Have You Been Diagnosed With a Mild Memory Problem?

The APPS Study Investigators at UAB include:
- Michael Crowe, PhD
- Virginia Wadley Bradley, PhD
- Georg Deutsch, PhD
- David Geldmacher, MD
- Richard Kennedy, MD, PhD
- Daniel Marson, JD, PhD
- Cynthia Owsley, PhD
- Rodney Perry, PhD

Meet the APPS Team

Pictured (from left to right): Kayla Steward, Caroline Greene, Yvonne Bolaji, Virginia Wadley Bradley (Principal Investigator), Marianne McLaughlin

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APPS
Applying Programs to Preserve Skills
What is the APPS Study About?

- We are comparing two programs designed to train the brain.
- We are studying whether these programs can preserve skills that are important for maintaining independence in daily life.
- The study involves several evaluations of thinking skills and everyday skills. You will be paid after these evaluations.
- You will attend one-on-one computer training sessions with a research technician at UAB. You don’t need to have any computer experience to do this training.
- After training at UAB, you will be given an iPad to continue your training at home 1 hour per week for 2 years. The iPad is yours to keep!

Why is the APPS Study Important?

- There is promising research showing that one or both of the training programs may be effective for people with memory difficulties.
- However, these training programs have not been fully evaluated in people diagnosed with mild memory disorders.
- This is the first clinical trial comparing these two programs.

What are the Possible Benefits?

- You will contribute to science by taking part in this research. The results have the potential to help people with mild memory difficulties now and in the future.
- Participating in this research is a way to keep your mind active. You might or might not personally benefit from these brain training programs.
- These training programs can be used along with experimental or usual care medications for memory difficulties.

For More Information Please Call:

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at 205-934-0233