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Change in Depression Symptomatology and Cognitive Function in Twins: A 10-Year Follow-Up Study

Inge Petersen,1 Matt McGue,1,2 Qihua Tan,1,3 Kaare Christensen,1,3,4 and Lene Christiansen1

1The Danish Twin Registry, Unit of Epidemiology, Biostatistics and Biodemography, Institute of Public Health, University of Southern Denmark, Odense, Denmark
2Department of Psychology, University of Minnesota, Minneapolis, Minnesota, USA
3Department of Clinical Genetics, Odense University Hospital, Odense, Denmark
4Department of Clinical Biochemistry and Pharmacology, Odense University Hospital, Odense, Denmark

A complex interrelation exists between change in depression symptomatology and cognitive decline. Studies indicate either that depression is a direct risk factor for cognitive change over time, or vice versa. Longitudinal twin studies provide the possibility to unravel cause and effect of correlated traits. Here, we have applied twin modeling approaches to shed light on the genetic correlation between both level and change of depression symptomatology and cognitive functioning, and to further explore the bidirectionality of any such correlation using assessments of both phenotypes at two occasions 10 years apart. The study included 2,866 Danish twins with a mean age of 56.8 years at intake (range: 45–68 years). Of these, 1,267 were intact pairs. A total number of 1,582 twins (55%), of whom 557 were intact pairs, participated in the follow-up survey. We found stable cross-sectional heritability estimates of approximately 60% for general cognitive abilities and 30% for affective depressive symptoms. There was a considerable decline in the mean cognitive performance over 10 years, whereas the mean affective depression symptoms score was stable and with no genetic contribution to any individual change. Additionally, we saw a small but significant cross-trait correlation at both occasions (-0.11 and -0.09, respectively), but cross-trait cross-occasion analysis revealed no evidence that either of the two traits predicts the other over a 10-year interval. Thus, our study was not able to detect any causal association between change in depressive symptomatology and cognitive decline in middle-aged and elderly people over a 10-year interval.

Keywords: depression, cognition, heritability, longitudinal, causation

Aging is accompanied by a decline in cognitive functioning, with the potential of progressing into dementia. Such changes may have significant consequences for the quality of life, and given the almost worldwide growth of the elderly, identification of possible modifiable risk factors for cognitive deficits is of central importance (Barnes & Yaffe, 2011).

It is generally acknowledged that there is a large degree of comorbid correlation between depression symptoms (characterized by either clinically diagnosed depression or a high score on measures of depressive symptoms) and cognitive impairment (based either on a dementia diagnosis or as deficits on a battery of cognitive tests). There are several possible, but not necessarily mutually exclusive, explanations for this comorbidity. These include: (1) depressed mood can directly and independently increase the risk of dementia, (2) depression lowers the threshold for manifesting dementia, (3) depressive symptoms are a prodromal sign of evolving cognitive impairment, (4) depression is a consequence of a decline in cognitive functioning, or (5) the two conditions share common risk factors or pathological paths (Bennett & Thomas, 2014). One potential source of shared etiology is a partly common genetic basis, that is, genetic factors that influence the susceptibility to experiencing depression symptoms may also have a direct effect on cognitive level or decline.


