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of the population. The most common risk factors for dementia are age, family history, and genetics. Other risk factors include vascular disease, diabetes, hypertension, and depression. The most common type of dementia is Alzheimer's disease, which is characterized by the presence of amyloid plaques and neurofibrillary tangles in the brain. Other types of dementia include vascular dementia, which is caused by stroke, and Lewy body dementia, which is characterized by the presence of abnormal protein deposits in the brain.

#### Online courses and computer lessons

Online courses and computer lessons have been shown to improve cognitive function in older adults. A study published in the *Journal of Aging and Health* found that older adults who took online courses showed significant improvements in memory, attention, and problem-solving skills. Another study published in the *Journal of Gerontology* found that older adults who took computer lessons showed significant improvements in cognitive function and quality of life. These findings suggest that online courses and computer lessons can be an effective way to improve cognitive function in older adults.

#### Physical activity interventions

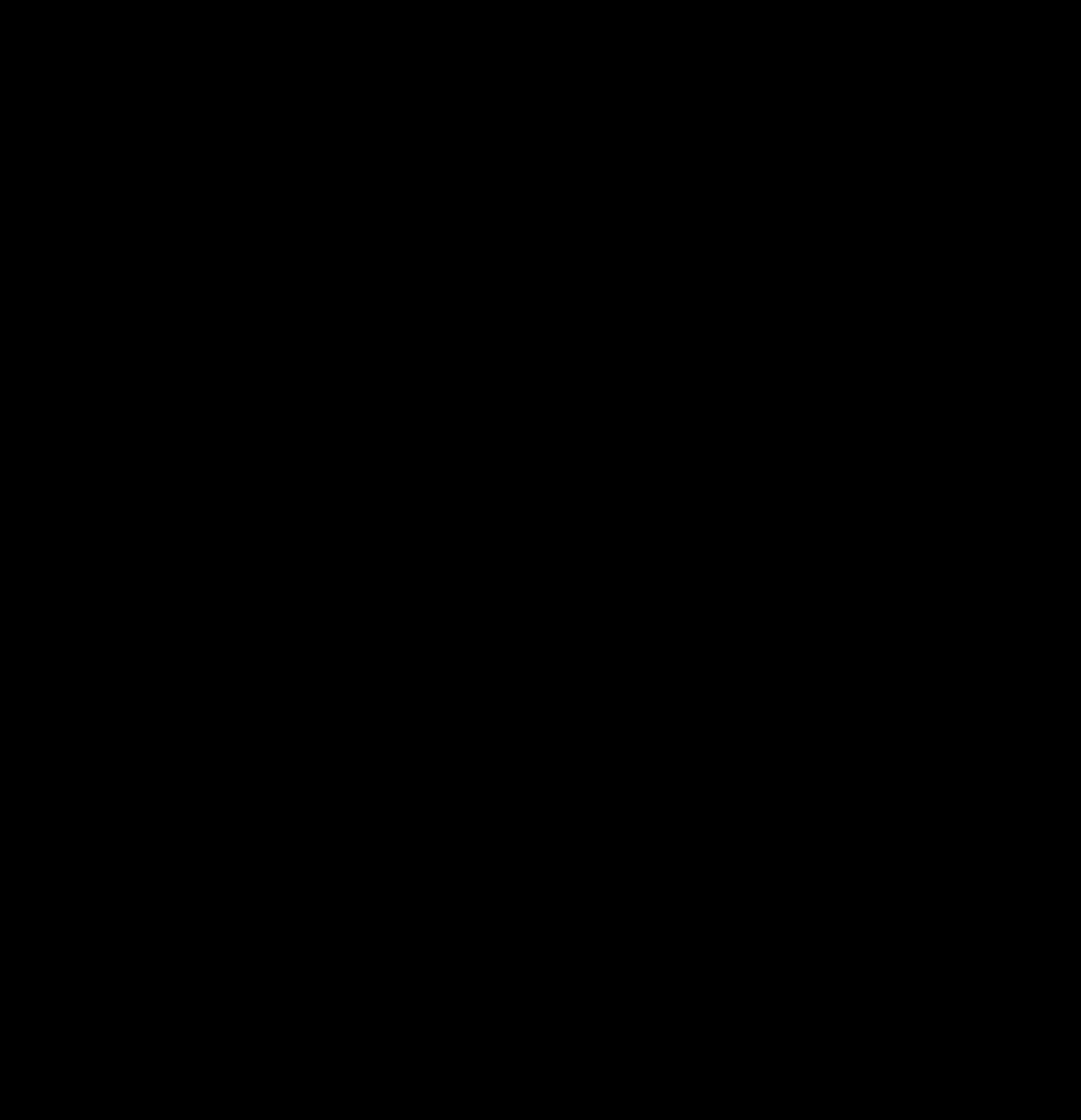
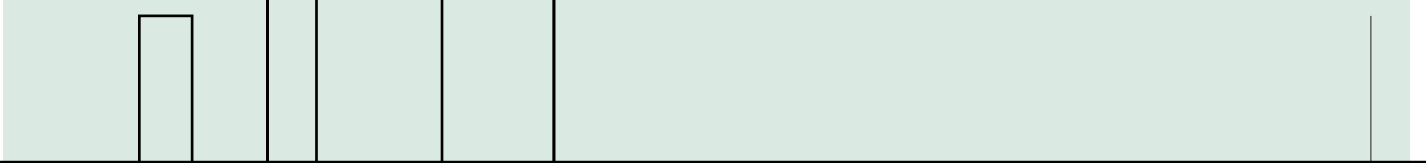
Physical activity interventions have been shown to improve cognitive function in older adults. A study published in the *Journal of Aging and Health* found that older adults who participated in a physical activity intervention showed significant improvements in memory, attention, and problem-solving skills. Another study published in the *Journal of Gerontology* found that older adults who participated in a physical activity intervention showed significant improvements in cognitive function and quality of life. These findings suggest that physical activity interventions can be an effective way to improve cognitive function in older adults.

