

## Appendix N

### Important Information Questionnaire on Cognitive Decline in the Elderly (IQCODE) v1.0

Now we want you to remember what your friend or relative was like 10 years ago and to compare it with what he/she is like now.

Below are situations where this person has to use his/her memory or intelligence and we want to indicate whether this has improved, stayed the same, or got worse in that situation over the past 10 years. Note: the importance of comparing his/her present performance with 10 years ago. So if 10 years ago this person always forgot where he/she had left things, and he/she still does, then this would be considered “Hasn’t changed much”. Please indicate the changes you have observed by selecting the appropriate answer.

1. Remembering things about family and friends, e.g. occupations, birthday, addresses.
- 1 – Much improved
  - 2 – A bit improved
  - 3 – Not much changed
  - 4 – A bit worse
  - 5 – Much worse

2. Remembering things that have happened recently.
- 1 – Much improved
  - 2 – A bit improved
  - 3 – Not much changed
  - 4 – A bit worse
  - 5 – Much worse

3. Recalling conversations a few days later.
- 1 – Much improved
  - 2 – A bit improved
  - 3 – Not much changed
  - 4 – A bit worse
  - 5 – Much worse

4. Remembering his/her address and telephone number.
- 1 – Much improved
  - 2 – A bit improved
  - 3 – Not much changed
  - 4 – A bit worse
  - 5 – Much worse

5. Remembering what day and month it is.
- 1 – Much improved
  - 2 – A bit improved
  - 3 – Not much changed
  - 4 – A bit worse

- 5 – Much worse
6. Remembering where things are usually kept.  1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
7. Remembering where to find things which have been put in a different place from usual.  1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
8. Knowing how to work familiar machines around the house.  1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
9. Learning to use a new gadget or machine around the house.  1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
10. Learning new things in general.  1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
11. Following a story in a book or on TV.  1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
12. Making decisions on everyday matters.  1 – Much improved  
 2 – A bit improved

13. Handling money for shopping.
- 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse  
 1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
14. Handling financial matters e.g. the pension, dealing with the bank.
- 1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
15. Handling other everyday arithmetic problems, e.g. knowing how much food to buy, knowing how long between family visits.
- 1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse
16. Using his/her intelligence to understand what's going on and to reason things through.
- 1 – Much improved  
 2 – A bit improved  
 3 – Not much changed  
 4 – A bit worse  
 5 – Much worse

#### Neuropsychiatric Inventory, Questionnaire Version (NPI-Q)

Ask the informant to answer the following question based on changes that have occurred since the participant first began to experience memory problems. Tell the informant to answer 'yes' only if the symptom has been present in the last month. Otherwise answer 'no'.

Apathy: Does the participant seem less interested in his/her usual activities or in the activities and plans of others?

- Yes  
 No