ADDRESS FOR CORRESPONDENCE: Inge Petersen, The Danish Twin Registry, Unit of Epidemiology, Biostatistics and Biodemography, Institute of Public Health, University of Southern Denmark, J.B.Winsløws Vej 9B, 5000 Odense C, Denmark. E-mail: ipetersen@health.sdu.dk
Although the temporal relationship between depression symptoms and cognitive deficits may still be debated (Huang et al., 2011; Jajodia & Borders, 2011; Vinkers et al., 2013; Diniz et al., 2013; Gao et al., 2013). Of note though, many of the longitudinal studies included in these meta-analyses are unidirectional, only testing the a priori hypothesis of depression as a risk factor for dementia or cognitive decline and not the reverse. However, several recent papers have explored the directional nature of the correlation. The English Longitudinal Study of Ageing, a six-year follow-up survey with four assessment waves, used findings from 8,611 participants age 50 through 90 years and reported that higher levels of depression symptoms at baseline were associated with a slightly faster decline in cognitive functioning. Although this was only significant in individuals aged from 60 to 80 years, a similar non-significant tendency was seen in those aged from 50 to 60 years old. Contrary to this, depression status was reasonably stable over the years of follow-up, and cognitive status was not predictive of changes in depression symptoms (Gale et al., 2012). Using a cross-domain latent change analysis set-up in a 13-year follow-up study of 2,299 participants 55+ years of age, the Longitudinal Aging Study Amsterdam demonstrated that baseline depressive symptoms were a robust predictor of cognitive decline. In contrast, only processing speed, not general cognitive ability, was related to an increase in depressive symptoms over time (van den Kommer et al., 2013). Similarly, using an autoregressive latent trajectory method in a study of 2,425 participants from the Washington Heights-Hamilton Heights-Inwood Community Aging Project (WHICAP) study, followed over 12 years with four visits, it was found that a higher initial level of depression symptoms predicted a steeper decline of memory both at the next visit, and over the entire follow-up study. Conversely, memory scores did not predict changes in depressive symptoms (Zahodne et al., 2014). In a conflicting study using an equivalent methodology, a bidirectional study of depressive symptoms and memory performance in 14,789 50+ years old participants from the Health and Retirement Study indicated that depressive symptoms did not predict change in memory. Instead, memory performance predicted depressive symptoms in a two-year later assessment (Jajodia & Borders, 2011).

Despite the considerable strength of twin methodology, only a few longitudinal twin studies have sought to unravel cause and effect of the correlation between depressive symptoms and cognitive ability. Assessment of twin correlations and differences in follow-up studies can be used to investigate the sequential relationship between two traits and to deduce to what extent a phenotypic association between the two is caused by common underlying genetic mechanisms. Using 1,237 male twins from the Vietnam Era Twin Study of Aging (VETSA), a low cognitive ability in early adulthood, but not cognitive change over the years was shown to correlate to development of depressive symptoms 35 years later ($r = 0.16$). The twin design further allowed the authors to conclude that this correlation was, to a large extent (77%), due to shared genetics (Franz et al., 2011). The study did, however, only assess depressive symptoms at middle age and was thus not able to investigate the possibility of reverse causality. In addition, an earlier Swedish study included 146 monozygotic (MZ) and dizygotic (DZ) twin pairs discordant for dementia in a co-twin control study, thus controlling for shared early life conditions and (partially) for shared genetics. The study concluded that individuals with a history of depression were more likely to have dementia than their non-depressed co-twin, but did not explore the reverse association and did not estimate the effect of genetic and environmental factors on the association (Brommelhoff et al., 2009).

In the present study, we made use of a large longitudinal population-based sample of middle-aged Danish twins, comprising 2,866 twin individuals. This twin sample was recently used to assess the magnitude of genetic influences on individual differences in cognitive functioning over a 10-year interval. The results demonstrated that the genetic factors influencing cognitive functioning was nearly perfectly correlated over the two assessments, and that individual differences in change in cognitive functioning is overwhelmingly due to non-shared environmental factors (McGue et al., 2015). Here, we have applied similar twin modeling approaches extended to two phenotypes to shed light on the genetic correlation between both level and change of depression symptomatology and cognitive functioning, and to further explore the bidirectionality of any such correlation using assessments of both phenotypes at both occasions.

**Methods and Materials**

**Participants**
The Study of Middle Aged Danish Twins (MADT) was initiated in 1998. The baseline sample consisted of 2,866 (1,267 pairs in which both members participated) same-sex twins (an additional sample of 1,448 twins from opposite-sex pairs were included in the survey but have been excluded in the present analyses). Twins were randomly drawn from all available twin pairs through the Danish Twin Registry, and evenly distributed across zyosity and birth cohorts 1931–1952. At an in-person, home-based visit, trained interviewers from the Danish National Institute of Social Research administered an extensive interview that included questions on mental and physical health as well as cognitive and physical tests (Skytthe et al., 2013). In 2008–2010, the surviving baseline twins were invited to participate in a 10-year follow-up. The follow-up assessment included a self-report...
questionnaire filled out by the twins in advance of an interview by nurses or medical students who carried out the physical and mental evaluations at a hospital or, in case the participants did not live near a hospital, at home visits. A total of 1,582 (including 557 pairs in which both members participated) same-sex twins (55.2% of all intake participants and 61.8% of surviving intake participants) took part in the follow-up assessment. Zygosity was established by means of the twins’ responses to a short mailed questionnaire that included four questions on physical similarity and difficulty in separately identifying the two members of a pair by individuals who were close to the twins (Christiansen et al., 2003). At baseline, 1,459 (50.9%) of the twins were classified as MZ and 1,407 (49.1%) as same-sex DZ; at follow-up the numbers were 807 MZ (51.0%) and 775 DZ (49.0%), respectively. Mean age was 56.8 years (SD = 6.4) at baseline and 66.5 (6.2) years at follow-up. The percentage of males was 51.3% at baseline and 54.0% at follow-up.

