



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA

# Ageing Mind Initiative

Issue 16, January 2013 Newsletter  
[www.uq.edu.au/ami](http://www.uq.edu.au/ami)

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Welcome to an exciting new year and the first edition of the AMI Newsletter for 2013. I hope you have all had a relaxing festive season and enter the new year rejuvenated and revived!

This issue features many new research projects that explore fascinating topics as broad as ageing in Australia, to more specific topics including wisdom (page 10) and transitions to retirement (page 6).

We have seen the return of some old research projects as they are revamped and entering into their final stages of recruitment including exploring musical moment for people with dementia (page 6) and exploring return migrants (page 8).

If you are unable to participate in any research projects yourself, perhaps you can still recommend a study to an interested friend or family member. We cannot thank you enough for your generous contributions of time and experience. Thank you.

I hope the year 2013 holds many exciting research discoveries and thank you once again for your endless support of ageing-related research in Australia. If you have any questions, please address them to [ami@uq.edu.au](mailto:ami@uq.edu.au)



## ISSUE QUOTE:

To know how to grow old is the master-work of wisdom,  
and one of the most difficult chapters in the great art of  
living ~ Henri Amiel

## The Importance of Wisdom

Since ancient times, humankind has written and spoken of this notion of wisdom. In times long past, the 'wise man' represented a significant person within a community; a person of high regard to whom the populace could go to when in need of advice or information that was beyond their own level of knowledge. These were the days before the skill of reading was commonplace, before widely available and free education systems, and definitely before the internet and Google!

In terms of research, there was a long period of time in which wisdom did not even rate much of a mention. Indeed, in the psychological world, the term did not appear in well regarded textbooks for a good period of time. Some 30 years ago, however, researchers once again began to look at wisdom: what it means and how it can be measured. In addition, they have begun to consider what place it plays in the modern world – is the modern day 'wise person' to be found on the internet, rather than on a nearby hill meditating?

Researchers have also looked at how wisdom develops and relatively consistently, it has been found to be something that is more commonly found in older adults. This adds to the importance of research in the area of wisdom. Why? Because around the world, the tidal flow of the population is changing. People over the age of 65 are making up more and more of the population due to both the decrease in mortality rates and the decrease

in birth rates. To date, there has been much more of a focus by researchers on the negative impact of ageing. This is not a bad thing in and of itself of course, but what about the positive impact of ageing? Wisdom is one characteristic that has been linked with a better sense of well-being and higher levels of life satisfaction, so if we can establish what wisdom is, how we can develop it further, and how we can measure it, then we add to our knowledge of how to improve our quality of life.

If you would like to help us build on wisdom research from an Australian perspective and let us know what you think of wisdom, you can read more about a study currently being conducted by Leander Mitchell at The University of Queensland on **page 10**.

Leander Mitchell  
Tel.: (07) 3365 5050  
Email: [leander.mitchell@uqconnect.edu.au](mailto:leander.mitchell@uqconnect.edu.au)



## RESEARCH UPDATES

### Grandparenting Triple P Program

There are approximately 936, 000 children receiving informal child care from their grandparents, which equates to 26% of all Australian children aged 0-12 years (ABS, 2012). Grandparents who are providing care are spending on average 12 hours of care per week (ABS 2006). Furthermore, in 2003, there were 22, 500 grandparents who were the guardians of approximately 33, 100 grandchildren (ABS, 2003).

Despite the significant involvement of grandparents, there are very few support services available in Australia to help assist them in their caregiving role (Goodfellow & Laverty, 2003). The lack of services available to grandparents is surprising given grandparents report that they experience exhaustion in the caregiving role, and minor conflict and tension with the parents of the grandchild.

