

# REMOTE ASSESSMENT OF LIFESTYLE AND COGNITION IN HUNTINGTON'S DISEASE

## Why is lifestyle and cognition important in Huntington's disease?

Poor sleep and little exercise can reduce thinking skills in most people.

People with Huntington's disease often have poor sleep quality and may exercise less often than others.

This means people with Huntington's disease may be able to improve their thinking skills by managing their sleep and exercise levels.

## How am I investigating lifestyle and cognition?

I am looking at how the thinking skills of people with Huntington's Disease are affected by how much exercise they do and how well they sleep.

## What will we learn from this research?

Understanding how sleep and physical exercise impact thinking in people with Huntington's Disease will help us learn how lifestyle (e.g. sleep and exercise) can be managed to boost thinking performance.

## Who is eligible?

- Men and women, 18 - 65 years old.
- People with, and without, a diagnosis of Huntington's disease.
- No history of neurological injury (e.g. traumatic brain injury, stroke).

## What will you need to do?

- Fill in a short online questionnaire to make sure you are eligible to take part in the study.
- Complete short tasks and questionnaires on a smartphone app over eight days.
- Wear a Fitbit sleep and activity monitor for eight days.

## Where will you need to go?

Nowhere! The entire study can be completed in the comfort of your home! We will provide you with \$40 for your time.

**Ethics Approval:** Monash University Research Ethics Committee (MUHREC) CF16/280-2016000126.



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## About Brendan:

I am a registered provisional psychologist and a fourth-year Doctor of Neuropsychology candidate at Monash University.

I am interested in understanding how lifestyle factors, such as sleep and physical activity, can be managed to help boost thinking skills in people with Huntington's disease.

## Organisation:

I work within the Monash Institute of Cognitive & Clinical Neuroscience.

Within this institute, I am a part of the Stout lab, headed by Professor Julie Stout.

Our lab specialises in measuring cognitive processes (e.g., thinking, memory, learning) in Huntington's disease.

