

The table below lists all of the assessments that have been undertaken as part of Insight 46 and the phases during which those assessments were administered. This table has been published as part of an updated protocol paper about Insight 46. To read the full journal article, please click here: [Updating the study protocol: Insight 46 - a longitudinal neuroscience sub-study of the MRC National Survey of Health and Development - phases 2 and 3.](#)

Assessment	Phase 1 (2015-2018)	Phase 2 (2018-2021)			Phase 3 (2021-ongoing)
		<i>Clinic</i>	<i>Remote – computer</i>	<i>Remote - telephone</i>	
Neuropsychological Assessments					
12-Item Face—Name Associative Memory Exam (FNAME)	✓ (version A)	✓ * (version A)	✓ * (version A)	–	✓ * (version B)
15-Item Word List Learning Task	–	–	–	–	✓ *
Adult Memory and Information Processing Battery (AMIPB) Complex Figure	–	✓ * (AMIPB figure version 1)	✓ * (AMIPB figure version 1)	–	✓ * (AMIPB figure version 2)
Choice Reaction Time/Response Inhibition	✓	✓			✓ (inhibition condition removed, choice reaction time still administered)
Graded Naming Test (GNT)	–	✓	✓	–	✓
Instructionless Eye Tracking	✓ (first administered in Feb 2017)	✓	–	–	–
Irrelevant Distractor Task	✓	–	–	–	–
Visual Search Speed Task	–	–	–	–	✓
Visual Short-term Memory Binding	✓	✓	–	–	✓
Visuomotor Integration Circle-Tracing Task with Concurrent (Dual-Task) Serial Subtraction	✓	✓	–	–	✓ (plus single-task circle tracing and single-task serial subtraction)

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Wechsler Abbreviated Scale of Intelligence (WASI) – Matrix Reasoning	✓	✓	✓	–	✓
Wechsler Adult Intelligence Scale-Revised (WAIS-R) – Digit-Symbol Substitution Test (DSST)	✓	✓	✓	✓	✓
Wechsler Memory Scale – Revised (WMS-R) Logical Memory Recall Iia (Immediate and Delayed)	✓	✓	✓	✓	✓
Wechsler Memory Scale (WMS) Digit Span Forward and Backward	–	–	–	–	✓
Digital Technologies Used During Neuropsychological Assessments					
Anoto AP-701 Digital Pen	–	–	–	–	✓ (DSST, AMIPB complex figure, MMSE)
Audio Recordings	–	✓ (GNT)	✓ (GNT)	–	✓ (GNT, WMS-R Logical Memory Recall Iia Immediate and Delayed, Serial Subtraction)
Empatica	–	✓	–	–	✓
Memory and Clinical Interviews					
AD8 Dementia Screening Interview	✓	✓	✓	✓	✓
Clinical Dementia Rating (CDR) Scale	–	✓	✓	✓	✓
Delirium Questionnaire	–	✓	✓	✓	✓
History of Neurological Diagnosis (Personal and Family)	✓	✓	✓	✓	✓
Mini Mental State Examination (MMSE)	✓	✓	–	–	✓
MyCog	✓	✓	✓	✓	✓

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Subjective Cognitive Decline	✓	✓	✓	✓	✓
Physical Assessments					
Blood Pressure	✓ (lying, standing)	✓ (sitting, lying, standing)	–	–	✓ (sitting, lying, standing)
Bradykinesia Akinesia Incoordination (BRAIN) Tap Test	✓	✓	–	–	✓
Self-paced Gait in Isolation and with Cognitive Task	✓	✓	–	–	✓
Walking Speed	–	–	–	–	✓
Height	✓	✓	–	–	✓
Weight	✓	✓	✓ (estimated)	✓ (estimated)	✓
Hip and Waist Circumference	–	–	–	–	✓
Bioimpedance	–	–	–	–	✓
Unified Parkinson’s Disease Rating Scale (UPDRS) – Part III: Motor Examination	✓	✓	✓ (partial)	–	✓
6-Minute Stepper Test	–	✓	–	–	✓
Grip Strength	–	–	–	–	✓
Chair Rises	–	–	–	–	✓
Standing and Walking Balance	–	–	–	–	✓
Spirometry	–	–	–	–	✓
Home Wearables					
Actigraphy	–	✓	✓	✓	✓
Glucose Monitor	–	–	–	–	✓
Sensory					
Pure Tone Audiometry	✓	–	–	–	–
Word in Noise	✓	–	–	–	–

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University of Pennsylvania Smell Identification Test (UPSIT)	✓	–	–	–	–
Portable Eye Examination Kit (PEEK)	✓	–	–	–	–
Spoons Taste Test	–	✓	–	–	–
Self-Complete Questionnaires					
Dental Hygiene	✓	–	–	–	–
Handedness	✓	–	–	–	–
State-Trait Anxiety Inventory (STAI)	✓	✓	✓	✓	✓
Question About Movement in Sleep	✓	–	–	–	–
Epworth Sleepiness Scale (ESS)	–	✓	✓	✓	✓
Pittsburgh Sleep Quality Index (PSQI)	–	✓	✓	✓	✓
REM Sleep Behaviour Disorder Questionnaire (RSBDQ)	–	✓	✓	✓	✓
Perseverative Thinking Questionnaire (PTQ)	–	✓	✓	✓	✓
Head Injury Questionnaire	–	✓	✓	✓	✓
General Health Questionnaire (GHQ)-28	–	–	–	–	✓
Biofluid Sampling					
Blood – Haematology and Biochemistry	✓	–	–	–	✓
Blood – DNA	✓	–	–	–	–
Blood – RNA	–	✓	–	–	✓
Blood – Cell Lines	–	✓	–	–	✓
Blood – Biomarkers	✓	✓	–	–	✓
Urine – Biomarkers	✓	✓	–	–	✓
Urine – Spot Urine Sample	–	✓	–	–	–
Cerebrospinal Fluid	–	✓	–	–	✓
Cardiovascular Measurements					
2D and 3D Echocardiography	–	✓	–	–	✓

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Carotid Intima-Media Thickness	–	✓	–	–	✓
Carotid Femoral Pulse Wave Velocity (PWV)	–	✓	–	–	✓
Pulse Wave Analysis (PWA) – Central Blood Pressure	–	✓	–	–	✓
Electrocardiogram (ECG)	–	✓	–	–	✓
Functional Near-Infrared Spectroscopy (fNIRS)	–	✓	–	–	✓
Imaging					
Positron Emission Tomography (PET)	[¹⁸ F]florbetapir (Aβ)	[¹⁸ F]florbetapir (Aβ)	–	–	[¹⁸ F]florbetaben (Aβ) or [¹⁸ F]MK6240 (tau)
Brain Magnetic Resonance Imaging (MRI)	✓	✓	–	–	✓
Dual-energy X-ray Absorptiometry (DXA)	–	–	–	–	✓
Optical Coherence Tomography (OCT)	–	–	–	–	✓

*These assessments were part of an accelerated-forgetting paradigm that involved calling participants seven days after their research visit to ask follow-up questions.