Why is it called a “longitudinal” study?

A longitudinal study is a study that follows a group of people over a period of time. Some longitudinal studies might only last a few years, but some others can last for decades. Longitudinal studies can also be called “cohort” studies.

Longitudinal studies are very powerful because by following a group of people over time it becomes possible to understand what might be risk factors for disease, or what steps people take that might be protective against disease.

For example, longitudinal studies have helped us in understanding how high blood pressure and smoking increase the risk of heart disease. In the case of ALSOP, we are very interested in what helps people enjoy healthy ageing.

Why is the ALSOP study only for ASPREE participants?

Some people might wonder why a study collecting such important information on healthy ageing is being restricted to ASPREE study participants only.

There are a couple of reasons for this. Firstly, people who enrol in ASPREE are all relatively healthy, independent older adults. Because ASPREE participants all have this in common at the time they join ASPREE, it makes it possible for researchers to understand how each health or lifestyle factor relates to health over time.

The other reason is that in order to determine which factors affect healthy ageing, it’s important to have some ongoing way of measuring health. People participating in ASPREE are already having certain health outcomes checked as part of this study, so again it helps researchers understand what factors play a role in these outcomes.

What if I have to stop taking the study medication?

Even if you have been advised to stop the ASPREE study medication, you are still very much welcome to take part in this ALSOP study.

Need help filling out the questionnaires? Want to pass on some feedback?

If you need help filling out the questionnaire, or feel a question is unclear, please contact the ASPREE call centre on 1800 728 745

What if I don’t want to do any more questionnaires?

You do not have to fill out the questionnaires, or answer every question, if you do not want to.

Whether or not you choose to complete the ALSOP questionnaires will not affect your involvement in ASPREE.

If you have some comments about the questionnaire we would be delighted to hear your feedback. The ALSOP researchers really appreciate comments from ASPREE participants, and are only too happy to get back to you if you would like.