



## Data access request form

Applicant	
First Name	
Last Name	
Name of Organisation	
Unit or Department	
Address	
Postal Code	
City	
Country	
Project	
Title of the Project	
Acronym	
<p>Select the contact person<sup>1</sup> according to your area of interest in the context of this project. If your project overlaps on different areas, please select only one, the most central to your project</p>	
Contact person: Domain & Researcher	<input type="checkbox"/> <b>Meditation &amp; Age-Well Expert study</b> : Antoine Lutz <a href="mailto:antoine.lutz@inserm.fr">antoine.lutz@inserm.fr</a>
	<input type="checkbox"/> <b>Lifestyle</b> : Julie Gonneaud <a href="mailto:gonneaud@cyceron.fr">gonneaud@cyceron.fr</a>
	<input type="checkbox"/> <b>Attention</b> : Fabienne Collette <a href="mailto:f.collette@uliege.be">f.collette@uliege.be</a>
	<input type="checkbox"/> <b>Emotion</b> : Olga Klimecki <a href="mailto:olgaklimecki@hotmail.com">olgaklimecki@hotmail.com</a>
	<input type="checkbox"/> <b>Cognition &amp; Wellbeing + SCD-Well trial + SCD-Well blood biomarkers</b> : Natalie Marchant <a href="mailto:n.marchant@ucl.ac.uk">n.marchant@ucl.ac.uk</a>
	<input type="checkbox"/> <b>Neuroimaging biomarkers + Age-Well trial</b> : Gaël Chételat <a href="mailto:chetelat@cyceron.fr">chetelat@cyceron.fr</a>
	<input type="checkbox"/> <b>Sleep</b> : Géraldine Rauchs <a href="mailto:rauchs@cyceron.fr">rauchs@cyceron.fr</a>
	<input type="checkbox"/> <b>Age-Well blood biomarkers</b> : Géraldine Poisnel <a href="mailto:poisnel@cyceron.fr">poisnel@cyceron.fr</a>

<sup>1</sup> Contact person: Member of the Medit-Ageing/Silver Santé Study consortium in charge of presenting the applicant's project to the Executive Committee for review and validation.



<b>Background and rationale</b> (max 120 words) including the main scientific publications (5 max) justifying the project	
<b>Main Objective</b> (max 50 words)	
<b>Other Objectives</b> (max 100 words)	
<b>Project Design</b> (method, analyses and hypotheses, max 300 words)	
<b>Originality and innovative aspects</b> (max 200 words)	
<b>Expected results</b> (max 150 words)	
<b>Start and Completion dates</b>	
<b>Project leader and contributing researchers and their roles</b>	Statistical analyses : Paper drafting and editing : Design and conception : Coordinator : Other collaborators expressing their interest :
<b>Study population</b>	
<b>Study</b>	<input type="checkbox"/> SCD-WELL <input type="checkbox"/> AGE-WELL TRIAL <input type="checkbox"/> AGE-WELL EXPERT STUDY
<b>Sample size and Characteristics</b> (sex, age, intervention arm, number)	
<b>Ethical approval</b> (only when the study cover a topic not already submitted to the ethical committees)	



Silver Santé Study

**Did you already obtain ethical approval from an Ethics committee or Institutional Review Board for this specific project? (specify)**