The aim of our PhD research was to develop a program specifically for grandparents and offer it to grandparents to help assist them in their caregiving role. As a result the program 'Grandparent Triple P' was developed and 54 grandparents participated in the first trial of the program in Australia. Grandparent Triple P is a 9-session group based program. The first three sessions are aimed at helping improve grandchild behaviour and provides helpful tips and ideas on how to manage grandchild behaviour. The next three sessions involve building a positive parenting team with the parent and their partner, as well as going through some grandparent coping skills to manage stress. The final three sessions are telephone consultations, with the program tailored to the specific individual needs of the grandparent.

The majority of grandparents who participated in the first ever trial in Grandparent Triple P expressed that they had some difficulty managing grandchild behaviour and also experienced levels of stress and anxiety when providing care. The average age of grandparents in the research was 61 years and they provided between 12-20 hours of care per week to a grandchild aged between 2-9 years.

At the end of the 9-week program grandparents reported significant improvements in child behavior problems, in their confidence to manage the grandchildren, and significant reductions in depression, anxiety, and stress. Grandparents also reported an improved relationship with the parents. Although parents did not participate in the program, parents reported also noticing significant improvements in child behaviour problems. This result indicates the positive influence grandparents can have on child functioning and in family relationship.

Grandparent Triple P is now been evaluated in Hong Kong to see if it can be of similar benefit to Chinese families. The research team of James Kirby and Matthew Sanders would like to thank all the grandparents who participated in the program. The full results of the trial will be available on the Grandparent Triple P website:

[www.pfsc.uq.edu.au/grandparents](http://www.pfsc.uq.edu.au/grandparents).



# Current Ageing Research

The following projects are looking for participants. Make a difference in Ageing Research today. Sign up now!

## Would you like to be able to receive LSVT® in your own home?

Professor Deborah Theodoros and her team at the University of Queensland are conducting a research study in which they will be treating people who have a speech disorder in their own homes via the internet.

The researchers will be using the Lee Silverman Voice Treatment (**LSVT**®). A highly effective treatment for the speech disorder in Parkinson's Disease (PD). They aim to demonstrate that this intensive treatment can be delivered across the Internet using a mobile, multi-media videorecording system called eHAB™. Our previous research has shown that this is possible within the confines of the University.

### The next step is treatment in the home.

You are **not** required to have any computer skills for this study. An eHAB™ system will be placed in the home by researchers.

We are seeking people with PD who have difficulty with their speech and live in the metropolitan area of Brisbane. You will need to have access to cabled broadband Internet in your home (not mobile broadband).

People will be allocated to either the Internet treatment in their own home or to face-to-face treatment at The University of Queensland.

**Free taxi transport** to and from the University will be provided to those people who will receive **LSVT**® face-to-face. This project has been funded by the National Health and Medical Research Council.

If you have been diagnosed with PD by a neurologist, have difficulty with your speech, and have not had **LSVT**® before, you may be eligible to participate in this study.

If you would like further information or wish to take part in the research project, please contact:

**Dr Anne Hill**

Phone: **33658876**

Email: [a.hill4@uq.edu.au](mailto:a.hill4@uq.edu.au)

**Professor Deborah Theodoros**

Phone: **33652806**

Email: [d.theodoros@uq.edu.au](mailto:d.theodoros@uq.edu.au)





## RESEARCH PROJECTS

### **STILL RECRUITING!**

**SNAKES, SPIDERS, LIZARDS, MOTHS, DOGS,  
COCKROACHES**

*Are these things that make you anxious?  
Is there something else that you are afraid of?  
You may have a phobia.  
Do you want to overcome your fear?*

A phobia is a marked and persistent fear of an object, situation or event, which is excessive and unreasonable, and which interferes with one's everyday life. Phobias are more common than is often thought, with phobias being one of the most common anxiety disorders

experienced by older adults. But the good news is, phobias have been shown to be effectively treated with psychotherapy.

The University of Queensland is conducting a research study in early 2013 investigating how adults and older adults with phobias respond to their feared stimulus before and after psychotherapy. The research team is currently recruiting men and women between the ages of **65 and 80** who may have a phobia.

Participation is free, with minimal waiting time, and will involve pre-treatment assessments, phobia treatment using group cognitive behavioural therapy, psychophysiological measurements, and follow-up testing.