Phenotypic Measures

Cognitive composite score. A composite cognitive score was computed by aggregating the participants’ performance on six subtests (forward and backward recall of digit sequences of length 3–9 and 2–8, respectively, immediate and delayed recall of 12 nouns, number of animals mentioned within 1 minute, and a timed symbol-digit replacement; McGue & Christensen, 2002). Each of the six component scores (at baseline as well as at follow-up) was standardized using the means and standard deviations of the participants, who were less than 50 years of age at baseline. The cognitive composite was formed by adding these six standardized cognitive components. If one component was missing, the composite score was multiplied by 6/5, and if more than one component was missing, the composite score was coded as missing. Subsequently, the composite score was t score standardized (i.e., mean = 50 and SD = 10).

Affective depression score. Assessment of depressive symptomatology was performed using an adaptation of the depression section of the Cambridge Mental Disorders of the Elderly Examination (CAMDEX), which directly assesses both affective and somatic complaints (Johnson et al., 2002).

Only the affective depression subscale was used in the present study, as only these items were administered at both intake and follow-up. The affective depression assessment was based on nine questions about the respondents’ current emotional state, with two questions rated on a 2-point scale, and the remaining seven questions rated on a 3-point scale. The affective score was the sum of the nine items arranged such that higher affective depression score reflects a higher level of depression. The affective depression score was not normally distributed, and moreover, the skewed distribution of the score was resistant to mathematical transformation. Therefore, all the analyses were based on the original skewed scale.

Statistical Methods

Intrapair correlations. Structural equations modeling (SEM) was used to estimate intrapair correlations, for MZ and DZ twins separately, for affective and cognitive score at baseline and follow-up, as well as the change in the two scores between baseline and follow-up. Higher correlation in MZ than in DZ twins indicates that the etiology of the trait in question can partly be attributed to genetic factors. The cross-sectional correlations as well as the correlations of the 10-year change of the two phenotypes were estimated using SEM.

Biometric models. The phenotypic variance can be decomposed into a sum of four variance components: additive genetic factors (A), dominant genetic factors (D), shared environmental factors (C), and unshared environmental factors (E). Biometric modeling of twin data takes advantage of the difference of the genetic overlap of MZ and DZ twins. While MZ twins share all of their genes, DZ twins share, as ordinary siblings, on average 50% of their genes. Therefore, the within-twin pair trait covariance of MZ twins can be expressed as cov (twin1, twin2) = A + D + C and for DZ twins cov (twin1, twin2) = 0.5A + 0.25D + C. However, the full model is underspecified and it is therefore not possible to simultaneously identify the C and D components.

Using SEM, we fitted a bivariate two-factor growth model (Figure 1) to the data, whereby we simultaneously estimated the genetic and environmental contributions to the initial level and change of cognitive and affective depression scores (Neale & Cardon, 1992). ACE and ADE models were fitted and it was tested whether C and D, respectively, could be dropped without significant worse fit.

Heritability estimates of cognitive and affective scores at 10-year follow-up were separately estimated using univariate biometric AE-models.

To estimate the genetic and environmental contributions to the phenotypic (both within and between traits) correlations of the cognitive and affective scores at the two time points a bivariate SEM AE-models, using Cholesky decomposition, were fitted to pairwise combinations of affective and cognitive scores.

