## Alzheimer's Disease Knowledge Scale (ADKS) Evidence/Reference List

ITEM	REFERENCE
People with Alzheimer's disease are particularly prone to depression.  (TRUE)	Alzheimer's Association. About depression and Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org
	Small, G. W., Robins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
	Sun, X., Steffens, D.C., Au, R., Folstein, M., Summergrad, P., Yee, J., Rosenberg, I., Mwamburi, D.M., & Qiu, W.Q. (2008). Amyloid-associated depression, <i>Archives of General Psychiatry</i> , <i>65</i> ( <i>5</i> ), 542-550.
2. It has been scientifically proven that mental exercise can prevent a person from getting Alzheimer's disease. (FALSE)	Fillit H. M., Butler, R. N., O'Connell, A. W., Albert, M. S., Birren, J. E. & Cotman, C.W. (2002). Achieving and maintaining cognitive vitality with aging. <i>Mayo Clinic Proceedings</i> , <i>77</i> , 681-696.
	Morris, J. C. (2005). Dementia update 2005. <i>Alzheimer's Disease and Associated Disorders, 19,</i> 100-117.
	Wilson, R.S., Mendes de Leon, C.F., Barnes, L.L., Schneider, J.A., Bienias, J.L., Evans, D.A., & Bennett, D.A. (2002). Participation in cognitively stimulating activities and risk of incident Alzheimer disease, <i>Journal of the American Medical Association</i> , 287, 742-748.
3. After symptoms of Alzheimer's disease appear, the average life expectancy is 6 to 12 years. (TRUE)	Alzheimer's Association. About Alzheimer's disease fact sheet. Retrieved June 29, 2005, from http://www.alz.org
	Geriatric Mental Health Foundation, <i>Caring for the Alzheimer's Disease Patient</i> . Retrieved May 28, 2008, from www.gmhfonline.org.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Society</i> , 278, 1363-1371.

ITEM	REFERENCE
4. When a person with Alzheimer's disease becomes agitated, a medical examination might reveal other health problems that caused the agitation. (TRUE)	Alzheimer's Association. About agitation and Alzheimer's disease fact sheet. Retrieved June 29, 2005 from http://www.alz.org
	Corey-Bloom, J., Yaari, R., Weisman, D. (2006). Managing patients with Alzheimer's disease, <i>Practical Neurology</i> , <i>6</i> , 78-89.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
5. People with Alzheimer's disease do best with simple, instructions given one step at a time. (TRUE)	Corey-Bloom, J., Yaari, R., & Weisman, D. (2006). Managing patients with Alzheimer's disease. <i>Practical Neurology, 6,</i> 78-89.  Hochhalter, A. K., Overmier, J. B., Gasper, S. M., Bakke, B. L., & Holub, R. J. (2005). A comparison of spaced retrieval to other schedules of practice for people with dementia. <i>Experimental Aging Research, 31,</i> 101–118.  Woods, R.T. (1999). Psychological "therapies" in dementia. In Woods R. T. (Ed.), <i>Psychological problems of aging</i> (pp. 311–344). New York: John Wiley & Sons, Ltd.
6. When people with Alzheimer's disease begin to have difficulty taking care of themselves, caregivers should take over right away. (FALSE)	Alzheimer's Association. Ethical issues in Alzheimer's disease fact sheet: Respect for autonomy, care and patient rights. Retrieved October 3, 2005, from www.alz.org  Geriatric Mental Health Foundation. Caring for the Alzheimer's disease patient, (2003). Retrieved May 28, 2008, from www.gmhfonline.org