If you would like more information about this study, or would like to participate, please contact:

**Madeline Farmer**

EMAIL: [madeline.farmer@uqconnect.edu.au](mailto:madeline.farmer@uqconnect.edu.au)

PHONE: 0415 701 290

FAX: 3365-4466



## RESEARCH PROJECTS

### Meaningful Musical Moments for people with Dementia

**Do you live with someone who has dementia or Alzheimer's?**

We are looking for family caregivers of people with dementia/Alzheimer's still living at home to trial an instructional DVD explaining how you can use music to benefit both of you.

Meaningful Musical Moments (MMM) is a 40 minute DVD and written instruction pack developed to help you use your existing resources - CD player or other music player plus recorded music (CDs etc) - to repeatedly access times of being together that will benefit you both.

Once you have read the Information Letter and returned the Consent Form you will be mailed the MMM pack.

You will be asked to use the program three times per week (more if you want to) and to complete a quick diary entry each time you use it over a six week period. At the end of the six weeks you will be mailed a reply paid envelope so you can return your questionnaires.

Interested?  
Please contact  
Wendy Chatterton  
Ph: 0438 788 599  
w.chatterton@uq.edu.au



### 'Transition to Retirement Study'

**We are seeking adults who have retired.**

We would like to invite you to participate in this research and help us understand more about people's experiences of their transition to retirement. **If you used to work full-time and have retired from work**, we would like to invite you to take part in this research.

#### Aim and background of this research

This research seeks to gain a better understanding of people's experiences of their transition to retirement from work. This research aims to gain an understanding of the role of people's relationship with work and their social relationships with other people in the process of retirement. More specifically, this research seeks to examine the role of these issues in people's adjustment to retirement and their subsequent well-being.

#### Your participation

Participation in this survey should take about 10-15 minutes. In this online survey you will be asked to reflect on various matters related to your work and retirement from it and to respond to series of questions. If you are able to participate, please click on the following link (or copy and paste into your web browser) and complete the following online study:

[http://uqpsych.qualtrics.com/SE/?SID=SV\\_8dGodOppTHJqplp](http://uqpsych.qualtrics.com/SE/?SID=SV_8dGodOppTHJqplp)

This research is being conducted by the School of Psychology at the University of Queensland. If you have any questions about this research or any related ideas, please contact:

Dr Niklas Steffens  
Tel.: 07 3346 9506  
Email: N.Steffens@uq.edu.au



## RESEARCH PROJECTS

### Facial Expressions & Mental Illness

#### What is the study about?

The current study is an innovative Queensland Institute of Medical Research (QIMR) project to develop a non invasive diagnostic tool for mental illness. It uses cutting edge audio and video technology to map changes in facial expression. By comparing the reaction of people with and without a mental illness, when watching emotionally salient movie clips, the project aims to develop a laboratory based diagnostic tool. It is hoped the tool can be used to aid in the diagnosis of mental illness and help monitor and assess the effectiveness of treatments. The ultimate aim is improved outcomes for people suffering from a mental illness.

#### Why is this research so important?

Depression and other mood disorders are common and disabling and have a major impact on both individuals and society. In 2007 it was estimated 3.2 million Australians (20% of the population aged between 16 and 85) had a mental disorder. Mental disorders constitute the leading cause of disability burden in Australia. Health problems, particularly depression, is of concern for older adults as the symptoms of mental health problems can often overlap with symptoms of early dementia and other health problems, making accurate assessment and treatment difficult.

Despite its high prevalence and enormous socio-economic burden, clinical practice relies almost exclusively on the opinion of individual clinicians, risking a range of subjective biases and possible misdiagnosis. Health care costs in Australia rapidly increase the provision of effective health

monitoring systems and diagnostic tools are vital.

#### How can I help?

QIMR is looking for volunteers over the age of 50, without a current or history of mental illness or anti-depressant use, within the greater Brisbane area to participate in this ground breaking research.

