

Questionnaire Questions		Choose one of the 4 options*		
1. Hearing loss is:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
2. Chronic benzodiazepine use is:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
3. Elevated levels of total cholesterol constitute a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
4. Listening to music daily is:	Risk Factor	Protective Factor	<b>Non-Associated Factor</b>	I don't know
5. Cognitive stimulation constitutes a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
6. Reading daily constitutes a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
7. Playing a musical instrument is usually:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
8. Watching television daily is:	Risk Factor	Protective Factor	<b>Non-Associated Factor</b>	I don't know
9. Suffering from depression years before (more than 10) the development of dementia is a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
10. High levels of physical activity constitute a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
11. The use of anticholinergic drugs constitutes a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
12. Having a family history of some type of dementia is:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
13. Maintaining body hygiene and cleanliness is:	Risk Factor	Protective Factor	<b>Non-Associated Factor</b>	I don't know
14. Controlling systolic blood pressure in middle-aged people is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
15. Brain trauma constitutes a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
16. A high adherence to the Mediterranean diet is a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
17. Obesity, understood as a body mass index greater than 30 kg/m <sup>2</sup> , is a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
18. Jobs with a higher cognitive level constitute a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
19. To be an only child is:	Risk Factor	Protective Factor	<b>Non-Associated Factor</b>	I don't know
20. Social isolation is a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
21. Memory complaints constitute a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
22. A high level of education constitutes a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
23. Metabolic syndrome is a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
24. Tobacco use constitutes a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know

25. Occupational therapy in the elderly population is a:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
26. Being prone to cold sores is:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
27. Using the internet or social networks from any technological device is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
28. Manual work is:	Risk Factor	Protective Factor	<b>Non-Associated Factor</b>	I don't know
29. Being a woman constitutes a:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
30. That people acquire a proactive attitude of prevention regarding the modifiable factors associated with dementia is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
31. Sleeping less than 6 h a day:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
32. Sleeping more than 9 h a day:	<b>Risk Factor</b>	Protective Factor	Non-Associated Factor	I don't know
33. Refraining from drinking alcohol is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
34. Living in the countryside or in rural areas is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
35. Taking anti-inflammatory drugs and/or having inflammatory diseases under control is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know
36. Speaking several languages is:	Risk Factor	<b>Protective Factor</b>	Non-Associated Factor	I don't know

\* Correct answer in bold.