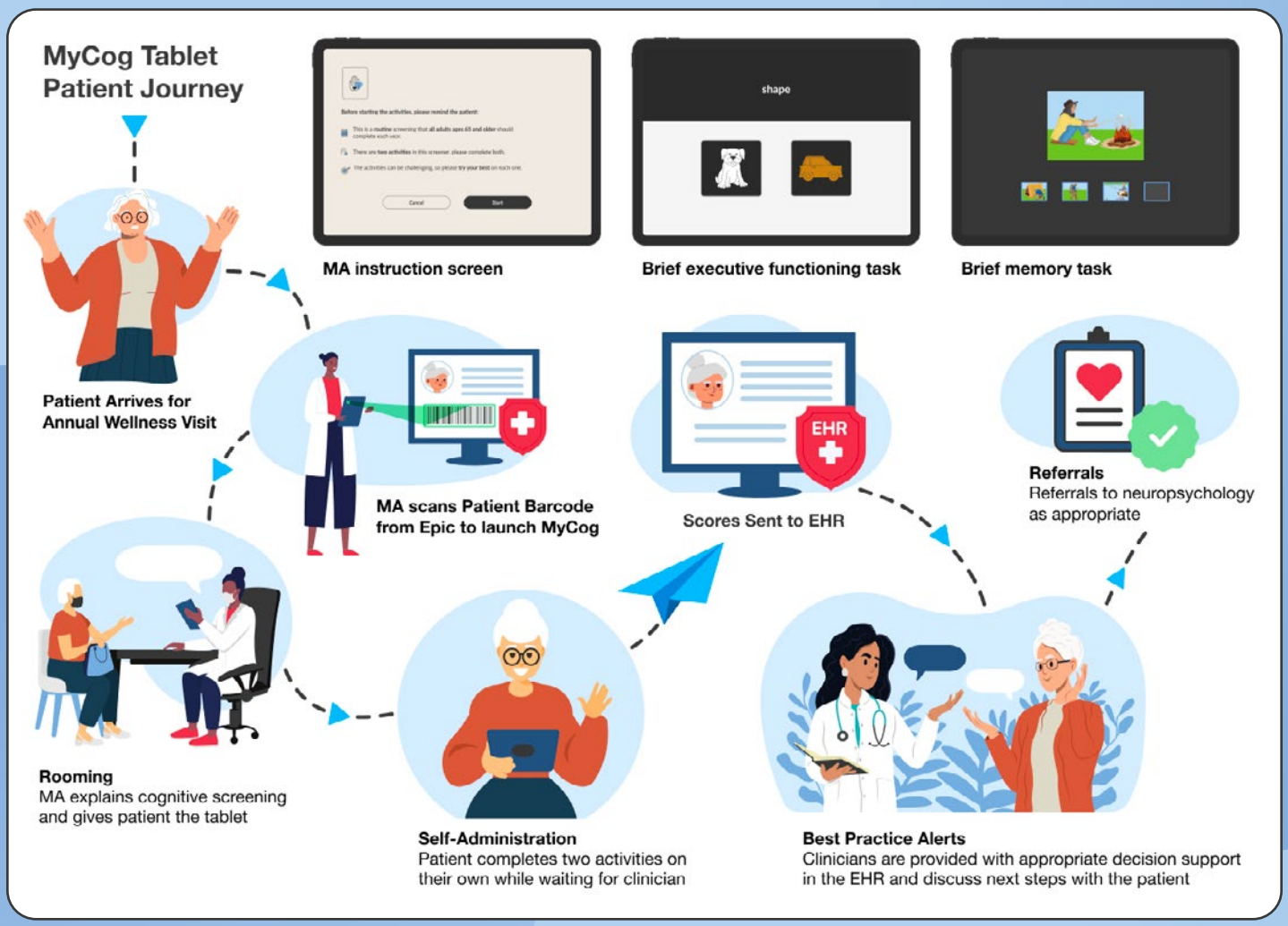
Ages 65+

MyCog

Overview of Development:

MyCog development was originally funded by the National Institute on Aging, NIH (5UH3NS105562), to offer a brief, readily available, standard set of CI screening measures applicable for use in diverse settings and with diverse populations. MyCog is designed to be self-administered during a clinic visit and is linked to the clinic's electronic health records system (EHR) so results auto populate as soon as the patient completes their assessment. MyCog is comprised of two cognitive measures adapted from the NIH Toolbox® (Dimensional Change Card Sort and Picture Sequence Memory) for in-clinic self-administration and implemented as a downloadable app on an iPad. MyCog is currently being used in Northwestern Medicine clinics as part of the Toolbox Detect project (R01AG069762), an NIH-Funded pragmatic clinical trial and will soon be implemented in Access Community Health Network clinics as part of the same trial. It is also being used as part of the MyCog Trial project (U01NS105562) at Oak Street Health clinics.

How it Works:



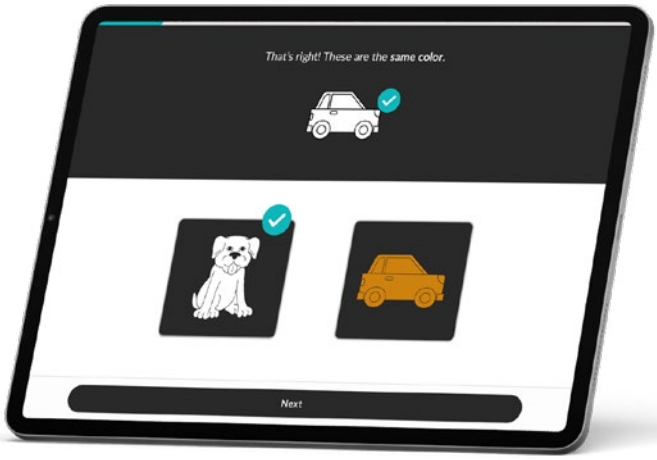
Measures:

MyCog Dimensional Change Card Sort (DCCS)

MyCog Dimensional Change Card Sort (DCCS) is an executive functioning measure which asks participants to sort images by color or shape as quickly as they can.

Approximately 3 minutes.

65 years+



MyCog Picture Sequence Memory (PSM)

MyCog Picture Sequence Memory (PSM) is an episodic memory measure which presents a sequence of 12-picture cards along with audio descriptions, then scrambles the cards and asks the participants to place them in the order they were presented.

Approximately 7 minutes.

65 years+

Equipment Needed

All MyCog Tablet measures require an iPad with iOS 17.0 or higher to administer.

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MyCog funding was provided by the National Institute of Neurological Disorders and Stroke (NINDS; grant 5UH3NS105562, U01NS105562) and the National Institute on Aging (NIA; grant 5UH3NS105562, R01AG069762).