



EVIDENCE-BASED PROTOCOLS FOR REDUCING THE PROBABILITY OF ALZHEIMER'S DISEASE IN OLDER ADULTS: CORRELATIONAL INSIGHTS IN CHILEAN STUDY

Christine Gierke^{1,2,5}, Carlos F. Navarro^{1,3}, Montserrat Fernandez⁴, Melissa Martínez^{1,2}, Carolina Delgado^{1,2}, Walthers Diaz-Gierke⁶, and Gonzalo Farias^{1,2}

HOSPITAL CLÍNICO
UNIVERSIDAD DE CHILE

ICBM
INSTITUTO DE CIENCIAS BIOMÉDICAS

BNI
CHILE



¹ Universidad de Chile, Santiago, Chile.

² Biomedical Neuroscience Institute (BNI), ICBM, Universidad de Chile, Santiago, Chile.

⁵ Escuela de Psicología, Universidad de los Andes

² Hospital Clínico Universidad de Chile, Santiago, Chile.

⁴ Centro Médico Glandorf, Chihuahua, Mexico.

⁶ Escuela de Psicología, Universidad Adolfo Ibáñez



ABSTRACT

Late-life depression (LLD) is a significant public health among elderly, with distinct manifestations and risk factors influenced by sex (Zhao, J, et al., 2023). Our study on post-pandemic Social Isolation (SI) and Loneliness (L) in a cohort of Chilean OA revealed critical sex-specific associations. Women showed stronger associations in comparison with men, between SI, depressive symptoms, and Loneliness (Gierke, C. et al, 2025). These findings highlight the need for tailored interventions addressing the unique psychosocial dynamics between men and women.

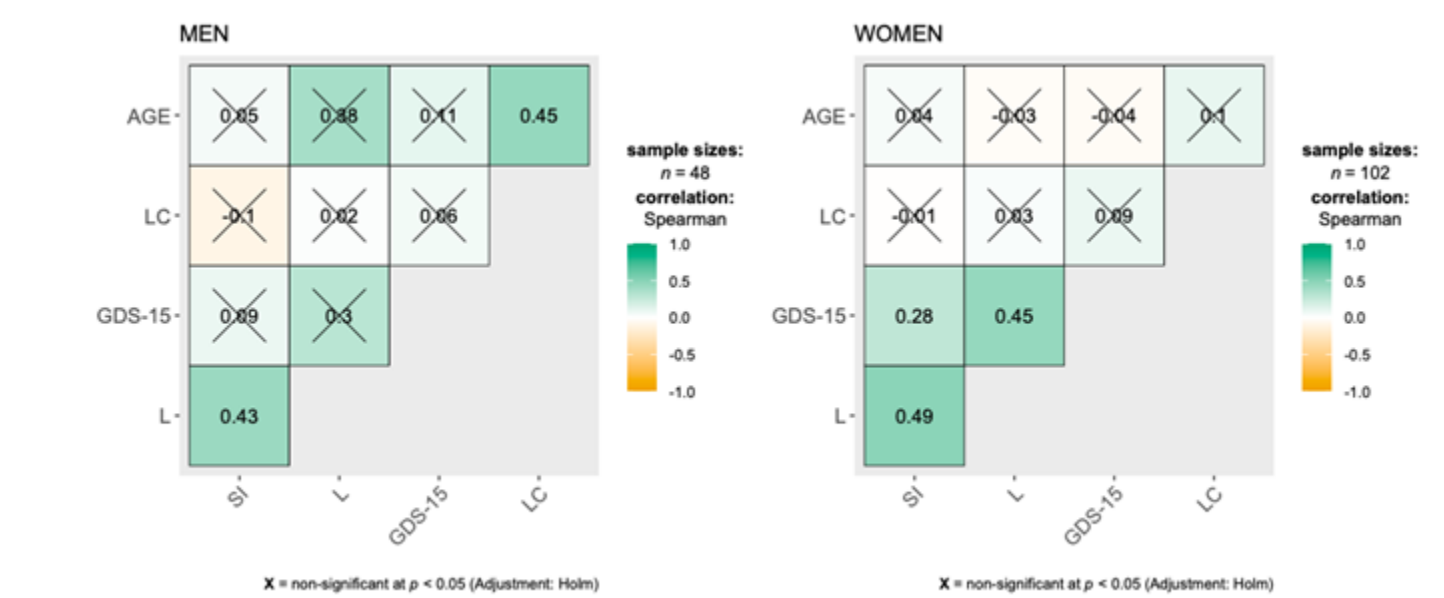


Figure 1: Significant correlations by sex (Gierke, 2025). Source: JAMOVI 2.36 Software.

