

## Australia suggests anxiety symptoms as early indicator of Alzheimer's disease

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**It may be related to the development of dementia in some way**



New research suggests that anxiety symptoms in late-middle-aged adults may be an indicator of the earliest stage of Alzheimer's disease.

The study, led by Australia's Monash University Turner Institute for Brain and Mental Health researchers, examined the relationship between symptoms of depression and anxiety, and memory and thinking, in 2657 middle-aged adults.

Higher anxiety was found to be related to poorer attention and memory. Individuals with high depressive and anxiety symptoms also reported more concerns about their own memory and thinking.

As per the researchers, the findings suggest that anxiety symptoms in midlife may increase a person's risk of developing dementia later in life.

"Screening for these symptoms may be a means of identifying people experiencing, or at risk of, cognitive decline. More research is needed to understand exactly what is happening in the brain that links depression and anxiety symptoms to cognitive decline and ultimately, the development of dementia", said the researchers.