Causality

The analytical approach for establishing a possible causal link between affective depression and cognitive composite score followed three steps predicting causality. These have been described in detail by de Moor et al. (2008) and are briefly outlined in the following:

Prediction A (cross-sectional analysis). If trait A causes trait B, it follows that environmental and genetic factors affecting trait A must also affect trait B. Thus, significant
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FIGURE 1
Path diagram for the 2-factor AE- growth model. \( I_c \) and \( I_a \) are the initial levels of cognitive and affective scores, respectively. \( S_c \) and \( S_a \) are the 10-year changes of the two scores.

Environmental \((r_e)\) and genetic correlations \((r_g)\) are necessary conditions for a causal link between two phenotypes to exist. Bivariate structural equation modeling (SEM) was performed to examine the correlational structure of affective and cognitive scores at baseline as well as at follow-up. A second prediction formulated in de Moor et al.’s (2008) article claims that a causal link between two traits implies that the correlation between within-pair differences of the traits (co-twin control analysis) in MZ twins is significant. However, this requirement is comparable to the above requirement of \( r_e \) being significant.

**Prediction B (longitudinal analysis).** Second, a causal hypothesis requires temporal ordering (trait A precedes trait B) and so predicts that there should be significant environmental and genetic contributions to the correlation between baseline measures of trait A and follow-up measures of trait B. We used bivariate SEM to estimate the genetic and environmental contributions to the cross-trait cross-time correlations of affective score at baseline and cognitive score at follow-up and vice versa.

**Prediction C (longitudinal analysis).** A third analysis addressed the correlation of within-person changes for the two traits in question. A causal link between trait A and B would predict that within-person changes of trait A and B are correlated.

All analyses were conducted on residuals obtained from linearly regressing the cognitive scores and the affective score separately on age and sex. The Stata 13 software (StataCorp., 2013) was used for regression analyses and the Mx software (http://views.vcu.edu/mx/) was used for all analyses involving SEM analyses.

**Results**
The characteristics of the study sample as well as cognitive and affective scores are presented in Table 1, both for the entire sample and broken down by zygosity. The numbers demonstrate that it is the most cognitively intact and less depressed individuals at baseline who are most likely to participate at follow-up.

**Heritability**
Intrapair correlations for cognitive composite and affective scores at baseline, follow-up and 10-year change are reported in Table 2. The MZ correlation for the cognitive score was virtually unchanged from baseline to follow-up (0.61 and 0.64, respectively) but the DZ correlation increased from 0.24 to 0.42 during the 10 years. Correlations
for the affective scores increased slightly for MZ and DZ twin pairs between the two time points.

In the two-factor growth models, ACE and ADE models were fitted to the data; however, the contribution from C ($\chi^2 = 5.59$, df = 10, $p = .85$) and D ($\chi^2 = 7.57$, df = 10, $p = .67$) did not reach statistical significance. Heritability estimates based on AE models revealed higher heritability for cognitive score (0.62 at baseline and 0.65 at follow-up) than for affective score (0.28 at baseline and 0.32 at follow-up) (Table 2). There was a small, but statistically significant, genetic contribution to the decline of cognitive score (0.14), but no genetic contribution to the change of the affective depression score.

**Prediction A.** These analyses demonstrated small but significant environmental and genetic contributions to the cross-trait correlation at baseline but only significant environmental contribution at 10-year follow-up (Table 3). Thus, the results at baseline are consistent with the hypothesis of a causal link between affective and cognitive scores. However, the analysis of cross-sectional data at follow-up did not confirm a significant genetic contribution to the cross-trait correlation and therefore failed to confirm the causal hypothesis.

**Prediction B.** Neither genetic nor environmental correlations demonstrated significance in bivariate longitudinal cross-trait analyses (Table 4). Thus, prediction B for causality is not fulfilled for either direction (i.e., affective depression score causing future cognitive score or vice versa).

**Prediction C.** The estimated correlation between 10-year change of affective depression and cognitive scores was small but significant (0.08 [95% CI: -0.13; -0.02]). Thus, within-person change of one phenotype predicted parallel change of the other (e.g., increased affective depression score is associated with decreased cognitive score and vice versa). This result is consistent with a causal link between affective depression and cognitive scores.

