University of Hertfordshire UH

u3a learn, laugh, live

Recruiting U3A Participants

Take part in a university research study exploring the links between cognitive function, physical function and functional fitness in older adults.

What's involved?

1. **Blood pressure & health screening**
   Around 10 minutes at a U3A meeting in Hatfield or Welwyn, including a short health and lifestyle questionnaire.
2. **Physical and cognitive assessments**
   One-off session at De Havilland Campus, lasting approximately 45–60 minutes.

Locations

Blood pressure screening:
U3A Hatfield or U3A Welwyn
(at a selected meeting)

Main testing session:
De Havilland Campus, University of Hertfordshire, Hatfield, AL10 9EU

What will the main testing involve?

MoCA – cognitive assessment
Short tasks involving memory, attention, language and problem-solving.

CPF – physical function questionnaire
12 questions about your ability to carry out everyday activities.

Functional fitness tests
Handgrip strength, Timed Up and Go (3 m walk) and 2-minute step test.
Each fitness test is performed twice.

You may be able to take part if you:

- ✓ Are aged 60–80 years old
- ✓ Live independently in the community (e.g. in your own home)
- ✓ Can safely undertake light-to-moderate physical activity

You cannot take part if you:

- × Have resting BP over 140/90 mmHg or lower than 90/60 mmHg
- × Have had a cardiac event (e.g. heart attack) or neurological event (e.g. stroke)
- × Have asthma or COPD
- × Have a cognitive disorder or have been unwell in the past 7 days

Testing likely to start in January, subject to ethical approval.

Interested in finding out more?

Contact Mya Lee-Amies: ml24aat@herts.ac.uk

Eligibility and procedures are subject to approval by the University of Hertfordshire ethics committee.