

WHAT IS I-CONNECT?

The Internet-Based Conversational Engagement Clinical Trial (I-CONNECT) study explores digital face-to-face social interaction and its effects on memory and mental function. Research shows that older adults who frequently meet or talk with others are less likely to develop dementia.

Adults over 75 years are one of the fastest growing segments of the population and face the highest risk of developing social isolation and dementia. User friendly, in-home approaches to prevent this are needed. This study aims to fulfill that need.

I-CONNECT pairs trained interviewers with eligible seniors to conduct fun and engaging conversations.

It is very helpful and beneficial for people of color to participate in research studies. This information can possibly help people of color in the future.



Contact Us

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Oregon Health and Science University (OHSU) is the
Coordinating Center for this research study.

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I-CONNECT Research Study



"IF YOU'RE FEELING LOW, IT WAS HELPFUL FOR ME TO HAVE THE TIME TO SIT AND TALK ABOUT SOMETHING. IT REMINDED ME OF MY YOUNGER YEARS AND THAT WAS REFRESHING. IT'S FUN TO RECALL TIMES GONE BY."

- Study Participant



What does the study involve?

Participation lasts for about a year. One group receives phone calls, home visits, and face-to-face video conversations. Another group will only receive phone calls and home visits. There is a 50% chance of being in either group. All activities below take place in your home:

Weekly Phone Calls

- 15-minute health and social activity check-in over the phone.

Occasional Home Visits

- Includes physical measures, survey-taking and problem-solving tasks, equipment installation and upkeep.

Frequent Video Conversations

- 30-minute-long conversations on a variety of topics and/or personal interest.
- Video conversation device and internet service provided.

Participants may be eligible to receive up to \$375 in cash incentives.

You may be eligible to participate if you are ...

- At least 75 years of age
- Looking for more opportunity for social interaction
- Generally healthy

Brain Imaging

Participants have a 50% chance of being selected to undergo brain MRI scans. A MRI (magnetic resonance imaging) is a safe and painless test that uses a magnet and radio waves to produce detailed images of the brain. Scans are conducted at the beginning of the study and at the six-month mark. Researchers hope to determine if increased social activity results in improved brain health. Scans are done to answer research questions and not for medical reasons.

Transportation to and from Ann Arbor for scanning is provided.