METHODS

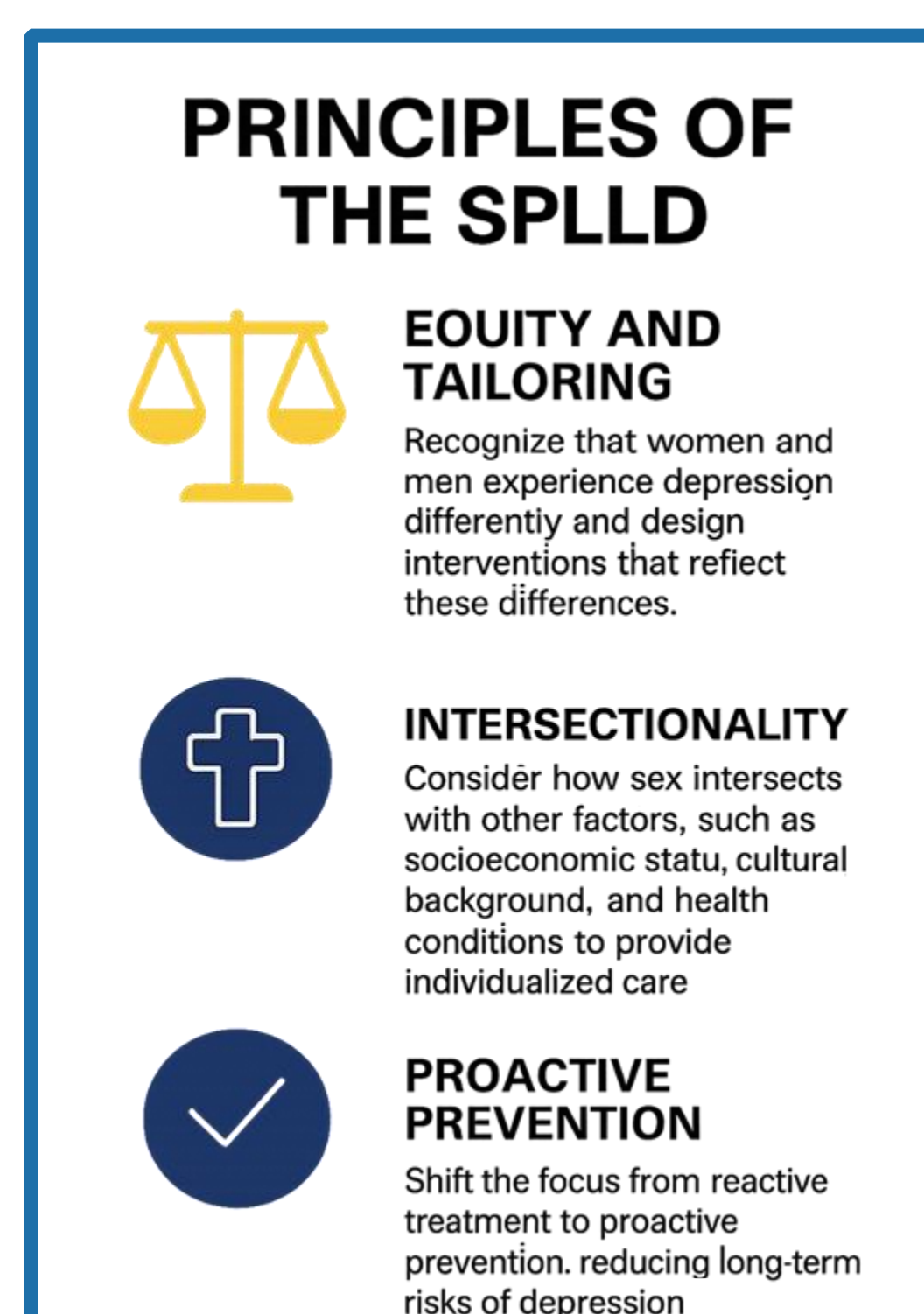
- ✓ A **Sensitive Protocol for Late-life Depression (SPLLD)** is proposed to guide strategies emphasizing emotional, cognitive, and social engagement tailored to the unique needs for men and women over 60 years.
- ✓ 3 principles constitute the **SPLLD: Equity & Tailoring, Intersectionality** and **Proactive Prevention**.
- ✓ The **SPLLD** includes *single* interventions (separated by sex) categorizes **Clinical, Psychosocial** and **Community-based**. And *shared* interventions (men and women) including **Social Prescribing, Digital Literacy, Community Resilience Initiatives** and **Evaluation & Monitoring**.