ITEM	REFERENCE
7. If a person with Alzheimer's disease becomes alert and agitated at night, a good strategy is to try to make sure that the person gets plenty of physical activity during the day. (TRUE)	Alzheimer's Association. About agitation and Alzheimer's disease fact sheet. Retrieved June 29, 2005 from www.alz.org
	Alzheimer's Association. About sleep changes in Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org
	Fillit H. M., Butler, R. N., O'Connell, A. W., Albert, M. S., Birren, J. E. & Cotman, C.W. (2002). Achieving and maintaining cognitive vitality with aging. <i>Mayo Clinic Proceedings</i> , <i>77</i> , 681-696.
	McCurry, S. M., Gibbons, L.E., Logsdon, R.G., & Vitiello, M.V. (2005). Nightime insomnia treatment and education for Alzheimer's disease: A randomized, controlled trial. <i>Journal of the American Geriatrics Society</i> , <i>53(5)</i> , 793-802.
8. In rare cases, people have recovered from Alzheimer's disease.	Alzheimer's Association. About agitation and Alzheimer's disease fact sheet. Retrieved June 29, 2005, from http://www.alz.org
(FALSE)	American Psychiatric Association. (1994). <i>Diagnostic and statistical manual of mental disorders (DSM-IV)</i> . Washington, DC: American Psychiatric Association.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
9. People whose Alzheimer's disease is not yet severe can benefit from psychotherapy for depression and anxiety. (TRUE)	Alzheimer's Association. About depression and Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org
	Fillit H. M., Butler, R. N., O'Connell, A. W., Albert, M. S., Birren, J. E. & Cotman, C.W. (2002). Achieving and maintaining cognitive vitality with aging. <i>Mayo Clinic Proceedings</i> , <i>77</i> , 681-696.
	Watkins, R., Cheston, R., Jones K., & Gilliard, J. (2006). 'Coming out' with Alzheimer's disease: Changes in awareness during a psychotherapy group for people with dementia. <i>Aging &amp; Mental Health</i> , <i>10(2)</i> , 166-176.
10. If trouble with memory and confused thinking appears suddenly, it is likely due to Alzheimer's disease.	Gintner, G. G. (1995). Differential diagnosis in older adults: Dementia, depression, and delirium. <i>Journal of Counseling &amp; Development</i> , 73(3), 346-341.
(FALSE)	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.

ITEM	REFERENCE
11. Most people with Alzheimer's disease live in nursing homes. (FALSE)	Alzheimer's Association. <i>About Alzheimer's disease statistics fact sheet</i> . Retrieved June 29, 2005, from http://www.alz.org/ National Alliance for Caregiving and AARP. (2004). <i>Caregiving in the U.S.</i> Retrieved June 3, 2008 from www.caregiving.org.
12. Poor nutrition can make the symptoms of Alzheimer's disease worse.	Fillit H. M., Butler, R. N., O'Connell, A. W., Albert, M. S., Birren, J. E. & Cotman, C.W. (2002). Achieving and maintaining cognitive vitality with aging. <i>Mayo Clinic Proceedings</i> , <i>77</i> , 681-696.
(TRUE)	Morris, J. C. (2005). Dementia update 2005. <i>Alzheimer's Disease and Associated Disorders, 19,</i> 100-117.
	Spaccavento, S., Del Prete, M., Craca, A., & Fiore, P. (2008). Influence of nutritional status on cognitive, functional and neuropsychiatric deficits in Alzheimer's disease, <i>Archives of Gerontology and Geriatrics</i> . doi:10.1016/j.archger.2008.03.002
	Volicer, L. & Hurley, A. C. (2003). Management of behavioral symptoms in progressive degenerative dementia. <i>Journal of Gerontology: Medical Sciences, 58A,</i> 837-845.
13. People in their 30s can have Alzheimer's disease. (TRUE)	Alzheimer's Association. <i>About Alzheimer's disease</i> . Retrieved June 29, 2005, from http://www.alz.org/
	Licht, E. A., McMurtray, M. M., Ronald, E. S., & Mendez, M.F. (2007). Cognitive differences between early and late-onset Alzheimer's disease. <i>American Journal of Alzheimer's Disease</i> , 22(3) 218-222.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
14. A person with Alzheimer's disease becomes increasingly likely to fall down as the disease gets worse. (TRUE)	Alzheimer's Association. About the stages of Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org
	Austrom, M.G., Damush, T.M., Hartwell, C. W., Perkins, T., Unverzagt, F., Boustani, M., Hendrie, H.C., & Callahan, C.M. (2004). Development and implementation of nonpharmacologic protocols for the management of patients with Alzheimer's disease and their families in a multiracial primary care setting. <i>The Gerontologist, 44,</i> 548-553.
	Brody, E.M, Kleban, M.H., Moss, M.S., & Kleban, F. (1984). Predictors of falls among institutionalized women with Alzheimer's disease. <i>Journal of the American Geriatrics Society, 32(12)</i> , 877-882.