**Discussion**

A considerable number of studies have over the years attempted to disentangle the correlation between the emergence of depressive symptoms and the onset of cognitive decline. Here, we used the powerful and genetically informative twin design, which allows for both estimation of the genetic contribution to cross-sectional and longitudinal cross-trait correlations, as well as for exploring any possible causal nature of such correlations.

Using 2,866 middle-aged twins, of whom 1,582 were assessed twice in 10 years, we found stable, occasion-specific (i.e., cross-sectional) heritability estimates of approximately 60% for general cognitive abilities and 30% for affective depressive symptoms. These estimates are completely consistent with our previous cross-sectional heritability estimates across age in Danish twin pairs (in which the present intake data was included; McGue & Christensen, 2013; McGue et al., 2015), as well as with the heritability estimates from other studies (Carmelli et al., 2000; Jansson et al., 2004; Johnson et al., 2013). In addition, we saw a considerable decline in the mean cognitive performance over 10 years,
that affective depression symptoms are variable, and highly
influenced by environment at follow-up. This marked discrepancy in
genetics and environment at intake, but almost exclusively
ingly, the phenotypic correlation was influenced equally by
small but significant and comparable cross-trait correlation
than 0.9 for both traits.

The temporal within-trait correlations were primarily due
to the unraveling of the temporal relationship between cog-
nitive decline and depression symptomatology, and to eluci-
date this question we followed the steps for causally linking
two traits that were suggested by de Moor et al. (2008).
Furthermore, from these estimates we cannot deduce if this indicates: (1) a genetic liability for depressed mood, which
in turn impacts the cognitive abilities; (2) the reverse situ-
ation from this; or (3) a definite and genetically influenced
pathological path, which is shared between the two pheno-
typic traits (Bennett & Thomas, 2014).
Accordingly, a specific aim of this study was to contribute
to the unraveling of the temporal relationship between cog-
nitive decline and depression symptomatology, and to eluci-
date this question we followed the steps for causally linking
two traits that were suggested by de Moor et al. (2008).
According to these criteria, a prerequisite for a causal association in one or the other direction would be a statisti-
cally significant influence from both genetics and the en-
vironment on the occasion-specific, cross-trait phenotypic
correlation. Moreover, to infer a direction of such a causal
association, the genetic contribution to any cross-trait lon-
gitudinal correlation should be significant in either one or

with a small, borderline significant genetic contribution
(14%). These results are overall in accordance with our re-
cent detailed study of the genetic nature of cognitive level and
change in these middle-aged twins, reaching the final conclu-
sion that the change in cognition can be attributed
mainly to non-shared environment (McGue et al., 2015).
Contrary to our discovery here of a slight indication of a genetic contribution to cognitive change, we
found the mean affective depression score to be stable over
the 10-year follow-up period in middle-aged individuals,
and with no indications of a genetic contribution to any
individual change. While the temporal between-trait cor-
relations were small, the stability correlations of the traits
were 0.69 [95% CI: 0.66; 0.71] for the cognitive score and
0.52 [95% CI: 0.48; 0.56] for the affective score (Table 4).
The temporal within-trait correlations were primarily due
to common genetics — the genetic correlations were larger
than 0.9 for both traits.