If you are interested, please contact via email at [facelab@qimr.edu.au](mailto:facelab@qimr.edu.au) or phone 07 3845 3938.

#### What does participating involve?

For most participants, participating in the study involves:

- ◆ Reading a Participant Information
- ◆ Brochure and signing a Consent Form.
- ◆ Completing questionnaires and interview about your general health, lifestyle and medical information.
- ◆ Attending the clinic at QIMR and viewing movie clips and answering some standard questions.
- ◆ You will be thanked for your participation with a \$25 Coles Myer voucher.

#### Who is conducting the study?

This study is being conducted by the Mental Health and Systems Neuroscience Laboratory based at the Queensland Institute of Medical Research. The study has been granted Human Research Ethics approval.

#### What about my privacy?

The researchers must treat all information as strictly confidential. Your information is used for medical research purposes only.

#### What if I change my mind?

Your participation is completely voluntary and you are free to withdraw from the study at any time.

## RESEARCH PROJECTS

### Looking for people who have moved around Australia

Have you lived in different places in Australia over your life? Have you ever moved back to a place after living somewhere else for a while – could be back to the same area or even the same house? If so, you may be eligible to participate in a study about return migration.

A researcher at the Queensland Centre for Population Research is currently undertaking an in-depth study of return migration in Australia. As part of this study she is interested to learn more about the underlying motivations and reasons that people have for returning to a former home place.

You might have moved interstate, or between two towns or cities in the same state, or even just to the other side of a large city.

Eligible volunteers will be asked to take part in an interview that will last 60 minutes in a location that is convenient to you.

If *you* are interested to find out more *or know of anyone who may be* please contact  
Angélique Parr  
[a.parr@uq.edu.au](mailto:a.parr@uq.edu.au)



### Changes to Brain Activity in Parkinson's disease

We are conducting a study to find out how Parkinson's disease can influence brain activity during language processing. In order to do this, we need to compare the brain activity in healthy adults to the brain activity of people with Parkinson's disease.

We are seeking **healthy adults over 50 years of age who are right handed**, have English as a primary language, with no history of neurological disease, mental illness or head trauma.

Participation in the research will involve a brainwave recording session (EEG) while you do some computer-based language tasks. For this EEG recording, a netted cap is fitted on the head which records brain activity while you do the language tasks.

During another testing session you will also be asked to do some general thinking and language assessments whilst your brain activity is not being recorded. The testing will occur at the University of Queensland Centre for Clinical Research, Herston.

You will receive \$30 as a reimbursement for the time and travel involved in participation. Overall, participation in this project is expected to take 1-2 sessions lasting approximately 3-4 hours.

If you live in Brisbane and are interested in knowing more about this study, please contact Dr Anthony Angwin  
Email [a.angwin@uq.edu.au](mailto:a.angwin@uq.edu.au),  
Phone (07) 3346 7460.



## RESEARCH PROJECTS

### Healthy control participants for a study on the effects of stroke on attention

We invite you to participate in our research and help us understand more about how a stroke can affect our perception and ability to direct our attention to important tasks. We seek right-handed healthy adults, who have never had a stroke and no history of psychiatric illness (depression, anxiety, schizophrenia, etc.) to participate in this research project. Since we are looking age- and gender-matched control participants for our group of patients, we are looking for participants, who match one of the following criteria:

87 (+/-1) years, male or  
55 (+/-1) years, male or  
58 (+/-1) years, male

#### Background and Aims of the Project:

A stroke involving the right side of the brain can lead to a lack of awareness of the left side of space. This disorder, called 'spatial neglect', can compromise the everyday functioning of affected patients, because they fail to notice objects and sensations on their left side despite normal sensory functioning. At the Queensland Brain Institute (QBI) we are researching how stroke affects attention and explore new strategies for improving attention and awareness in patients with spatial neglect.

