Figures

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BDNF responsivity in older humans

<table>
<thead>
<tr>
<th>BDNF levels</th>
<th>Before intervention (ng/mL ±SEM)</th>
<th>0 minutes after (ng/mL ±SEM)</th>
<th>20 minutes after (ng/mL ±SEM)</th>
<th>60 minutes after (ng/mL ±SEM)</th>
<th>Average postintervention level (ng/mL ±SEM)</th>
<th>Average change* (ng/mL ±SEM)</th>
<th>95% confidence interval</th>
<th>Exact p-value</th>
<th>Effect size (Cohen’s d)</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical exercise (N=19)</td>
<td>19.21 ±1.17</td>
<td>22.73 ±1.17</td>
<td>21.73 ±1.2</td>
<td>23.44 ±1.38</td>
<td>22.5 ±0.99</td>
<td>3.29 ±1.00</td>
<td>1.19–5.40</td>
<td>p = 0.004</td>
<td>0.75</td>
<td></td>
</tr>
<tr>
<td>Cognitive training (N=19)</td>
<td>20.06 ±0.95</td>
<td>20.81 ±1.35</td>
<td>19.89 ±1.35</td>
<td>20.12 ±1.13</td>
<td>20.28 ±1.03</td>
<td>0.21 ±1</td>
<td>-1.89–2.31</td>
<td>p = 0.83</td>
<td>0.05</td>
<td></td>
</tr>
<tr>
<td>Mindfulness (N=18)</td>
<td>21.6 ±1.58</td>
<td>20.41 ±1.48</td>
<td>21.76 ±1.05</td>
<td>20.86 ±1.74</td>
<td>21.05 ±1.26</td>
<td>-0.55 ±1.27</td>
<td>-3.23–2.13</td>
<td>p = 0.67</td>
<td>-0.10</td>
<td></td>
</tr>
</tbody>
</table>

Table 2. Serum BDNF levels before and at three time points after each type of intervention, stratified for gender.

Values are mean levels of BDNF at each measure point with standard error of mean (SEM). The 95% confidence interval is for the difference between the average post-intervention BDNF level (from three measures) and the baseline pre-intervention level immediately before the intervention started (from paired t-test). Cohen’s d was calculated by dividing the average change with the standard deviation of the change.
**Table 3.** Associations of working memory performance with BDNF levels at baseline, with BDNF response and with BDNF post-intervention levels for the different interventions, stratified according to baseline BDNF levels.

*All correlations were calculated between BDNF levels and the average maximum score on all CogMed items (see Methods).*

*Numbers are coefficients from Spearman correlations with exact p-values beneath.*

*The stratification of participants into lower versus higher baseline levels of BDNF was according to first and third tertiles.*
BDNF responsivity in older humans

- At 0 minutes after intervention
- At 20 minutes after intervention
- At 60 minutes after intervention
- Average BDNF change from baseline

SEM (standard error of mean)
BDNF responsivity in older humans
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[Graph showing BDNF change (ng/ml) against participant number]