

The Australian National University - Alzheimer's Disease Risk Index

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Scoring instruction

Risk/protective factors	Formula	Risk scores	Protective scores
Agesex	If [2]=1, [1]<65	0	
	If [2]=1, [1]=65 -<70	1	
	If [2]=1, [1]=70 -<75	12	
	If [2]=1, [1]=75 -<80	18	
	If [2]=1, [1]=80 -<85	26	
	If [2]=1, [1]=85 -<90	33	
	If [2]=1, [1]=90 -<111	38	
	If [2]=2, [1]<65	0	
	If [2]=2, [1]=65 -<70	5	
	If [2]=2, [1]=70 -<75	14	
	If [2]=2, [1]=75 -<80	21	
	If [2]=2, [1]=80 -<85	29	
	If [2]=2, [1]=85 -<90	35	
	If [2]=2, [1]=90 -<111	41	
Education	If [3A]+[3B]+[3C]+[3D]+[3E] <8	6	
	If [3A]+[3B]+[3C]+[3D]+[3E] =8 - <12	3	
	If [3A]+[3B]+[3C]+[3D]+[3E] ≥12	0	
BMI	If [1]=18-59, ([6]/([5]/100*[5]/100)) ≤25	0	
	If [1]=18-59, ([6]/([5]/100*[5]/100)) >25 - ≤30	2	
	If [1]=18-59, ([6]/([5]/100*[5]/100)) >30	5	
Cholesterol	If [1]<60, [8]=1	3	
	If [1]<60, [8]=2	0	
	If [1]<60, [7]>6.5	3	
Diabetes	If [9]=1	3	
	If [9]=2	0	
	If [10]=1	3	
TBI	If [12]=1	4	
	If [12]=1, [13]=1	0	
	If [12]=2	0	

Risk/protective factors	Formula	Risk scores	Protective scores
Depression	If $([14]+[15]+[16]+[17]+[18]+[19]+[20]+[21]+[22]+[23]+[24]+[25]+[26]+[27]+[28]+[29]+[30]+[31]+[32]+[33]) \geq 16$	2	
	If $([14]+[15]+[16]+[17]+[18]+[19]+[20]+[21]+[22]+[23]+[24]+[25]+[26]+[27]+[28]+[29]+[30]+[31]+[32]+[33]) < 16$	0	
Physical activity	If $((([35]*[36]*8)+([37]*[38]*4)+([39]*[40]*3.3)+([41]*[42]*6)+([43]*[44]*3.3)+([45]*[46]*5.5)+([47]*[48]*4)+([49]*[50]*3)+([51]*[52]*3.3)+([53]*[54]*8)+([55]*[56]*4)) < 600$		0
	If $((([35]*[36]*8)+([37]*[38]*4)+([39]*[40]*3.3)+([41]*[42]*6)+([43]*[44]*3.3)+([45]*[46]*5.5)+([47]*[48]*4)+([49]*[50]*3)+([51]*[52]*3.3)+([53]*[54]*8)+([55]*[56]*4)) \geq 600 - < 3000$		-2
	If $((([35]*[36]*8)+([37]*[38]*4)+([39]*[40]*3.3)+([41]*[42]*6)+([43]*[44]*3.3)+([45]*[46]*5.5)+([47]*[48]*4)+([49]*[50]*3)+([51]*[52]*3.3)+([53]*[54]*8)+([55]*[56]*4)) \geq 3000$		-3
	If $((([35]*[36]*8)+([55]*[56]*8)) > 1500 - < 4000$		-3
Cognitive activity	If $((([57]+[58]+[59]+[60]+[61]+[62]+[63]+[64]+[65]+[66]+[67])/11) < 3$		0
	If $((([57]+[58]+[59]+[60]+[61]+[62]+[63]+[64]+[65]+[66]+[67])/11) \geq 3 - 4$		-7
	If $((([57]+[58]+[59]+[60]+[61]+[62]+[63]+[64]+[65]+[66]+[67])/11) > 4$		-6
Social network	*If $[68] < 5$ then $[Friend]=1$ If $[69] \geq 5$ then $[Friend]=2$ *If $[4] \geq 3$ then $[Marital]=0$ If $[4] < 3$ then $[Marital]=1$ If $([Friend]+[Marital]+[69]+[70]+[71]) \geq 4$ If $([Friend]+[Marital]+[69]+[70]+[71]) = 3$ If $([Friend]+[Marital]+[69]+[70]+[71]) = 2$ If $([Friend]+[Marital]+[69]+[70]+[71]) \leq 1$	0 1 4 6	

Risk/protective factors	Formula	Risk scores	Protective scores
Fish intake	*For [72], [73], [74], & [75] =1 then [72R], [73R], [74R], [75R]=0 =2 then [72R], [73R], [74R], [75R]=0.06 =3 then [72R], [73R], [74R], [75R]=0.17 =4 then [72R], [73R], [74R], [75R]=0.22 =5 then [72R], [73R], [74R], [75R]=0.56 =6 then [72R], [73R], [74R], [75R]=1 =7 then [72R], [73R], [74R], [75R]=2 =8 then [72R], [73R], [74R], [75R]=3.5 =9 then [72R], [73R], [74R], [75R]=5.5 =10 then [72R], [73R], [74R], [75R]=7 =11 then [72R], [73R], [74R], [75R]=14 If $([72R]+[73R]+[74R]+[75R]) \leq 0.25$ If $([72R]+[73R]+[74R]+[75R]) > 0.25 - \leq 2$ If $([72R]+[73R]+[74R]+[75R]) > 2 - \leq 4$ If $([72R]+[73R]+[74R]+[75R]) > 4$		0 -3 -4 -5
Alcohol	*If [76]=0 then [Frequency]=0 If [76]=1 then [Frequency]=0.22 If [76]=2 then [Frequency]=0.67 If [76]=3 then [Frequency]=2.5 If [76]=4 then [Frequency]=4 If [2]=1, $([Frequency]*[77])=0$ If [2]=1, $([Frequency]*[77]) > 0 - < 28$ If [2]=1, $([Frequency]*[77]) \geq 28$ If [2]=2, $([Frequency]*[77])=0$ If [2]=2, $([Frequency]*[77]) > 0 - < 14$ If [2]=2, $([Frequency]*[77]) \geq 14$		0 -3 3 0 -3 3
Smoking	If [78]=1 If [78]=2 If [78]=3	4 1 0	
Pesticide	If [79]=1 If [79]=2	2 0	

Note: Numbers in [] represent question numbers; if answers do not match formula above, they will receive 0 (reference).