If not → when doing so  
Medit-Ageing (Age-Well/SCD-Well) should  
be mentioned



SCD-WELL (SCD patients) Study 1				
	Description of table	V1	V2	V3
	Demographics	<input type="checkbox"/>		
	Vital signs	<input type="checkbox"/>		
	Concomitant treatments	<input type="checkbox"/>		
	Family history	<input type="checkbox"/>		
	Medical history	<input type="checkbox"/>		
	Significant life event	<input type="checkbox"/>		
	Serious Adverse Event	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Intervention groups (Meditation, Health Self-Management (control) groups)	<input type="checkbox"/>		
Blood Data	Blood biological data :			
	Genetic and epigenetic	<input type="checkbox"/>		
	Proteomic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Behavioral Data	Monitoring of interventions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Subjective Cognition : SCD Interview (screening only), McNair cognitive difficulties scale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Cognition : Mattis dementia rating scale, Coding, Stroop, Trail making test, Rey Auditory verbal learning, Visual object separation, Verbal fluency	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	IQ : Matrix reasoning, vocabulary		<input type="checkbox"/>	
	Personality : The Big five inventory	<input type="checkbox"/>		
	Sleep questionnaires : Sleep quality index	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Quality of Life and Well-being : Well-being, 3-item loneliness scale, Quality of life questionnaire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Lifestyle : Automedication, AUDIT, Physical activity for elderly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	The lifetime of Experiences, CAQ, MAQ, Diet	<input type="checkbox"/>		



	<b>Meditation, Compassion and support</b> : Trait mindfulness, Drexel defusion, Multidimensional assessment of interoceptive awareness, self-compassion, compassion for others, COPE, social support	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>Emotion</b> : Anxiety, depression, worry, rumination, emotion regulation abilities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<b>Partner</b> : Compassion for others, social support and mindfulness, prosocialness, depression, anxiety, COPE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

V1 = Baseline, Data collected during the inclusion visit, before randomization of the participants into two groups.

V2 = Assessments taken after the 8-week interventions (post-intervention evaluation).

V3 = Long-term assessments taken 6 months after the start of the interventions.

Importantly, there was no intervention between V2 and V3.



AGE-WELL TRIAL and EXPERT STUDY (Study 2)						
		Expert meditators	Cognitively unimpaired seniors			
	Description of table	Baseline (V1)	V1	V2	V3	V4
Clinical Data	Demographics	<input type="checkbox"/>	<input type="checkbox"/>			
	Vital signs	<input type="checkbox"/>	<input type="checkbox"/>			
	Concomitant treatments	<input type="checkbox"/>	<input type="checkbox"/>			
	Medical history	<input type="checkbox"/>	<input type="checkbox"/>			
	Family history	<input type="checkbox"/>	<input type="checkbox"/>			
	Significant Life event	<input type="checkbox"/>	<input type="checkbox"/>			
	Serious Adverse Event (SAE)	<input type="checkbox"/>	<input type="checkbox"/>			
	Intervention groups (Meditation, Language learning (active control), no intervention (passive control) groups)		<input type="checkbox"/>			
Biological Data	Blood biological data: Global health, ageing and Alzheimer, inflammation, stress, emotion...	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	Lymphocytic immunotyping	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	
	Genetic	<input type="checkbox"/>	<input type="checkbox"/>			
	MRI sessions (if yes, please specify which sequence.s)					
	Structural MRI (T1w) - Raw imaging data - Extracted ROIs (anterior cingulate, insula, hippocampus)	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	Hippocampus high resolution (T2weighted; raw imaging data)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	Activation fMRI - Emotion (SoVT). - Raw imaging data only - Raw imaging + behavioral data		<input type="checkbox"/> <input type="checkbox"/>		<input type="checkbox"/> <input type="checkbox"/>	



	<p>Activation fMRI - Attention (AX-CPT).</p> <ul style="list-style-type: none"> <li>- Raw imaging data only</li> <li>- Raw imaging + behavioral data</li> </ul>		<input type="checkbox"/>			
	Resting-State fMRI (rs-fMRI; raw imaging data)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	Meditators resting state fMRI					
	Mindfulness rs-fMRI (raw imaging data)	<input type="checkbox"/>				
	Compassion rs-fMRI (raw imaging data)	<input type="checkbox"/>				
	Diffusion imaging (DKI; raw imaging data)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	FLAIR (raw imaging data)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	T2-weighted (raw imaging data)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	T2* (raw imaging data)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b>Perfusion/Amyloid - PET-AMYVID</b>					
	<b><i>Perfusion (early frames)</i></b>					
	- Raw imaging data	<input type="checkbox"/>			<input type="checkbox"/>	<input type="checkbox"/>
	- Extracted ROIs (anterior cingulate cortex, insula)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b><i>Amyloid (late frames)</i></b>					
	- Raw imaging data	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	- Extracted ROIs (neocortex)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b>FDG - PET-GLUCOTEP</b>					
	- Raw imaging data	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	- Extracted ROIs (anterior cingulate cortex, insula)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b>Actigraphy</b>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b>Polysomnography</b>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b>Somno-art</b>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
	<b>Monitoring of interventions :</b> Meditation and language learning; quantitative and qualitative data from participants and teachers			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



