

Waterloo Research in Aging Participant Pool (WRAP Pool)

"linking the senior community with university research"

[Website](#)

Spring

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Greetings from WRAP

The WRAP team would like to thank you for taking the time to participate in our research studies. Your contribution will assist in furthering our knowledge of the aging process and investigate the differences between healthy aging, and disease processes including but not limited to stroke, Parkinson and Alzheimer disease. We are always looking for more volunteers like yourself to participate in studies. If you know of someone that may be interested in participating please have them contact the WRAP Coordinator, Michelle Manios, at 519-888-4567 ext. 37776.

We value your contribution to our studies, and every effort is made to ensure that your experience on the University campus is a positive one. Should you have any comments or concerns regarding your most recent contact from a researcher at the University please call the WRAP Coordinator, Michelle Manios, at 519-888-4567 ext. 37776.

The long-term impact of closed-head injury severity on attention and working memory

Researchers: Lana Ozen and Dr. Myra Fernandes

We conducted a study investigating the long-term impact of closed-head injury severity on attention and memory. Our research recruited older adults with and without a past closed head injury.

For the study, participants completed several short tasks and questionnaires. There were two memory tasks, three attention tasks, six brief questionnaires, one short verbal task, and one short visual task. In one memory task, participants were asked to identify when specific numbers were repeated on a computer screen. For the attention tasks they were asked to make a response on the computer keyboard when certain numbers and letters were presented, and learn a sequence of movements to make with their hand. For the second memory task, participants were asked to recall a short list of words that they listened to. For the verbal task, they repeated numbers aloud. For the visual task, they connected numbers and letters together. For the six questionnaires, questions were asked regarding head

injury, emotional states, attention and memory. We have collected our data and are in the process of analyzing.

The results will be in soon!

Intentions and Physical Activity Behaviour

Researchers: Chris Zehr and Dr. Peter Hall

In our study we are interested in examining what factors determine physical activity behaviour. Given that a substantial portion of the population does not engage in regular physical activity, it is important to better understand what contributes to physical activity behaviour.

As such, we will be assessing how certain cognitive processes influence physical activity behaviour. To do this, we invite participants into the lab to complete three different computer tasks designed to measure different facets of cognitive ability. As well, we ask each participant to report on their personal physical activity behaviour. We then follow-up with each participant over a month where they will continue to be asked to report on their physical activity behaviour.

Through this investigation, we hope to gain a greater understanding of the different psychological determinants of health behaviour so that we can better promote health behaviors such as physical activity in the future.

Brain Teasers

from Riddles.com

Try these out for fun!

Riddle A:

Sleeping Black Dog

A black dog is sleeping in the middle of a black road that

has no streetlights and there is no moon. A car coming down the road with its lights off steers around the dog.

How did the driver know the dog was there?

Riddle B:

Four Fruits

In a contest, four fruits (an apple, a banana, an orange, and a pear) have been placed in four closed boxes (one fruit per box). People may guess which fruit is in which box. 123 people participate in the contest.

When the boxes are opened, it turns out that 43 people have guessed none of the fruits correctly, 39 people have guessed one fruit correctly, and 31 people have guessed two fruits correctly.

The Question: How many people have guessed three fruits correctly, and how many people have guessed four fruits correctly?

Riddle C:

Cry Baby

You can take off all of my skin and I will not cry but YOU will.

Why?

Riddle answers:

Riddle A: It was daytime.

Word Scrambles

dfofdlasi _____

etsEar _____

rnia _____

leb mbebeu _____

Word Scramble answers:

daffodils; Easter; rain;

Riddle B: It is not possible to guess only three fruits correctly: the fourth fruit is then correct too! So nobody has guessed three fruits correctly and $123 - 43 - 39 - 31 = 10$ people have guessed four fruits correctly.

Riddle C: I'm an onion.

bumble bee