ITEM	REFERENCE
15. When people with Alzheimer's disease repeat the same question or story several times, it is helpful to remind them that they are repeating themselves. (FALSE)	Alzheimer's Association. About behavioral and psychiatric Alzheimer symptoms fact sheet. Retrieved September 5, 2005, from www.alz.org
	Austrom, M.G., Damush, T.M., Hartwell, C. W., Perkins, T., Unverzagt, F., Boustani, M., Hendrie, H.C., & Callahan, C.M. (2004). Development and implementation of nonpharmacologic protocols for the management of patients with Alzheimer's disease and their families in a multiracial primary care setting. <i>The Gerontologist</i> , 44, 548-553.
	Corey-Bloom, J., Yaari, R., & Weisman, D. (2006). Managing patients with Alzheimer's disease, <i>Practical Neurology</i> , <i>6</i> , 78-89.
16. Once people have Alzheimer's disease, they are no longer capable of making informed decisions about their own care. (FALSE)	Alzheimer's Association. Ethical issues in Alzheimer's disease fact sheet: End of life care and patient rights. Retrieved October 3, 2005, from www.alz.org
	Feinberg, L.F., & Whitlatch, C.J., (2001). Are persons with cognitive impairment able to state consistent choices? <i>The Gerontologist, 41,</i> 374-382.
17. Eventually, a person with Alzheimer's disease will need 24-hour supervision. (TRUE)	Alzheimer's Association. About the stages of Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org
	Beers, M. H., Berkow, R., Bogin, R.M., Fletcher, A.J., & Rahman, M.I. (Eds.). (2000). <i>The Merck manual of geriatrics</i> (3 <sup>rd</sup> ed.). Whitehouse Station, NJ: Merck Research Laboratories.
	American Psychiatric Association. (1994). <i>Diagnostic and statistical manual of mental disorders (DSM-IV)</i> . Washington, DC: American Psychiatric Association.
18. Having high cholesterol may increase a person's risk of developing Alzheimer's disease. (TRUE)	Alzheimer's Association. About Alzheimer's disease fact sheet. Retrieved June 29, 2005, from http://www.alz.org/
	Morris, J. C. (2005). Dementia update 2005. <i>Alzheimer's Disease and Associated Disorders, 19,</i> 100-117.
	Sparks, D.L., Sabbagh, M.N., Breitner, & J.C., Hunsaker J.C. (2003). Is cholesterol a culprit in Alzheimer's disease? <i>International Psychogeriatrics</i> , <i>15</i> , 153-159.

ITEM	REFERENCE
19. Tremor or shaking of the hands or arms is a common symptom in people with Alzheimer's disease. (FALSE)	American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
	American Psychiatric Association. (1994). <i>Diagnostic and statistical manual of mental disorders (DSM-IV)</i> . Washington, DC: American Psychiatric Association.
	McKeith, L.G., Galasko, D., Kosaka, K., et al. (1996). Consensus guidelines for the clinical and pathologic diagnosis of dementia with Lewy bodies (DLB). Report of the consortium on DLB international workshop. <i>Neurology</i> , 47, 1113-1124.
	Morris, J. C. (2005). Dementia update 2005. <i>Alzheimer's Disease and Associated Disorders, 19,</i> 100-117.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
20. Symptoms of severe depression can be mistaken for symptoms of Alzheimer's disease.	Alzheimer's Association. Action series: Steps to getting a diagnosis; finding out if it's Alzheimer's disease. Retrieved April 25, 2005, from www.alz.org
(TRUE)	Mendez, M. F., Mastri, A.R., Sung, J.H., Zander, B.A., et al. (1991). Neuropathologically confirmed Alzheimer's disease: Clinical diagnoses in 394 cases. <i>Journal of Geriatric Psychiatry and Neurology</i> , <i>4</i> (1), 26-29.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.

ITEM	REFERENCE
21. Alzheimer's disease is one type of dementia. (TRUE)	Alzheimer's Association. About Alzheimer's disease fact sheet. Retrieved June 29, 2005, from http://www.alz.org
	Caputo, M., Monastero, R., Mariani, E., Santucci, A. Mangialasche, F., Camarda, R., Senin, U., & Mecocci, P. (2008). Neuropsychiatric symptoms in 921 elderly subjects with dementia: A comparison between vascular and neurodegenerative types. <i>Acta Psychiatrica Scandinavica</i> , 117(6), 455-464.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
22. Trouble handling money or paying bills is a common early symptom of	Alzheimer's Association. About the stages of Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org
Alzheimer's disease. (TRUE)	Karine, P. (2008). Natural history of decline in instrumental activities of daily living performance over the 10 years preceding the clinical diagnosis of dementia: A prospective population-based study. <i>Journal of the American Geriatrics Society</i> , <i>56</i> (1) 37-44.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
23. One symptom that can occur with Alzheimer's disease is believing that other people are stealing one's things. (TRUE)	Alzheimer's Association. <i>About hallucinations fact sheet.</i> Retrieved September 5, 2005, from www.alz.org
	Beers, M. H., Berkow, R., Bogin, R.M., Fletcher, A.J., & Rahman, M.I. (Eds.). (2000). <i>The Merck manual of geriatrics</i> (3 <sup>rd</sup> ed.). Whitehouse Station, NJ: Merck Research Laboratories.
	Mace, N.L., & Rabins, P.V. (1999). <i>The 36-Hour day</i> (3 <sup>rd</sup> ed.) Baltimore, MD: The Johns Hopkins University Press.
	Rao, V., & Lyketsos, C.G. (1998). Delusions in Alzheimer's disease. <i>The Journal of Neuropsychiatry and Clinical Neuroscience</i> , <i>10(4)</i> , 373-382.
24. When a person has Alzheimer's disease, using reminder notes is a crutch that can contribute to decline. (FALSE)	Grossberg, G.T., & Desai, A. K. (2003). Management of Alzheimer's Disease. <i>Journal of Gerontology</i> , <i>58</i> (4), 331-353.
	Woods, R.T. (1999). Psychological "therapies" in dementia. In Woods R. T. (Ed.), <i>Psychological problems of aging</i> (pp. 311–344). New York: John Wiley & Sons, Ltd.

