Abstracts

Problem statement- Executive control functions (ECF) measures have great implications on the diagnosis, disability assessment, prognostication and care-planning of a wide range of medical, neuropsychiatric and normal aging conditions. Formal ECF tests are often not applicable to daily clinical settings. The Executive Interview (EXIT25) is one of the few available bedside tests with good reliability and validity. The feasibility and psychometric properties of this instrument in Hong Kong Chinese elders are unknown.

Research question- To pilot test the feasibility, concurrent validity and discriminant validity of the adapted Chinese version of EXIT25 (C-EXIT25) in the psychogeriatric population in Hong Kong Chinese.

Materials and methods- 85 community dwelling elders from different levels of residential care facilities were assessed with C-EXIT25, Cantonese version of Mini-Mental State Examination (C-MMSE), Chinese version of Mattis Dementia Rating Scale (CDRS) and Nelson's Modified Card Sorting Test (MCST). The relationships of performance in C-EXIT25 and the other cognitive measures were examined.

Results- The C-EXIT25 has high internal consistency (Cronbach's $\alpha = 0.7995$) and inter-rater reliability (r=0.91). It is a feasible bedside test that takes no more than 15 minutes to complete even in impaired elders. The C-EXIT25 has superior correlational property to parameters of MCST than the C-MMSE and CDRS, after

adjusting for age, gender and educational level. It also discriminates among subjects at different stages on Clinical Dementia Rating.

Conclusions and implications- Our findings suggest that the C-EXIT25 is a feasible and reliable test that correlates well with alternative measure of ECF and discriminates subjects at different stages of dementia. At this stage it is too early to recommend the clinical use of the C-EXIT25 in the evaluation of ECF impairment. Future studies should further address the issues of construct and discriminant validity of the C-EXIT25 in more representative samples and examine the effects of demographic and cultural attributes on ECF performance in Hong Kong Chinese elders.

Key words- Elderly, Executive control functions, Dementia, Executive Interview

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