Mind-Body Interventions for Healthy Aging

Dr. Ruchika Prakash
Clinical Neuroscience Laboratory
The Ohio State University

Sponsor: National Institutes of Health
Who We Are

• Dr. Ruchika Prakash, lab director, is an associate professor of clinical psychology at The Ohio State University.

• Our team has been investigating the effects of mind-body interventions on cognitive and brain functioning for over a decade now.

• As a lab, we have produced over 65 peer-reviewed publications related to these topics.
Who We Are Looking For

Adults between the ages of 65-85 years who are:
• Interested in engaging in lifestyle change based on mind-body interventions
• Right-handed
• Able to complete an MRI scan
• Without neurological or psychiatric diagnoses
• Willing to engage in light stretching and toning exercises
• Able to access the Internet (either at home, work, library etc.)
Aims of the Study

Funded by the National Institutes of Health (NIH), this study will examine whether mind-body training may promote multiple aspects of healthy aging.

“Mind-Body practices focus on the interactions among the brain, mind, body, and behavior, with the intent to use the mind to affect physical functioning and promote health.”

National Center for Complementary and Integrative Health
Eight Workshops on Mind-Body Interventions

Training will provide instruction in and opportunities to practice with lifestyle activities that are associated with improved health, including:

- Relaxation
- Stretching & Toning
- Sleep
- Social Support
- Nutrition
- Physical Activity
- Mindfulness Meditation
- Hydration
Eight Workshops on Mind-Body Interventions

- Eligible participants will be invited to complete an 8-week mind-body training program, which will involve:
  - Weekly 2.5-hour workshops, offered in a supportive group setting
  - A 4-hour retreat day
  - 30 minutes of daily homework
- Training and materials will be provided at no cost.
- Training will be provided by students and staff at the Clinical Neuroscience Laboratory.
HealthyAgers App – A Lifestyle-Based Change

- A group-based web application that will help create a community of participants interested in lifestyle change.
- Practices involve 30 minutes of engagement with training materials.
- Web-based application contains audio and video tracks to engage in mind-body interventions.
- App also includes readings and videos on latest research related to mind-body interventions.
Participation Timeline

1. Pre Training Assessments
   - Behavioral
   - Blood Draw
   - MRI

2. 8-Week Mind-Body Intervention

3. Post Training Assessments
   - once every three months!

4. 2 Booster Sessions
   - once every three months!

5. Maintenance Assessments
   - once every three months!

6. 2 Booster Sessions

7. Final Assessments

Study Complete!
Participation Timeline – For Upcoming Waves

Training Workshops (either Tuesdays OR Thursdays) –

- Start Dates (May 18th OR 20th, 2021)
- End Dates (July 6th OR 8th, 2021)
- Retreat Date (June 26th OR 27th, 2021)

Tuesday Option: 10 AM – 12:30 PM

Thursday Option: 10 AM – 12:30 PM
Assessment Sessions

Participants will complete two behavioral sessions and one MRI session (if eligible). We will examine how mind-body interventions impact:

- Computer-Based Tasks
- Emotional Health
- Brain Functioning
- Stress Levels
- Inflammatory Markers in Blood
Booster Sessions

Every 3 months, participants will be invited to attend booster sessions with their groups:

- The purpose of these sessions is to refresh participants’ skills and knowledge of the training material.
- Each session will last 2.5 hours
Payment

- You will be compensated:
  - $10.00 per hour for the screening and behavioral sessions
  - $15.00 per hour for the MRI sessions
  - $10.00 each time you complete a blood draw
  - $10.00 each time you complete online questionnaires
  - Parking will be compensated for all sessions
  - You could be paid up to $230 for your participation
THANK YOU!!

Participation in this study involves a significant time commitment. However, mind-body training, similar to a gym membership, requires continuous practice to reap benefits.

Thank you again for your interest!
GET INVOLVED NOW! CONTACT US!

If you have additional questions, please feel free to contact us:

EMAIL: ra_cnl@osu.edu

PHONE: 614-292-9568