



10/66 Dementia Research Group China



What is 10/66?

10/66 project started in 1998. Only 10% of all dementia research is conducted in developing countries, where roughly 66% of all people with dementia live. Thus, 10/66.

Peking University Institute of Mental Health has been joining the 10/66 research project since 1999, and has become a member of the 10/66 group member since 2002. Our researchers investigated the prevalence of dementia, employing community case finding method, and conducted the caregiver intervention study.



Group photo of 10/66 Research Group China and researchers from DaXing XiCheng on New Year's Day 2008

Review on

10/66 Research in XiCheng XiCheng Ping'An Hospital

10/66 project pays close attention to the mental health of the aged population, which renders this research great significance. For more than three years, we have been working on

10/66 Dementia Incidence-Phase Study—Ready to Go!

- The Chinese 10/66 research group will be conducting the follow up study at the end of the second quarter of 2008 in DaXing and XiCheng, who have participated in the baseline study.
 - Feedback from the baseline study: during baseline study in DaXing and XiCheng, 2162 elderly people were interviewed, with a respond rate of 83%. Among all the participants, 59 diagnoses were made, thus the prevalence of dementia was 2.7%.
 - Our connection with DaXing and XiCheng: at the end of 2007, our research group made the contact with DaXing Mental Health Primary Care and Ping'An Hospital in XiCheng district to plan for the upcoming follow-up study. We received very positive response from the leaders of both institutions.
 - The preparation and plan for the follow-up study: the follow-up study is scheduled to begin at the end of the second quarter of 2008. We will find the baseline participants in DaXing and XiCheng to conduct the follow-up interview, investigating the incidence of dementia and exploring the risk factors for incidence dementia. The follow-up interview resembles the baseline one, but we will add assessments for stroke, depression and mortality this time.

Summary of Dementia Investigation in 2004

DaXing Mental Health Primary Care

In 2004, we participated in the 10/66 research project lead by King's College London and Peking University Institute of Mental Health. From the beginning of 2004 to the end of 2005, we investigated 1200 elderly people, conducting screen test and physical examination, making diagnosis and running intervention program for caregivers of dementia patients.

This was the first time for DaXing to carry out such a large scale investigation among elderly people. Through our participation in this project, the awareness of mental health has been raised among elderly in rural area.

In this new millennium, China is witnessing an aging population, so mental health problems for aged people are now drawing great attention from both the government and the health professionals. We sincerely hope that we can do more helpful things for the mental well-being of elderly to enjoy a healthy and joyful old age.

this high-quality research lead by researchers from Peking University. We have learnt many advanced skills in psychogeriatrics, which are just what we community health workers always wish for.

During the investigation, we deeply feel that this project fit our national health reform policy, which is to encourage the family support for elderly people. The prevalence investigation has raised the awareness of dementia among community and the caregiver intervention study offered new method for our community health workers to serve our patients better. As the biggest concern of the elderly and their family members in China being whether aged people can receive adequate health care, we will establish the long-term home visit system, provide brochure for family of dementia patients, and facilitate dementia patients to receive mental health service.

Caregiver Intervention Randomized Controlled Trial

The Chinese 10/66 research group reached an agreement with the Health Bureau of FangShan District in Beijing to conduct a one-year caregiver intervention study.

The study will go through two phases. The objective of phase one (from November 2007 to February 2008) is to find 20 diagnosed dementia patients using case finding method by community health workers. During the second phase, a few well-trained community health workers will give 5 interventions to the caregivers of these 20 dementia patients.

On Nov.28th 2007, the community health worker training for study phase one was successfully held at DouDian Primary Care. Senior geriatric doctors from Institute of Mental Health gave lectures on the clinical knowledge of dementia. Community health workers learnt easy ways to screen out dementia patients in community. The case finding study is now carrying out at 14 catchments. The training for study phase two will be held right after the completion of case finding.



Researchers of the Caregiver Intervention Study

Introduction to the 10/66 Dementia Research Group China

Group Member:

10/66 Dementia Research Group China consists of researchers from Division of Social Psychiatry and Behavioral Medicine at Peking University Institute of Mental Health.

▸ Principal Investigators:

Prof. Yueqin Huang

Prof. Shuran Li

▸ Coordinator: Zhaorui Liu

▸ Researchers: Weimin Dang, Fang Yan, Ni Tang, Ying Wang, Lu Dong

▸ Community Health Care Leaders:

DaXing Mental Health Primary Care: Zhihua Zheng (Director), Qiuxia Xiao

XiCheng Ping'An Hospital: Shuo Li (Director), Jun Shao

FangShan DouDian Primary Care: Hai Li (Director), HaiLiang Sun



Group photo of researchers from Peking University Institute of Mental Health: Working in the community

From the Principal Investigator

Prof. Yueqin Huang, Deputy Director of Peking University Institute of Mental Health, Dean of the Division of Social Psychiatry and Behavioral Medicine, Supervisor of PhD Students

The increasing number of dementia patients has raised global concern. The aging population in China is mounting at a rate of 3.32%. The number of dementia patients in China is also growing fast. Therefore, the issue concerning the well-being of elderly people especially those suffering from mental illnesses is of great importance. Meanwhile, the on-going caregiver intervention study is also of practical significance. Most of the dementia patients in community are under the care of their family members. However, most caregivers lack of relevant knowledge of dementia. Our study is meant for finding an effective method for community health workers to provide intervention to caregivers. Through this study, the caregivers will benefit from the intervention program and the community health workers will be equipped with advanced skills and method to provide better community health services.

A Brief Introduction of Peking University Institute of Mental Health

Mission: Passion for Science, Compassion for People

The Institute of Mental Health (IMH), the Sixth Affiliated Hospital of Peking University (also known as the School of Mental Health, Peking University), is an integrated center for teaching, research and psychiatric service. It is designated by World Health Organization as WHO / Beijing Mental Health Collaborating Center for Research and Training and by Chinese Center for Disease Control and Prevention (China-CDC) as the National Center for Mental Health.

The Division of Social Psychiatry and Behavioral Medicine primarily aims at investigating the national prevalence and distribution of mental disorders in regard to disease onset, development, prognosis, and related risk factors. Professor Yueqin Huang and Professor Shuran Li have rich experience in the field of psychiatric epidemiology.



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