

# Meet the APPS Team



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

The APPS Study Investigators at UAB include:

Virginia Wadley Bradley, PhD  
Michael Crowe, PhD  
Georg Deutsch, PhD  
David Geldmacher, MD  
Richard Kennedy, MD, PhD  
Daniel Marson, JD, PhD  
Cynthia Owsley, PhD  
Rodney Perry, PhD



UAB Holley Mears Building  
924 19th Street South  
Birmingham AL, 35294

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Have You Been Diagnosed  
With a Mild Memory  
Problem?

# 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!

**For More Information Please**  
**Call:**

**Dr. Virginia Wadley Bradley**  
**at 205-975-2294**

**OR**

**Marianne McLaughlin**  
**at 205-934-0233**

## 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.



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