In accordance with previous studies, we did indeed see a
small but significant and comparable cross-trait correlation at
both occasions (-0.11 and -0.09 respectively). Surpris-
ingly, the phenotypic correlation was influenced equally by
genetics and environment at intake, but almost exclusively
by environment at follow-up. This marked discrepancy in the
genetic contribution may in part be caused by the fact that affective depression symptoms are variable, and highly
impressionable to seasonal effects and occasion-specific cir-
cumstances such as recent adverse life events (McGue & Christensen, 2003). In addition, it may be of importance that the participants are 10 years older at follow-up, and that only 55% participated in both assessments, although this hypothesis is contradicted by the fact that the mean depression level did not change over the years. In comparison, in the VETSA study of 1,237 male twins, Franz et al. (2011) found an 18% correlation between general cognitive ability and depression symptoms when the traits were assessed concurrently at middle age. They did not, however, estimate the overlapping genetic effect in their cross-sectional assessment (Franz et al., 2011). In any case, the correlations reported in the present study are generally small and only borderline significant, and thus we present only suggestive evidence of a shared genetic background for the two traits.
the other direction, thus indicating that the one trait prece-
ded the other. As we found only significant cross-trait genet-
ic and environmental correlations in the intake as-
se ssment, the evidence for a causal relationship is weak-
ened. However, the within-person change of one pheno-
type predicted parallel change of the other; for example,
increased affective depression score was associated with
decreased cognitive score and vice versa within the indi-
viduals, thus supporting a causal link between depression
symptomatology and cognitive abilities. Finally, although
the 10 year, longitudinal cross-trait analysis indicated a ten-
dency towards depression symptoms acting as a predictor
rather than a consequence of cognitive decline, all cross-
trait, cross-occasion correlations were negligible. In total,
our data thus provide no compelling evidence that either
of the two traits predicts the onset of the other, over a 10-year
interval. We cannot rule out, however, the possibility that
the minor longitudinal correlations on top of the cross-
sectional correlations reflect the existence of shared genetic
risk factors, which may promote an increase in affective
depression symptoms at an earlier stage in life than the
development of cognitive impairment.

Our results thus provide only very limited support to
 equivalent, but non-twin, studies with bidirectional longi-
tudinal designs (Gale et al., 2012; van den Kommer et al.,
2013; Zahodne et al., 2014), suggesting that depressive
symptoms can predict future cognitive decline.

Despite the obvious advantage of twin studies in these
research questions, this is the first twin study testing the
bidirectional hypothesis. Two previous twin studies exist,
and these are only partly in line with our results. In a
combined case-control and discordant-twin study based
on more than 12,000 participants in the Study of Deme-
tia in Swedish Twins, Brommelhoff et al. (2009) found that
those individuals who had a history of depression were more
likely to have dementia than (unrelated) individuals with no
history of depression. In support, a smaller sample of 146
twin MZ and DZ pairs discordant for dementia, of whom
40 had a history of depressive episodes, the co-twin control
analysis revealed three times higher odds for the depressed
twin to have dementia. Based on the latter study, the au-
thors conclude that the association between dementia and
preceding depression is not explained by genetics or shared
early environment (Brommelhoff et al., 2009).

In their longitudinal analysis of VETSA, Franz et al.
(2011) estimated a 16% phenotypic correlation between
general cognitive ability and depressive symptoms when
assessed 35 years apart, whereas lack of intake data on de-
pression prevented them from testing the reverse hypoth-
esis. In striking contrast to our findings, they additionally
attributed 77% of the correlation between young adult-
hood cognition and depression symptoms at middle age
to shared genetics. Possible explanations for this discrep-
ancy may be that the participants were noticeably younger
at intake than those included in the present study, and the
considerably longer follow-up time in VETSA (Franz et al.,
2011).

Limitations to our study include the sizeable loss to
follow-up, that is, only 55% of individuals participated in
the second assessment. However, from Table 1 it is evident
that the better performing participants are those most likely
to participate at the 10-year follow-up survey, and thus the
main effect of the loss to follow-up is probably a weakened
power in our analysis. In addition, although we made use of
a reasonably large study sample, this sample may neverth-
ever be insufficiently powered for detection of a predicting
potency of either depression symptoms on cognitive de-
cline or vice versa, which (as judged by the very minor
correlations) may be rather subtle. A longer follow-up time
than the 10 years employed here may be necessary for a
larger effect. Finally, we have to stress that the CAMDEX
depressive symptom score applied in this study is not well
suited for classification into clinical depression of varying
severity. Instead the affective score is more likely to repre-
sent the normal variation in affective mood. Similarly, the
cognitive composite score does not necessarily constitute
an instrument for early detection of an emerging demen-
tia, but rather reflects the normative aging-related decline
in cognitive functioning. It is thus possible that stronger
correlations, and better predictive potential, will be more
evident for categorically diagnosed major depression.

In conclusion, to our knowledge this is the first report
of a bidirectional longitudinal study of the association be-
 tween depressive symptomatology and cognition using a
large and genetically informative twin sample. We found
small but significant occasion-specific correlations between
affective depressive symptoms and the level of general cog-
nitive abilities, but we could not confirm any causal associ-
ation between the two traits.

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