



# SOL-INCA2

## Everyday Cognition-12 (CGE/CGS)

### QxQ

3/22/2021

### Introduction

Everyday Cognition-12 (eCog12) is a brief questionnaire that asks participants to rate any changes in memory and thinking over the past 10 years. Some changes in memory and thinking over time is normal, but when change is extreme it may indicate health problems that need attention.

### Procedures

The eCog12 questionnaire can be administered in English (CGE) or Spanish (CGS) depending on the preference of the participant. The forms can either be administered electronically and entered directly into CDART or administered on paper and keyed into the CDART. When the forms are entered electronically, the "Don't know", "Not applicable", and similar responses are recorded by leaving the response field missing and selecting an appropriate field status in CDART. A video tutorial depicting the data entry process is available online at <https://sites.csc.unc.edu/hchs/SOL-INCA> under the title *SOL-INCA 2 Training Part - CDART Data Entry - CGE & CGS Form*.

### Recording Responses

Question 0c records the participant's self-assessment of their cognitive status. Questions 1 through 12 record 10 year changes in ability to perform specific tasks.

#### **Q0c. Are you worried or believe that you are having problems with your attention, concentration, or memory?**

The intent of this question is to determine if the person is aware of subtle attention, concentration, and memory problems. Select the appropriate response.

0 = No → Participant is unaware of problems with attention, concentration, or memory.

1 = Yes → Participant is worried or believes that they are having problems with attention, concentration, or memory. "Or" is the key word, that is, *any* of these 3 examples of cognitive problems is sufficient for a Yes response.

#### **Q1-12. Compared to 10 years ago, have there been any changes in your ability to...**

The intent of the following questions is to assess cognitive decline. To do so, focus the participant on any decline in everyday cognitive function over the past 10 years. It is important to note that if the participant was *always* bad at a task (e.g., balancing the account/checkbook) and/or never managed the account, then there has been "no change."

For each question, select the appropriate response.

1 = Better or no change → Participant has improved or not noticeably changed since 10 years ago. Improvement can occur after a major illness or the loss of a loved one.

2 = Questionable or occasionally worse → Participant has not noticed much or just a little cognitive change over the past 10 years. Little cognitive problems occur infrequently, just once in a while.

3 = Consistently a little worse → Participant has noticed mild decline over the past 10 years in his/her attention, thinking, or memory. Mild cognitive problems occur almost all or all of the time.

4 = Consistently much worse → Participant has noticed a moderate to severe decline in his/her attention, thinking, or memory.

**Q1. Remembering where you have placed things (glasses, keys).**

Losing belongings is common, but more frequently losing things may suggest cognitive problems.

**Q2. Remembering the current date or day of the week.**

Forgetting the date is common, but consistently forgetting dates, especially dates and appointments that really matter (e.g., doctor appointments), may suggest cognitive problems.

**Q3. Communicating thoughts in a conversation.**

Determine if there have been declines in “communicating,” that is, the ability to produce speech. This includes increased difficulty finding the correct word and saying the words clearly and correctly. It also includes remembering words and names.

**Q4. Understanding spoken directions or instructions.**

The ability to comprehend speech. This is not due to hearing problems. Additionally, directions and instructions are not specific to driving.

**Q5. Reading a map and helping with directions when someone else is driving.**

Reading and understanding maps and providing directions involve complex cognitive processing, and the intent of this question is to determine if there have been declines over the past 10 years.

**Q6. Finding one's way around a house/building that you have visited many times.**

The focus of this question is on getting lost in familiar places, like at home or at work. This does not include getting lost in new settings or large building complexes (e.g., hospitals).

**Q7. Anticipating weather changes and planning accordingly.**

Appropriate planning for weather changes requires complex thinking. Assess if there are declines in planning for weather changes (e.g., bringing a coat for rain or cool nights).

**Q8. Thinking ahead.**

Thinking ahead means planning for or into the future. For example, planning to stop at the bank on the way to store for tonight's dinner groceries and then picking up the kids on the way home.

**Q9. Keeping living and workspace organized.**

There are many reasons why households and workplaces are disorganized. The question is to determine if he/she is less organized than 10 years ago. If the participant was *a/ways* disorganized and is now the same, then there is “no change.”

**Q10. Balancing the checkbook/account without error.**

The question is intended to determine if the participant can perform basic math skills correctly as well as he/she could 10 years ago. The question is not intended to determine if the participant has sufficient funds. If the participant was *a/ways* bad at balancing the account/checkbook and/or never managed the checkbook then there is “no change.”

**Q11. Doing two things at once.**

This is commonly known as “multitasking.” For example, driving and talking to a passenger. It may be more difficult doing two things at once than 10 years ago.

**Q12. Cooking or working, and talking at the same time.**

This is a specific type of “multitasking.” Work includes chores, like washing dishes. “Multitasking” may be more difficult or effortful than 10 years ago.

**Q13. If the eCog questionnaire was discontinued, note it as Yes or No for Q13 and the reason for discontinuation (e.g., difficulty understanding questions) in Q13a.**