# Treating Auditory impairment and Cognition (TACT) pilot trial

## Clinician information sheet

**Treating Auditory impairment and CogniTion: a randomised, single-blind, parallel, pilot trial in older adults with mild cognitive impairment and hearing loss of an intervention to provide and support hearing aid use vs a health education intervention for dementia risk (TACT)**

### What is the trial about?

* It is a new finding that hearing loss is a risk factor for dementia. Hearing loss affects 2 out of 3 people over 65 in the UK, but most people who would benefit from a hearing aid do not receive one and many of those that do get a hearing aid stop using them after a short time, especially if they have memory problems.
* We want to determine the feasibility of a full scale trial to answer the research question ‘Can a hearing aid intervention prevent or delay the onset of dementia in patients with mild cognitive impairment?’
* We will compare a hearing intervention (provision of hearing aids and support) versus a healthy ageing intervention (education about lifestyle risk factors for dementia).

### What are we asking you to do?

We are asking you to help identify and refer potential participants who meet the following criteria:

* **55 years of age or older**
* **Mild cognitive impairment**
* **Does not currently wear hearing aids (or wears hearing aids inconsistently)**
* **Sufficient English**

**How do you refer a potential participant?**

**Please email the patient’s name and contact details (including their home address) to Danielle Proctor (**[**Danielle.proctor@nhs.net**](mailto:Danielle.proctor@nhs.net)**).**

### What will happen to patients who take part?

They will have a screening visit in their home (or at UCL depending on their preference) by an audiologist and research assistant, and this will include a hearing test. If the hearing test indicates mild - moderate hearing loss and they meet the other criteria for inclusion in the trial, they will be randomised to either the hearing intervention or the healthy ageing intervention. This will be followed by a baseline visit, four intervention visits and a final visit at six months.

### Who is undertaking this trial?

This trial is being undertaken by researchers based at the Division of Psychiatry, University College London (UCL), in collaboration with colleagues at the Ear Institute.

### Who has reviewed this trial?

This trial has been given a favourable opinion for conduct by the London – Surrey Research Ethics Committee (24 August 2018, 18/LO/1196).

### Trial team contacts

If you want to ask any questions about the trial, please contact the Trial Manager:

Kingsley Powell, T: 0203 108 6274, E: [Kingsley.powell@ucl.ac.uk](mailto:Kingsley.powell@ucl.ac.uk)

If you have any concerns about the conduct of the trial, please contact Dr Sergi Costafreda:

T: 0207 679 9059, E: [s.costafreda@ucl.ac.uk](mailto:s.costafreda@ucl.ac.uk)