

# Adjusting to COVID-19 the Pandemic: Einstein Aging Study Participants & Protocol

University of Southern California Center for Economic and Social Research COVID-19 Work in Progress Conference

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# Einstein Aging Study

- Age 70-90 years
- Systematic probability sample from the Bronx, NY
- Intensive longitudinal measurement burst design
- Annual evaluations including traditional and ambulatory measurements



Einstein Aging Study

Clinic Visit 1



Clinic Visit 2



14-Day  
Intensive  
Measurement  
Burst



Clinic Visit 3



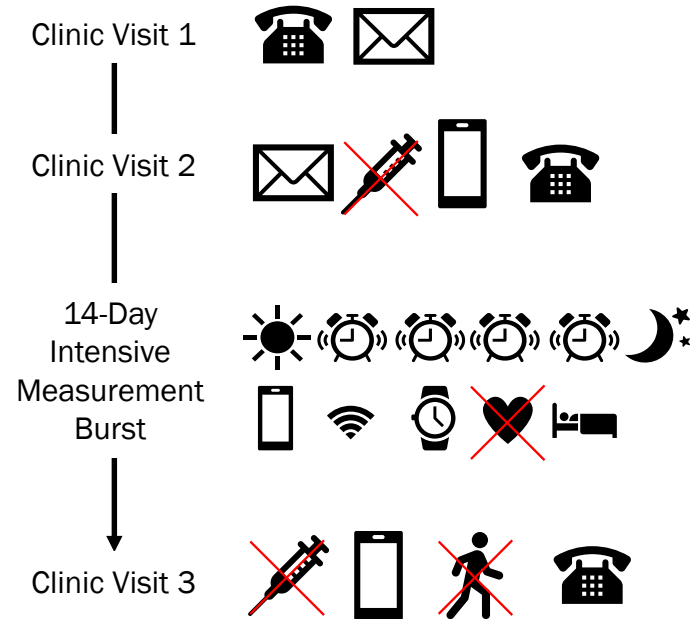
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# Transition to Remote Assessments

- Commenced remote protocols from March 17th
- 96 participants have completed remote assessments
- Protocols included:
  - Telephone assessments and device trainings
  - Mail out of questionnaires and devices
  - Update to app to enable remote transfer of data from smartphone
- Data collection paused for blood draws, HRV, physiological and gait assessments, and most of the neuropsychological and neurological exams



# COVID-19 Phone Survey

- Initial interviews between March 17<sup>th</sup> and May 22<sup>nd</sup>
- Referrals for support related to COVID-19 symptoms, depression, food sources, etc. were provided as needed

| Source  | Domain  |
|---|---|
| National Disaster Coping Assessment                       | Symptoms of COVID<br>Travel to locations with outbreaks<br>Worry about contracting COVID-19<br>Change to behavior/usual activities to stay healthy<br>Cancelled travel and appointments<br>Frequency of checking news reports and worry related to news reports<br>Exposure to previous medical crises<br>Access to support if needed |
| USDA Food Security Module                                 | Adequacy of current food supply<br>Worry about access to adequate food supply   |
| Modified from USDA Food Security Module                   | Access to medication<br>Worry about access to medication  |
| UAS Coronavirus in America ("COVID") Survey               | News sources for information about coronavirus  |
| Modified from UAS Coronavirus in America ("COVID") Survey | Likelihood and severity of infection<br>Impact of cancellations on mental/physical health<br>Impact of worry/stress on mental health  |
| Modified from EAS EMA survey                              | Frequency of social interaction<br>Change in social interaction<br>Positive and Negative Affect   |
| 3-item Loneliness Scale<br>(included from EAS surveys)    | Frequency of loneliness   |

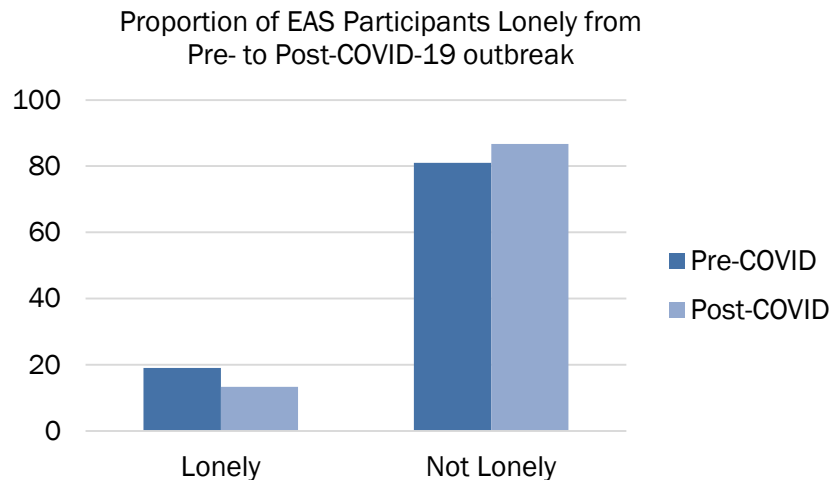


# Preliminary Results

## Loneliness Scale

1. How often do you feel that you lack companionship?
2. How often do you feel left out?
3. How often do you feel isolated from others?

| Response         | Score |
|------------------|-------|
| Hardly ever      | 1     |
| Some of the time | 2     |
| Often            | 3     |



|                                | Pre-COVID outbreak | Post-COVID outbreak |                      |          |
|--------------------------------|--------------------|---------------------|----------------------|----------|
|                                | Mean (SD) or % (n) | Mean (SD) or % (n)  | <i>t</i> or $\chi^2$ | <i>p</i> |
| <b>3-item Loneliness Score</b> | 4.04 (1.37)        | 3.93 (1.45)         | 0.89                 | .37      |
| <b>Loneliness Prevalence</b>   | 19% (n= 43)        | 13% (n= 30)         | 3.59                 | .06      |



# Thank You!

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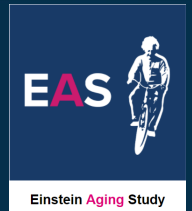
**The Einstein Aging Study team & participants!**



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Einstein Aging Study

# Surveys Completed

- Survey 1, n = 294
  - Survey 2, n = 283
  - Survey 3, n = 229
- (data collection is ongoing for Survey 3)*

