

Certain personality traits may affect risk of 'pre-dementia'

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provide evidence that personality traits play an independent role in the risk for or protection against specific pre-dementia syndromes," said lead author Emmeline Ayers, MPH, of the Albert Einstein College of Medicine. "From a clinical perspective, these findings emphasize the importance of accounting for aspects of personality when assessing for dementia risk."

More information: Emmeline Ayers et al, The Effect of Personality Traits on Risk of Incident Pre-dementia Syndromes, *Journal of the American Geriatrics Society* (2020). [DOI: 10.1111/jgs.16424](https://doi.org/10.1111/jgs.16424)

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A study published in the *Journal of the American Geriatrics Society* examined five personality traits—neuroticism, extraversion, conscientiousness, agreeableness, and openness—and their links to pre-dementia conditions called motoric cognitive risk (MCR) and mild cognitive impairment (MCI) syndromes.

Among 524 adults aged 65 years and older who were followed for a median of 3 years, 38 participants developed MCR and 69 developed MCI (some with [memory loss](#), or amnesic MCI).

Openness was associated with a 6% reduced risk of developing MCR, whereas neuroticism was associated with a 6% increased risk of non-amnesic MCI. In non-amnesic MCI, memory remains intact, but one or more other [cognitive abilities](#)—such as language, visual-spatial skills, or executive functioning—are impaired.

None of the [personality traits](#) were associated with MCI overall or with amnesic MCI.

"While more studies are needed, our results

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