#### What is required of you?

We will ask you to participate in two sessions of about 90 minutes each, during which you will be asked to do some paper and pencil tasks as well as a simple computer task (no

experience required). All the tasks can be completed at the Queensland Brain Institute or if more convenient, at your home. No physical medical procedures or samples are involved. You will receive \$30 as a reimbursement for the time and travel involved in participation.

#### Are there any risks?

There are no major risks involved with completing this study. If you feel uncomfortable at any point you may choose to withdraw from the study. This will not affect your future relations with the staff at the University of Queensland.

#### For more information, please contact:

Inga Laube  
Queensland Brain Institute  
University of Queensland  
Telephone: (07) 3346 6414  
Email: i.laube@uq.edu.au



## RESEARCH PROJECTS

### What is Wisdom? What does it mean to be Wise?

Have you ever wondered what it takes to be a wise person? What characteristics make one person wise and another not so wise? How do you even know if a decision you make is wise or not? And why do we want or need to make wise decisions anyway?

Wisdom is hailed as one characteristic of humans that can improve with age. Research also suggests that wisdom is something that can contribute to a person's sense of wellbeing and overall life satisfaction. It is something that develops across our lifetime based on the experiences we have lived and allows us to "give back" to those around us.

Researcher Leander Mitchell is currently exploring wisdom as part of her PhD project and in this initial study is looking to characterise wisdom from the perspective of Australia's multicultural population.

If you are currently living in Australia and are aged 50 years and over, you are invited to participate in this study (even if you don't think you are particularly wise yet!). You will be asked to complete an online questionnaire including a range of questions about the characteristics and qualities of wisdom (a paper version of the questionnaire is also available if preferred). It is expected that the questionnaire will take around an hour to complete and it can be completed in the comfort of your own home.

You can complete the online version of the questionnaire by visiting the following link:

[http://uqpsych.qualtrics.com/SE/?SID=SV\\_9KQFCsOuFdy4mxf](http://uqpsych.qualtrics.com/SE/?SID=SV_9KQFCsOuFdy4mxf)

Alternatively, if you are interested in becoming involved in defining wisdom but would like to receive more information about the study or would like to receive the questionnaire via the mail, please contact:

Leander Mitchell  
School of Psychology  
University of Queensland  
St Lucia Qld 4072  
Tel.: (07) 3365 5050  
Email: [leander.mitchell@uqconnect.edu.au](mailto:leander.mitchell@uqconnect.edu.au)



## RESEARCH PROJECTS

### How much do you know about ageing in Australia?

The University of Queensland, in conjunction with James Cook University and the University of Southern Queensland, is conducting a study looking at knowledge of ageing in Australia. The aim is to validate a measure of knowledge about ageing that has been adapted for an Australian population.

Around the world, the population is ageing. Unfortunately, this does not necessarily mean that knowledge of ageing is increasing. We are therefore looking to assess how well the Facts on Ageing Quiz (Australian adaptation) measures knowledge of ageing. Such measures help guide training of people who work with older adults to make sure that their skills and knowledge are of an appropriate standard.

If you decide to take part in this project, you will be asked to complete an online-based survey that includes some questions about you, as well as 25 multiple choice questions that relate to older adults and ageing. We expect that it will take around 30 minutes to complete.

Use the following link to go directly to the survey:  
[http://uqpsych.qualtrics.com/SE/?SID=SV\\_6G2QsrnkVebscmN](http://uqpsych.qualtrics.com/SE/?SID=SV_6G2QsrnkVebscmN)

For more information, please contact:  
Leander Mitchell  
Tel.: (07) 3470 4432  
[leander.mitchell@usq.edu.au](mailto:leander.mitchell@usq.edu.au)



### Structural and Functional Changes to Human Brains Following a Stroke

We are conducting a study to find out how the structure and function of the brain is influenced by the incidence of a stroke. In order to do this, we will use functional magnetic resonance imaging (fMRI) to compare brain activity of stroke patients to brain activity of aged-matched, healthy adults.

