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Neuropsychological disorders and associated factors in older people in Guinea

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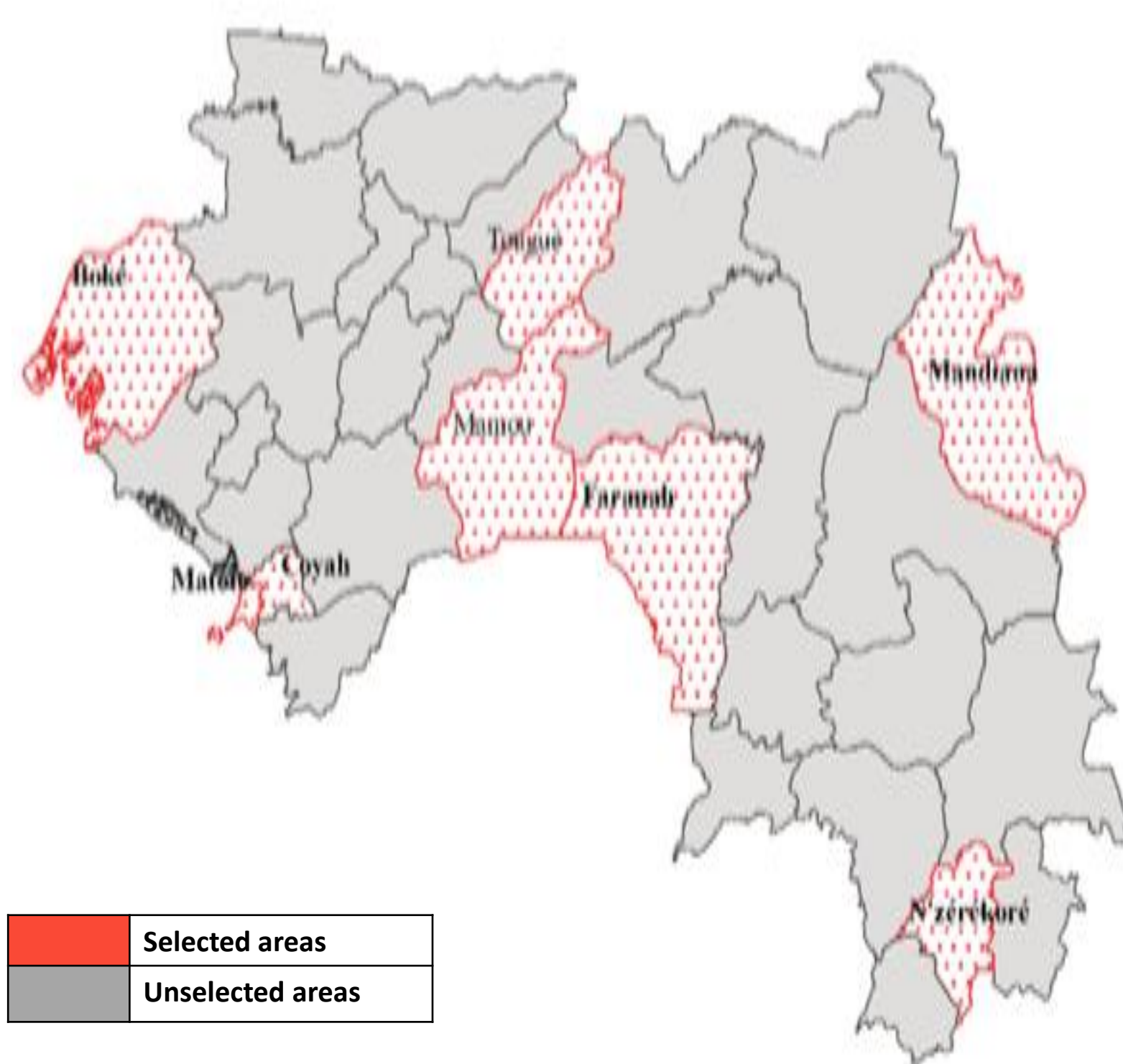
Introduction

Neuropsychological disorders in the elderly represent a major societal concern, characterized by cognitive deterioration accompanying cerebral ageing or neurodegenerative or vascular neurological pathologies.

Objective

The main objective of our study was to contribute to a better understanding of neuropsychological disorders in people aged 60 and over in Guinea.

Methods



Continent : Africa
 Country: **Guinea Conakry**
 Administrative regions : 8
 Population : 10 503 132 ;
Elderly : 603 706 (RGPH2014)

Design : Cross-sectional study

Collection date : February - April 2021.

Population : 1680 with age 60 years (urban and rural area).

Neuropsychological disorders : depressive symptomatology and Mini Mental State Examination.

Logistic regression : identify factors associated with neuropsychological disorders.

Student's t-test, Mann-Whitney test and Chi²; Significant level of 5%.

Approval : CNERS Guinea.

Results

Sociodemographic and health characteristics

Sociodemographic and health variables	Description (n=1698)
Age(mean ± SD)	71.6 ± 9.4
Male sex, n (%)	1079 (63.5)
Rural residence, n (%)	1097 (64.6)
Married, n (%)	1289 (75.9)
No active, n (%)	872 (51.4)
Undernutrition (<18.5), n (%)	247 (14.5)
Obesity (≥ 30), n (%)	96 (5.7)
Neuropsychological disorders (Yes), n (%)	1118 (65.8)
Depressive symptomatology, n (%)	635 (37.4)

Factors associated with neuropsychological disorders in elderly

Cognitive impairment	Odds ratio	CI 95%	p-value
60-69 years	1.38	1.11-1.72	0.004
Married	1.47	1.12-1.93	0.005
No active	1.43	1.13-1.80	0.003
Normal (BMI)	1.63	1.19-2.24	0.002
Overweight (BMI)	1.69	1.16-2.48	0.006
Obesity (BMI)	1.74	1.03-2.95	0.039

Depressive symptoms	Odds ratio	CI 95%	p-value
Married	1.56	1.17-2.08	0.003
No active	2.03	1.55-2.66	<0.0001
Urban residence	4.98	3.83-6.49	<0.0001
Obesity (BMI)	2.28	1.28-4.06	0.005

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Conclusion

This is the first study describing the high prevalence of neuropsychological disorders and depressive symptoms in the elderly and the associated factors. It is therefore necessary to consider a screening plan in order to facilitate the management of these disorders which weaken the lives of our elderly.