



Research Opportunities

at Food for the Brain Foundation

Pioneering research in brain health, cognitive decline and dementia prevention

Advancing research into cognitive decline and dementia prevention requires tools that are validated, scalable, and rich in data. Food for the Brain Foundation has developed exactly that: a suite of research-ready instruments spanning cognitive assessment, comprehensive diet and lifestyle profiling, dementia risk scoring, and blood biomarker analysis — all integrated within the COGNITION® Biobank and available to academic and clinical researchers worldwide. We welcome collaboration and invite you to contact us to explore how these resources could support your work.



The Cognitive Function Test

The [Cognitive Function Test](#) is a validated, standardised, self-administered digital cognitive assessment test that has been completed by over 410,000 participants across more than 100 countries. It is delivered via web browser and takes approximately 10 minutes to complete, making it highly scalable for both clinical and research use. The test is currently used across PhD and MSc research programmes, pan-European multi-site studies, large-scale academic research collaborations, and intervention studies examining the impact of diet, lifestyle, and nutritional supplementation on cognitive outcomes. It has received an Innovate UK award positioning it within the national early detection agenda.

410,000+

Completions worldwide

100+

Countries

~10 min

To complete

Ages 18–98

Participant range

The test assesses four key cognitive domains

Episodic Memory

Assessed via the Placing Test (University of Oxford) - measures ability to encode and recall object-location associations, with

Recognition Memory

Measures ability to identify previously encountered information - a key indicator of memory consolidation and retrieval,

well-established sensitivity to early cognitive decline.	sensitive to age-related cognitive change and early neurodegeneration.
Executive Function Assessed via the Symbol Matching Test (Dr Celeste de Jager Loots, Imperial College London) - measures attention, visual tracking, and higher-order cognitive processing.	Processing Speed Based on a paradigm by Professor Timothy Salthouse - a foundational domain that declines with age and is implicated across a range of neurodegenerative conditions.

Research Applications

- Pre- and post-intervention measurement: designed for repeated use, the test can be administered at baseline and follow-up as an objective outcome measure.
- Clinical and academic research: provides validated, standardised cognitive performance scores referenced against age- and education-based normative data, suitable for use across a wide range of research programmes.
- Population-level and epidemiological research: with over 410,000 completions across 104 countries and participant ages 18 to 98, the test supports large-scale observational and epidemiological studies.
- Scalability and remote administration: as a self-administered, web-based tool, the test can be deployed at scale in both clinical and non-clinical environments, reducing burden on research teams.
- Diverse and inclusive populations: carefully adapted for use across diverse ethnic, linguistic, and cultural groups and available in eight languages - English, Polish, German, Brazilian Portuguese, Mandarin, Urdu, and Punjabi - making it well suited to multi-site, multi-ethnic, and pan-national studies.

The Cognitive Function Test is available for researchers to use under licence.



**COGNITION®
BIOBANK**

The [COGNITION® Biobank](#) is a landmark initiative of Food for the Brain Foundation - a global research database dedicated to advancing brain health through the study of diet,

lifestyle, and biological markers. With over 410,000 participants, expected to increase to over one million by the end of 2027, the COGNITION® Biobank holds detailed anonymised data including dietary patterns, metabolic markers, and lifestyle variables alongside Cognitive Function Test performance data. This multi-dimensional, longitudinal dataset provides a powerful, scalable resource for research into the modifiable risk factors underpinning brain health, cognitive decline and dementia, and is well suited to collaborative studies across epidemiology, nutrition, and neuroscience.

Data Collected	What sets the COGNITION® Biobank apart
<ul style="list-style-type: none"> • Cognitive Function Test: assessment and longitudinal tracking across four cognitive domains. • COGNITION® Health, Diet and Lifestyle Questionnaire: a comprehensive questionnaire covering diet, supplementation, physical activity, sleep, health, social factors, family history, and quality of life. • Dementia Risk Index: overall dementia risk across eight targetable domains: carbohydrates and glycaemic load, brain fats, B vitamins, antioxidants, healthy gut, active body, active mind, and sleep and calm. • Blood tests and biomarker analyses: Vitamin D, HbA1c, Homocysteine, Omega-3 Index, Glutathione Index, via validated dried blood spot methodology. 	<ul style="list-style-type: none"> • Citizen Science model: participants actively contribute data as Citizen Scientists, enabling real-time tracking of cognitive changes and the impact of diet and lifestyle interventions. • Global reach and diverse demographics: data from over 100 countries, age range 18 to 98. • Prevention focus: research data suggests that those who adopt prevention-consistent behaviours and score favourably on the Dementia Risk Index are significantly less likely to enter the zone of concerning cognitive impairment. • Robust data management: managed using REDCap (Vanderbilt University) with strict anonymisation, GDPR and HIPAA compliance, and controlled researcher access.

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