**We are seeking healthy adults who are over 50 years of age and are considered MRI safe** (e.g., do not have any metal inside their body). Due to the strong magnetic field used by the MRI scanner, it is vital that participants do not have pacemakers, brain clips, dental braces or any other metals inside their body.

Participants will be provided with a Metals Checklist prior to participating in the study in order to ensure MRI safety.

During the study, participants will view pictures and respond with button responses while undergoing an MRI scan.

Testing will occur at the University of Queensland St Lucia campus at the Centre for Advanced Imaging (building 60). Participants will receive \$20 reimbursement for their participation in the study. The experiment is expected to take approximately 1.5 hours in total.

If you are interested in knowing more about this study, please contact Dr Pascal Molenberghs at [p.molenberghs@uq.edu.au](mailto:p.molenberghs@uq.edu.au) or on (07) 3365 6257.

## RESEARCH PROJECTS

### Smokers' understanding of nicotine addiction

#### About the project

This project aims to examine the understandings of Australian smokers in relation to smoking and nicotine addiction. We would like to know your views about why people smoke and how to prevent people starting to smoke. In particular, we are interested in:

- how you understand your smoking
- your thoughts about addiction in light of recent biomedical research
- your ideas on treatments for nicotine addiction.

#### Why this is important

Recent biomedical research on smoking could change the way that smoking is understood and lead to new technologies for the prevention and treatment of smoking. We want to know what smokers think because the impact of this information will depend on how well it is understood and accepted by smokers. This research will help to inform public policies responding to new technologies for the treatment and prevention of smoking, and existing policies to manage smoking.

#### Eligibility

You are eligible to participate in the study if you are aged 18 years or over and smoke tobacco every day.

#### What you will be asked to do

You will be asked to participate in an interview lasting approximately one hour. Interviews will be conducted by researchers at a private location at The University of Queensland or another location that is convenient for you. In the interview you will be asked a series of questions about your smoking behaviour, your ideas about why people smoke, and your attitudes and opinions about different forms of prevention and treatment for smoking. The interview will be audio recorded, transcribed verbatim, and then analysed and presented in a way that does not identify you.

All participants will be provided with a \$20 Coles Myer voucher in recognition of their time.

#### Need further information?

If you have any question about your participation in this study please contact Kylie Morphett at the UQ Centre for Clinical Research on (07) 3346 5473 or [k.morphett@uq.edu.au](mailto:k.morphett@uq.edu.au).

If you would like to speak to an officer of the University not involved in the study, you may contact the Ethics Officer on 3365 3924.

**We greatly appreciate your help and cooperation in this important study.  
Thank you very much.**





## RESEARCH PROJECTS

### Healthy Adults for Language Study

We are seeking healthy adults over 65 years of age for a study investigating the effects of ageing on language ability.

The first stage of the study aims to add to our understanding of these age related effects by assessing baseline levels of speech ability. This assessment will take approximately two hours and will use various new and standard language tasks. For example, participants will be shown images and asked to describe them in their own words.

The second stage of the study aims to assist in developing interventions to rehabilitate and enhance language functioning in healthy older adults. This stage will involve guided practice of language tasks, with or without the addition of non-invasive brain stimulation

to increase responsiveness to practice sessions and optimise learning. This will include two short sessions of transcranial direct current stimulation (tDCS), a safe, non-invasive stimulation technique. Volunteers can choose to participate in both stages of the study or just the first stage if they prefer.

This is a new study and we are currently preparing for recruitment. If you are interested in participating you can sign up for a wait list via email and you'll be contacted with more information once participants are required. There is no obligation to participate by signing up and participants can withdraw from the study at any time.

To sign up, please email Daniel:  
[daniel.madden@uqconnect.edu.au](mailto:daniel.madden@uqconnect.edu.au)  
0449665547

### The Effect of Exercise Intensity of Metabolic Syndrome

Are you 30 years or older, overweight, and suffer from 2 of the following:

- High glucose or Diabetes
- High Cholesterol
- High blood pressure

**Would you like FREE supervised exercise training sessions?**

Researchers at the School of Human Movement at the University of Queensland, St Lucia Campus are conducting a research study investigating the effects of high intensity exercise on risk factors of cardiovascular disease constituting the Metabolic Syndrome. This project has ethical clearance from the University of Queensland Human Research Ethics Committee.

