

Stuart Ritchie, PhD

King's College London

Areas of Investigation with Respect to Reserve and Resilience

- **Population Studied:** Healthy older adults, cross-sectional and longitudinal
- **Methods:** psychometric modeling, structural MRI, behaviour genetics
- I model trajectories of cognitive change in later life, and investigate neural and other correlates/predictors

Concepts Used In Research

- **Resilience (definition I)** → The factors present in the lifespan that are associated with a shallower slope of cognitive (or brain) ageing
 - See also: **cognitive/brain reserve**
- **Resilience (definition II)** → The residual from a regression predicting a negative outcome from a risk factor
- **Resilience (definition III)** → The score on a scale that purports to measure “resilience”
 - e.g. Brief Resilience Scale: “I tend to bounce back quickly after hard times”

Resilience: factors present in the lifespan that are associated with a shallower slope of cognitive (or brain) ageing

Many significant predictors of baseline level of brain health

Very few predictors of 3-year change