<b>Global cognition:</b> Mattis dementia rating scale	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>
<b>IQ:</b> Matrix reasoning, vocabulary	<input type="checkbox"/>			<input type="checkbox"/>	
<b>Attention and executive functions:</b> Flanker task, Stroop, Coding, Trail making test, selective attention, Digit span forward and backward	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Attentional style	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>Episodic memory :</b> California verbal learning, Short-term recall, Long-term recall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visual object separation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Autobiographic memory :</b> Fluency	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>Language:</b> Verbal fluency	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	
<b>Emotion:</b> STAI, GDS, IRI, PANAS-NOW, depression death, Penn-state worry, emotion regulation abilities, rumination response, satisfaction with life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cyberball, Empathic dictator	<input type="checkbox"/>			<input type="checkbox"/>	
<b>Mental imaging:</b> 2D-mental rotation test, Visual mental Imaging battery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Personality:</b> The Big five inventory	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Lifestyle:</b>					
Lifetime Experiences Questionnaire, Cognitive activity questionnaire	<input type="checkbox"/>	<input type="checkbox"/>			
Modifiable activity questionnaire (i.e. physical activity)	<input type="checkbox"/>	<input type="checkbox"/>			<input type="checkbox"/>
Automedication/alcohol/smoking, Mediterranean Diet (MEDAS)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	
Physical activity for elderly, current Cognitive activity questionnaire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Quality of Life and Well-being :</b> McNair cognitive difficulties scale, Well-being, Quality of life questionnaire	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



3-items loneliness scale	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Meditation, Compassion and support:</b> Trait mindfulness, Drexel defusion, Multidimensional assessment of interoceptive awareness, self- compassion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Partner:</b> Other compassion, Social support, COPE, prosocialness, mindfulness, depression, anxiety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Sleep questionnaires:</b> Leeds sleep, sleep quality, Epworth sleepiness, insomnia severity, St Mary's hospital	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>

V1 = Baseline, Data collected during the inclusion visit, before randomization of the participants into three groups.

V2 = Assessments taken 9 months after the start of the interventions, only behavioral test.

V3 = Assessments taken at the end of the 18-month interventions (post-intervention).

V4 = Long term assessments taken 21 months after the end of the interventions.

Importantly, there was no intervention between V3 and V4.

Feasibility of the project	
<b>Funding aspects</b>	<input type="checkbox"/> Available <input type="checkbox"/> Expected
<b>Funding source(s)</b>	<input type="checkbox"/> Public funding <input type="checkbox"/> Other(s)
<b>Others aspects to ensure the feasibility of the project</b>	

Key information for applicants :

- Use of MEDIT-AGEING data is subject to full ethical approval. Some requests may fall under existing MEDIT-AGEING approvals. Please contact the relevant contact person (at the beginning of the document) to further discuss this aspect.
- This application will be reviewed by the MEDIT-AGEING Executive Committee to ensure the request is appropriate to the data, and does not conflict with existing research and analysis within the MEDIT-AGEING portfolio.



Silver Santé Study

- The MEDIT-AGEING investigators ask that any publications or outputs arising from the use of MEDIT-AGEING data include authorship for MEDIT-AGEING investigators (, i.e. “the MEDIT-AGEING Research Group” at the end of the author list and the corresponding list attached to the publication to be provided by your contact person).

Document to be submitted to the contact person selected at the beginning of the form.

Name :  
Date :  
Signature of the applicant

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Name :  
Date :  
Signature of the data provider

.....