Attendance in 2 exercise sessions per week for 16 weeks and 3 testing sessions will be required and will be held at the School of Human Movement Studies, University of Queensland, St Lucia Campus.

By participating you will receive information about your current physical fitness and health including:

- Aerobic exercise capacity
- Waist circumference
- Blood pressure
- Cholesterol level
- Glucose level

*For more information, please contact:*

**Joyce Ramos**  
Phone: (07) 334 67767;  
[exercisestudy@uq.net.au](mailto:exercisestudy@uq.net.au)



## RESEARCH PROJECTS

### **Hip Osteoarthritis study Healthy adults AND adults with ongoing Hip pain needed!**

We need people over the age of 45 years with:

- Ongoing hip pain (greater than 3 months) and/or suspected or known diagnosis of **Hip Joint**

**Osteoarthritis** (and no previous lower limb joint surgery, major trauma or knee arthritis) are required for a research study looking at the effects of hip osteoarthritis on joint cartilage, bone health, muscle function and walking features and their relationship to progression of the condition.

- No history of injuries, surgery or neurological conditions to their lower body are required
- Testing will take place at the Griffith University Biomechanics Laboratory, Gold Coast campus. Free X-rays will be taken at a local radiology clinic in Brisbane or Gold Coast. This project has ethical clearance from Griffith University Human Research Ethics Committee.

#### **What's involved:**

- Tested twice, approximately 12 months apart
- Have a free X-ray and MRI scan of their pelvis and hip joints
- Have free Bone Mineral Density (Dual-energy x-ray absorptiometry (DXA)) scans of the hips and to measure the amounts of bone, muscle

and fat in the body.

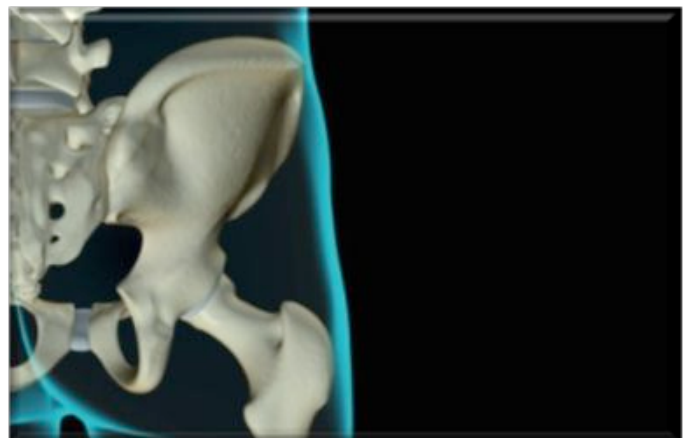
- Have a free scan to measure bone and muscle shape and quality in the thigh
- Complete questionnaires on health, pain, mobility and quality-of-life
- Have a free blood test to assess the relationships between the hormones, proteins and fats that circulate in the blood, and the characteristics of the bone, cartilage, muscle and fat.
- Have their lower body strength tested
- Have their walking pattern analysed
- Have their ability to walk, climb stairs and rise from a chair assessed
- Wear a 'pedometer' for 1 week

To volunteer or receive more information, please contact:

**Maria Constantinou**

**Mobile: 0412392062 Phone: (07) 5552 7716**

**Email: [m.constantinou@griffith.edu.au](mailto:m.constantinou@griffith.edu.au)**



**For additional information or to be added to the AMI mailing list and Listserve, please contact us via email at [ami@uq.edu.au](mailto:ami@uq.edu.au).**

**Alternatively you may contact Dr Nancy Pachana at  
School of Psychology, The University of Queensland  
ST LUCIA QLD 4072 or Tel. 07-3365-6832**