

Hubungan antara Status Mood dan Fungsi Kognitif dalam Kalangan Warga Emas yang Mempunyai Kecelaan Kognitif Ringan (The Relationship between Mood States and Cognitive Functions among Older Adults with Mild Cognitive Impairment)

HUIJIN LAU, SUZANA SHAHAR, NOR FADILAH RAJAB, HANIS MASTURA YAHYA & NORMAH CHE DIN

ABSTRAK

Terdapat beberapa bukti menyatakan bahawa status mood mampu mempengaruhi fungsi kognitif dari segi ingatan episodik, ingatan kerja dan penyelesaian masalah. Kajian ini dijalankan untuk menilai hubungan antara status mood dan fungsi kognitif dalam kalangan warga emas yang mempunyai Kecelaan Kognitif Ringan (MCI). Kajian ini melibatkan 12 orang lelaki dan 37 orang wanita dari Lembah Klang yang berusia 60 tahun ke atas. MCI ditakrif berdasarkan kriteria yang dicadangkan oleh Peterson. Fungsi kognitif subjek dinilai dengan menggunakan ujian Mini Mental State (MMS), Rey Auditory Verbal Learning (RAVL), Digit Span, Digit Symbol Substitution (DSS) dan Visual Reproduction; Manakala status mood termasuk ketegangan, kemurungan, kemarahan, kecergasan, penghargaan diri, keletihan dan kekeliruan dinilai melalui soal selidik Profile of Mood States (POMS). Jumlah skor subskala positif dan negatif serta jumlah gangguan mood (Total Mood Disturbance) juga dikira. Hasil kajian ini menunjukkan korelasi positif antara ketegangan ($r = 0.325$, $p = 0.30$), kecergasan ($r = 0.235$, $p = 0.036$) dengan ingatan episodik lisan yang dinilai dengan ujian RAVL. Di samping itu, korelasi positif juga dapat diperhatikan antara kecergasan ($r = 0.228$, $p = 0.035$) dan skor subskala positif ($r = 0.237$, $p = 0.025$) dengan ujian DSS yang menilai kelajuan pemprosesan kognitif. Ujian regresi berganda juga menunjukkan bahawa subjek mempunyai penghargaan diri yang tinggi [OR = 0.390, 95% CI [0.069-0.711], $p = 0.019$] dan ketegangan (OR = 0.253, 95% CI [0.075-0.431], $p = 0.007$) mempunyai ingatan episodik yang lebih baik. Skor subskala positif yang lebih tinggi juga mempunyai berhubungkait dengan kelajuan pemprosesan kognitif yang lebih pantas (OR = 0.856, 95% CI [0.099-1.614], $p = 0.028$). Kesimpulannya, warga emas yang mempunyai mood yang lebih positif adalah lebih cenderung kepada ingatan jangka pendek yang lebih baik dan kelajuan pemprosesan yang lebih cekap.

Kata kunci: Status mood; fungsi kognitif; warga emas; kecelaan kognitif ringan

ABSTRACT

There is some evidence stated that mood states might influence cognitive functioning, such as episodic memory, working memory and creative problem solving. This study was conducted to evaluate the relationship between mood states and cognitive functioning among older adults with Mild Cognitive Impairment (MCI). This study involved 12 male and 37 female subjects from Klang Valley aged 60 year old and above. MCI was defined based on criteria proposed by Peterson. Cognitive functions of the subjects were accessed using Mini Mental State Examination (MMSE), Rey Auditory Verbal Learning Test (RAVLT), Digit Span, Digit Symbol Substitution Test (DSST) and Visual Reproduction; while mood states including tension, depression, anger, vigour, esteem related affect, fatigue and confusion were accessed using Profile of Mood States (POMS) questionnaire. Total positive subscales score, total negative subscales score and total mood disturbance (TMD) were also calculated. There were significant positive correlations between tension ($r = 0.325$, $p = 0.30$), vigour ($r = 0.235$, $p = 0.036$), esteem related affect ($r = 0.316$, $p = 0.034$) and total positive subscales score ($r = 0.307$, $p = 0.040$) with verbal episodic memory as measured using RAVLT fifth trial. In addition, positive correlations were also observed between vigour ($r = 0.228$, $p = 0.035$) and total positive subscales score ($r = 0.237$, $p = 0.025$) with DSST. After adjusted for confounding factors, subjects who scored higher in esteem related affect (Adjusted OR = 0.390, 95% CI [0.069-0.711], $p = 0.019$) and tension (Adjusted OR = 0.253, 95% CI [0.075-0.431], $p = 0.007$) had better verbal episodic memory. Subjects who have higher total positive subscales score were also had faster processing speed (OR = 0.856, 95% CI [0.099-1.614], $p = 0.028$). However after adjusted for confounding factors, the relationship was not significant (Adjusted OR = 0.383, 95% CI [-0.247-1.013], $p = 2.226$). Older adults with MCI who had a more positive mood tend to have a better short-term verbal memory and faster processing speed.

Keywords: Mood states; cognitive function; older adults; mild cognitive impairment

Huijin Lau
Hanis Mastura Yahya
Program Sains Pemakanan, Fakulti Sains Kesihatan
Universiti Kebangsaan Malaysia, Jalan Raja Muda Abdul Aziz
Kuala Lumpur 50300, Malaysia.

Suzana Shahar
Program Dietetik, Fakulti Sains Kesihatan
Universiti Kebangsaan Malaysia, Jalan Raja Muda Abdul Aziz
Kuala Lumpur 50300, Malaysia.

Nor Fadilah Rajab
Program Sains Bioperubatan, Fakulti Sains Kesihatan
Universiti Kebangsaan Malaysia, Jalan Raja Muda Abdul Aziz
Kuala Lumpur 50300, Malaysia.

Normah Che Din
Program Psikologi Kesihatan, Fakulti Sains Kesihatan
Universiti Kebangsaan Malaysia, Jalan Raja Muda Abdul Aziz
Kuala Lumpur 50300, Malaysia.

Corresponding author: Suzana Shahar
Email: suzana.shahar@ukm.edu.my
Tel: +603-92897651
Fax: +603-26947621

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