RESULTS

Key Findings:

- ✓ Mental Health should be addressed according the particular dynamics of the subjects, considering the unique differences between men and women, particularly in late life.
- ✓ 1. Principles of the SPLLD; 2. Levels of intervention; 3. Differentiated Interventions; 4. Proposed Flowchart

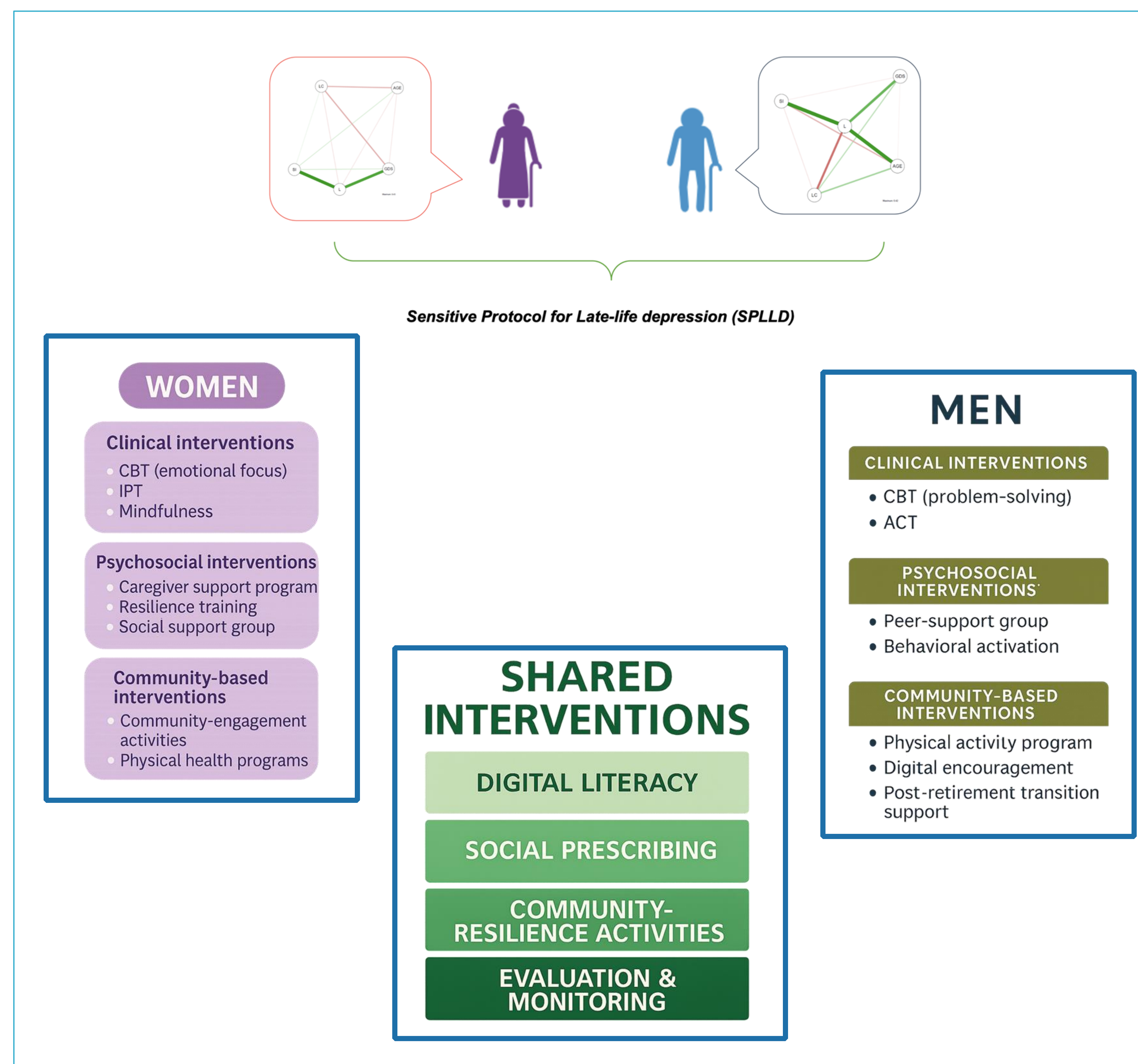
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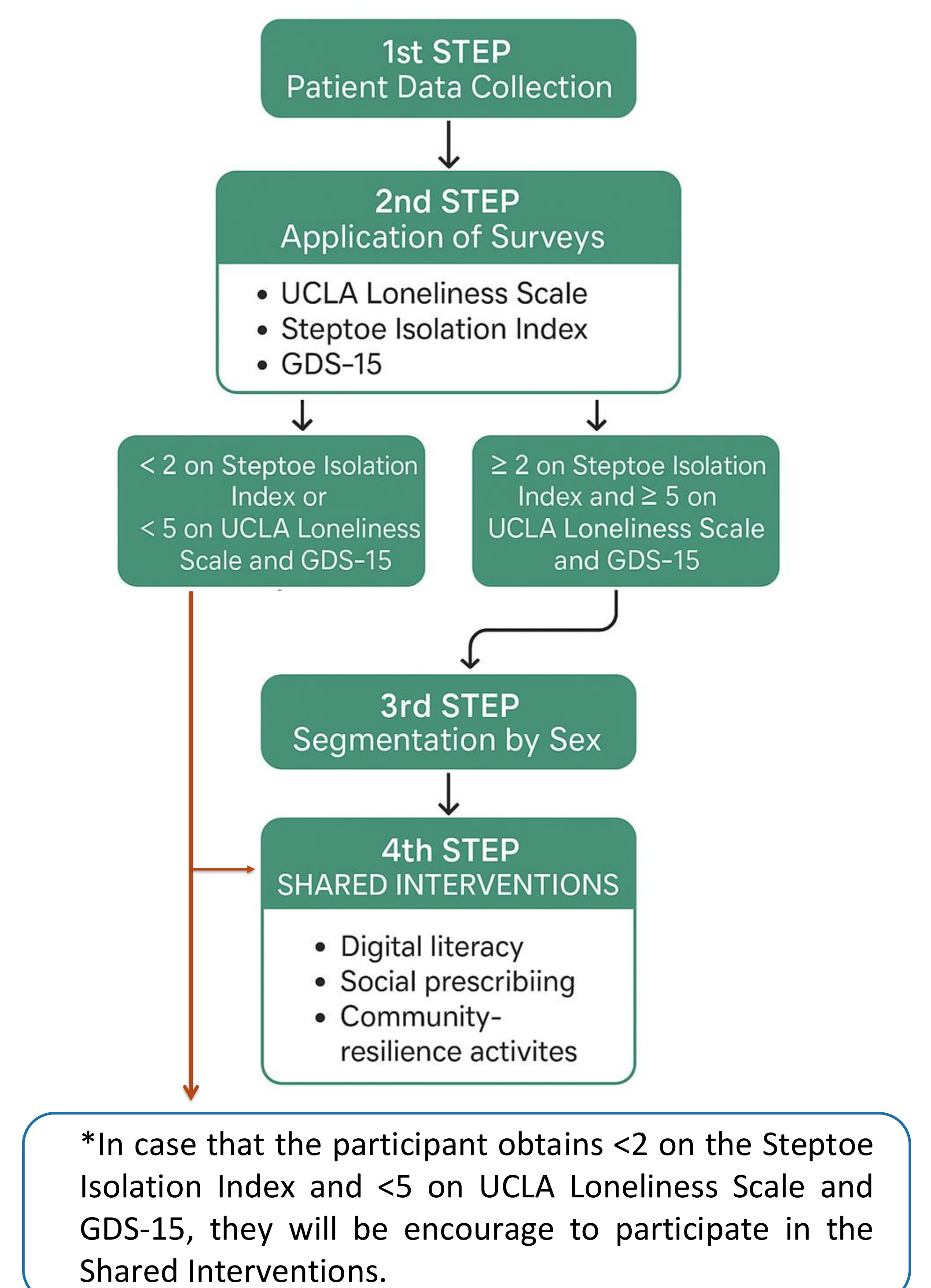


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FLOWCHART



CONCLUSION

Sex-specific therapeutic strategies are essential for effectively managing risk factors like **Social Isolation** or **LLD**, for Alzheimer's Disease in older adults. For women, addressing emotional needs through connection and support is key, while for men, interventions should focus on fostering purpose and rebuilding social roles. These approaches not only reduce depressive symptoms but also enhance overall well-being, contributing to the prevention of long-term health risks, such as cognitive decline and dementia. Integrating these findings into public health initiatives can pave the way for more impactful mental health interventions.

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