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#### Online cognitive training



Review



Psychological outcome measured	Depression or anxiety scale used	Intervention	Control	Presence of support	Mode of delivery	Duration of the intervention	Follow-up	Psychological outcomes	Percentage participant completion rate (treatment; control), %
Anxiety	PHQ-9, GAD-7	Online course—the Managing Stress and Anxiety course allows participants to learn and practise psychological skills. The course is comprised of the following components: five online with 7							

Dear et al (2015)<sup>30</sup>

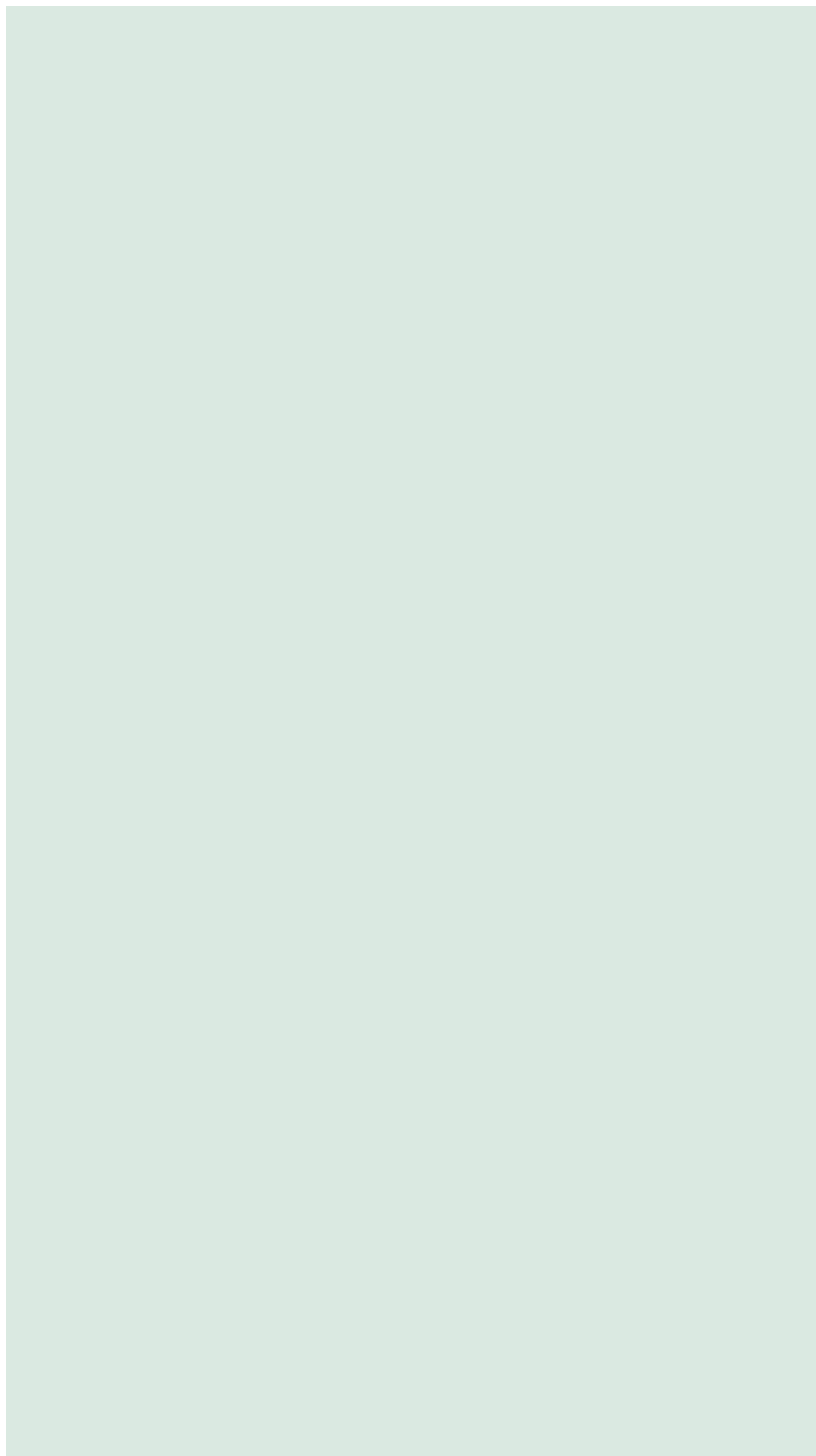
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1. ... *Behav Ther* 46: ...

2. ... *J Aging Health* 30: ...

3. ... *Am J Geriatr Psychiatry* 25: ...

4. ... *PLoS One* 14: ...

5. ... *Clin Interv Aging* 8: ...

6. ... *Arch Phys Med Rehabil* 99: ...

7. ... *underpin barriers to collecting*