ITEM	REFERENCE
25. Prescription drugs that prevent Alzheimer's disease are available. (FALSE)	Alzheimer's Association. <i>About medication fact sheet</i> . Retrieved July 11, 2005, from www.alz.org
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
	Szekly, C.A., Breitner, J.C., & Zandi, P.P. (2007). Prevention of Alzheimer's disease, <i>International Review of Psychiatry, 16(9),</i> 693-706.
26. Having high blood pressure may increase a person's risk of developing	Alzheimer's Association. About Alzheimer's disease fact sheet. Retrieved June 29, 2005, from http://www.alz.org
Alzheimer's disease. (TRUE)	Morris, J. C. (2005). Dementia update 2005. <i>Alzheimer's Disease and Associated Disorders, 19,</i> 100-117.
	Qiu, C., Windblad, B., & Fratiglioni, L. (2005). The age-dependent relation of blood pressure to cognitive function and dementia. <i>Lancet Neurology</i> , <i>4</i> , 487-499.
	Solfrizzi, V., Panza F., Colacicco, A.M., D'Introno, A., Capurso C., Torres, F., Grigoletto, F., Maggi, S., Del Parigi, A., Reiman, E.M., Caselli, R.J., Scafato, E., Farchi, G., & Capurso, A. (2004). Vascular risk factors, incidence of MCI, and rates of progression to dementia. <i>Neurology</i> , 63(10), 1882-1891.
27. Genes can only partially account for the development of Alzheimer's disease. (TRUE)	Morris, J. C. (2005). Dementia update 2005. <i>Alzheimer's Disease and Associated Disorders, 19,</i> 100-117.
	Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
	Waring, S.C., & Rosenberg, R.N. (2008). Genome-wide association studies in Alzheimer disease. <i>Archives of Neurology</i> , 65(3), 329-334.

ITEM	REFERENCE
28. It is safe for people with Alzheimer's disease to drive, as long as they have a companion in the car at all times. (FALSE)	Alzheimer's Association. <i>About agitation and Alzheimer's disease fact sheet.</i> Retrieved June 29, 2005, from http://www.alz.org  Brown, L. B., & Ott, B. R. (2004). Driving and dementia: A review of the literature. <i>Journal of Geriatric Psychiatry and Neurology, 17,</i> 232-240.  Hunt, I. (1993). Driving performance in persons with mild senile dementia of the Alzheimer type. <i>Journal of the American Geriatric Society,</i> 41, 747-753.
29. Alzheimer's disease cannot be cured. (TRUE)	Alzheimer's Association. The progression of Alzheimer's disease. Retrieved June 3, 2008, from www.alz.org.  Shah S., & Reichman W.E. (2006). Treatment of Alzheimer's disease across the spectrum of severity. <i>Clinical Interventions in Aging</i> , 1(2), 131-142.  Small, G. W., Rabins, B. P. V., Buckholtz, P.P., & DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. <i>Journal of the American Medical Association</i> , 278, 1363-1371.
30. Most people with Alzheimer's disease remember recent events better than things that happened in the past. (FALSE)	Alzheimer's Association. 10 warning signs of AD. Retrieved September 12, 2005, from www.alz.org  Alzheimer's Association. About the stages of Alzheimer's disease fact sheet. Retrieved June 29, 2005, from www.alz.org  Small, G. W., Rabins, B. P. V., Buckholtz, P.P., DeKosky, N. S., Ferris, S. T., Finkel, S. H., et al. (1997). Diagnosis and treatment of Alzheimer disease and related disorder: Consensus statement of the American Association for Geriatric Psychiatry, the Alzheimer's Association, and the American Geriatric Society. Journal of the American Medical Association, 278, 1363-1371.  Stopford, C.L., Snowden, J.S., Thompson, J.C., & Near, D. (2007). Distinct memory profiles in Alzheimer's disease. Cortex, 43(7), 846-857.