Where is the Lothian Birth Cohort 1936 based?
In the Centre for Cognitive Ageing and Cognitive Epidemiology, Department of Psychology, University of Edinburgh. It is directed by Professor Ian Deary.

What are the aims of the Lothian Birth Cohort 1936?
To understand how and why some people’s brains and thinking skills decline faster than others’ as they age.

To understand how childhood social background and intelligence contribute to physical and mental health in older age.
The Lothian Birth Cohort 1936 and the Scottish Mental Survey of 1947

On 4th June 1947, 70,805 eleven-year-old school children in Scotland took an intelligence test as part of the Scottish Mental Survey.

The Lothian Birth Cohort 1936 is based on 1,091 people who took part in the Survey in 1947 and who were living in Edinburgh and the surrounding area in older age.
Lothian Birth Cohort 1936 Reunion event
The LBC1936 – the 8\textsuperscript{th} decade of life, and beyond...
Nearly 700 participants have been tested 3 times in their 70s (up to Wave 3), and we plan to keep repeating these measurements in the future.
Measuring the Brain’s Wiring and Grey Matter

The brain scan is designed to measure the brain’s white matter – its connective wiring (left) – as well as the overall structure of the brain (right) including its outer layer of grey matter.

Images courtesy of the Brain Research Imaging Centre, University of Edinburgh
What types of data have LBC1936 people provided?
Lead Investigators

Study Director
Prof. Ian Deary

Prof. Joanna Wardlaw

Prof. John Starr

Dr Mark Bastin

COGNITION

BRAIN IMAGING

HEALTH

BRAIN CONNECTIONS
LBC 1936 research has resulted in...

- >150 scientific publications
- 12 portraits of participants and researchers
- Scientific collaborations spanning more than 20 countries
- A film
- A book of 11 short stories about cohort and research team members
- 1 photographic exhibition
Which factors are related to healthy mental ageing in the Lothian Birth Cohort 1936?

Some of the things that are related to better mental ageing in the sample are: **not smoking**, **having less damaged brain white matter**, being more physically active and fit, **speaking more than one language**, **having more education**, **having a more professional occupation**. We are looking for more.

Differences in people’s genes might account for about 25% of the variation in how thinking skills change from childhood to old age.
Find out more about the Lothian Birth Cohort 1936


Funding of the LBC 1936

The Study is funded by Age UK as The Disconnected Mind project. Together, we have created a joint Impact Plan in order to maximise the value of our research.

We are grateful for Medical Research Council funding for brain imaging at the Brain Research Imaging Centre, and support from the Centre for Cognitive Ageing and Cognitive Epidemiology, which is funded by the Lifelong Health and Wellbeing Initiative.