

PLEASE NOTE: *This trial has been registered retrospectively.*

Trial Description

Title

Berlin Aging Study II - Medical Part

Trial Acronym

BASE-II

URL of the trial

<https://www.base2.mpg.de/en>

Brief Summary in Lay Language

As in other countries, life expectancy in Germany is rising. The researchers of the Berlin Aging Study II (BASE-II) investigate how these additional years can be lived healthily and actively. The Berlin Aging Study II is an extension and expansion of the longitudinal Berlin Aging Study (BASE). In 1990-1993, this interdisciplinary study initially examined 516 men and women of the western part of Berlin aged between 70 and 100 and has continuously followed them up to the present. The continuation study BASE-II investigates the physical, cognitive, and social conditions that lead to successful aging. Repetition of the assessments is in planning to gain information about aging over time.

Brief Summary in Scientific Language

The Berlin Aging Study II is a multi-disciplinary project with several research units. The medical part of BASE-II is planning a series of analyses including the relationship between medical factors and 'healthy' vs. 'unhealthy' aging. Among the topics the medical part of the study is interested in: sarcopenia, frailty, body composition, cardiovascular diseases, type 2 diabetes, metabolic syndrome, lipid metabolism, telomere biology, nutrition

Do you plan to share individual participant data with other researchers?

[---]*

Description IPD sharing plan

[---]*

Organizational Data

- DRKS-ID: **DRKS00009277**
- Date of Registration in DRKS: **2015/08/31**
- Date of Registration in Partner Registry or other Primary Registry: [---]*
- Investigator Sponsored/Initiated Trial (IST/IIT): **yes**
- Ethics Approval/Approval of the Ethics Committee: **Approved**
- (leading) Ethics Committee Nr.: **EA2/029/09 , Ethik-Kommission der Charité - Universitätsmedizin Berlin-**

Secondary IDs

Health condition or Problem studied

- Free text: **assessment of objective health, age-related diseases**

Interventions/Observational Groups

- Arm 1: **BASE-II is a convenience sample of younger participants (20-35 years) and older participants (60-80 years).**

Characteristics

- Study Type: **Non-interventional**
- Study Type Non-Interventional: **Epidemiological study**
- Allocation: **Single arm study**
- Blinding: [---]*
- Who is blinded: [---]*
- Control: **Uncontrolled/Single arm**
- Purpose: **Other**
- Assignment: **Single (group)**
- Phase: **N/A**
- Off-label use (Zulassungsüberschreitende Anwendung eines Arzneimittels): **N/A**

Primary Outcome

objective health:
cardiovascular system, metabolic disorders, diseases of the musculoskeletal system; among the collected variables: anamnestic medical data, anthropometric data, nutritional assessment (frequency food questionnaire, minimal nutritional assessment), Rapid assessment of physical activity, blood parameters, functional

tests: 2h-ECG, blood pressure, pulse wave velocity, DXA, bioimpedance analysis, geriatric assessment, grip strength.

Assessments were performed continuously between 2009 and 2014.

For an overview of the assessments/instruments see Bertram et al., 2014

Secondary Outcome

**subjective health (questionnaire),
quality of life (questionnaire SF-36),
sexual life (questionnaire),
drug use/ medication of the last 3 and 12 months (questionnaire),
leukocyte telomere length (RT-PCR),
lifestyle factors questionnaires (consumption of alcohol, cigarettes, drugs),
Barthel index,
sleeping quality (Pittsburgh sleep quality index - PSQI)**

Countries of recruitment

- **DE Germany**

Locations of Recruitment

Recruitment

- Planned/Actual: **Actual**
- (Anticipated or Actual) Date of First Enrollment: **2009/06/17**
- Target Sample Size: **2200**
- Monocenter/Multicenter trial: **Monocenter trial**
- National/International: **National**

Inclusion Criteria

- Gender: **Both, male and female**
- Minimum Age: **20 Years**
- Maximum Age: **80 Years**

Additional Inclusion Criteria

Age between 60 and 80 years or age between 20-35 years. Residents of the greater metropolitan area of Berlin, Germany. Written informed consent.

Exclusion criteria

Age not between 20-35 or 60-80 years. Not resident of the greater metropolitan area of Berlin, Germany.

Addresses

■ Primary Sponsor

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Sources of Monetary or Material Support

- **Public funding institutions financed by tax money/Government funding body (German Research Foundation (DFG), Federal Ministry of Education and Research (BMBF), etc.)**

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URL: **www.bmbf.de**

Status

- Recruitment Status: **Recruiting complete, follow-up complete**
- Study Closing (LPLV): **2015/05/31**

Trial Publications, Results and other documents

- Paper **Cohort profile: The Berlin Aging Study II (BASE-II). Bertram L, Böckenhoff A, Demuth I, Düzel S, Eckardt R, Li SC, Lindenberger U, Pawelec G, Siedler T, Wagner GG, Steinhagen-Thiessen E.. Int J Epidemiol. 2014 Jun;43(3):703-12**

* This entry means the parameter is not applicable or has not been set.

*** This entry means that data is not displayed due to insufficient data privacy clearing.