

TYM (TEST YOUR MEMORY) A NEW, SENSITIVE SCREENING INSTRUMENT FOR DEMENTIA - EVALUATING IN POLAND

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Introduction: The aging of the world population implies challenges in the area of diagnosis in geriatric psychiatry.

Objectives: The Test Your Memory (TYM) is a short cognitive instrument designed for the detection of Alzheimer's disease (AD). Its diagnostic utility for application in Polish clinical practice was evaluated in the study.

Aims: The Polish version of TYM as a screening instrument in AD and MCI patients versus healthy control subjects were evaluated.

Methods: In this study 66 patients with probable AD (mean age 74.4 ± 9.1), 71 patients with MCI (mean age 66.3 ± 10) and 94 healthy controls (mean age 71.6 ± 8.3) were assessed. The Polish version of TYM was used after receiving permission from the author and conducting translation and validation process.

Results: The average total TYM score were 45.4 in healthy controls, 41.1 in MCI patients and 23.4 in AD patients. The statistical analysis illustrated that TYM differentiate the AD patients from MCI patients, as well as from healthy control group. Nevertheless, it was found that the tool was not useful in conducting the differential diagnosis between MCI patients and healthy controls. Post hoc testing showed significant impairment in performance for participants aged ≥ 75 and educated in primary level between those educated in secondary and higher level.

Conclusions: The Polish version of the TYM is a useful instrument and is seen as a superior screening test in clinical practice. However the age and the level of education of respondents should be considered as important factors affecting the interpretation of the final score.