



INTERDEM MEMBERS – BRIEF CURRICULUM VITAE

NAME: Ayda Rostamzadeh

TITLE: Dr. med. / MD

PROFESSIONAL GROUPING: Psychiatrist and Psychotherapist

WORK ADDRESS:

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WEBLINK: <https://psychiatrie-psychotherapie.uk-koeln.de/klinik/koelner-alzheimer-praeventionszentrum/>
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PRESENT POSITION:

Senior Physician, Head of the Cologne Alzheimer Prevention Center and Center for Memory Disorders

HIGHEST ACADEMIC QUALIFICATION (e.g. PhD, MD etc.): MD

YEAR OF PHD QUALIFICATION: 6 yrs.

PROFILE OF MEMBER: Board certified Psychiatrist and Psychotherapist

AREAS OF EXPERTISE:

Research Expertise:

- Risk profiling and lifestyle modification for individuals with an increased risk of dementia
- Psychotherapeutic Interventions for individuals with an increased risk of dementia
- Risk communication and Health Literacy
- Ethical and psychosocial implications of predictive dementia diagnostics

Clinical Expertise:

- Certification in Geriatric Psychiatry (German Society for Geriatric Psychiatry)
- Certification in Interpersonal Psychotherapy (German Society for Interpersonal Psychotherapy)
- Electroconvulsive therapy
- Diagnostic and treatment of affective and cognitive disorders

KEY PUBLICATIONS:

Gerards, M., Baumeister, A., Hübner, C., Ribaldi, F., Cantero-Fortiz, Y., Braun, J., Boada, M., Frisoni, G. B., Jessen, F., Schmitz-Luhn, B., Schwegler, C., Wooten, C., & Rostamzadeh, A. Dementia risk estimation in persons at risk and the predictive turn in Alzheimer's disease-The PreTAD project: Study protocol with an ethical, clinical, linguistic, and legal approach. *PloS one*, 2025; 20(7), e0319868.

Rostamzadeh A, Kalthegener K, Schwegler C, Romotzki V, Gil-Navarro S, Rosende-Roca M, Ortega G, Canabate P, Moreno M, Maier F, Zeyen P, Schild AK, Meiberth D, Sannemann L, Bohr L, Schmitz-Luhn B, Boada M, Wooten C, Jessen F. Psychological Outcomes Of Dementia Risk Estimation In MCI Patients: Results From The PreDADQoL Project. *Alzheimers & Dementia*. 2024 Nov;20(11):7635-7656. doi: 10.1002/alz.14226.

Schwegler C, Schmitz-Luhn B, Romotzky V, Canabate P, Moreno M, Ortega G, Boada M, Jessen F, Wooten C, Rostamzadeh A. Predementia counseling: Informed decision-making and post-counseling reflection. *GeroPsych (Bern)*. 2023. <https://doi.org/10.1024/1662-9647/A000313>

Perry, J., Radenbach, K., Geschke, K., & Rostamzadeh, A. (2024). Counseling and disclosure practices in predictive Alzheimer's disease diagnostics: A scoping review. *Alzheimer's & dementia : the journal of the Alzheimer's Association*, 20(12), 8910–8936.

Rostamzadeh A, Bohr L, Wagner M, Baethge C, Jessen F. Progression of Subjective Cognitive Decline to MCI or Dementia in Relation to Biomarkers for Alzheimer Disease: A Meta-analysis. *Neurology*. 2022; 99(17):e1866-e1874.

RELEVANT RESEARCH ACTIVITY:

- „Patient involvement in the development of a psychosocial support intervention for individuals with MCI“; Principal Investigator; Funding: Federal Ministry of Research, Technology and Space; Funding Period: 02/2025–11/2026.
- „Omega-6/Omega-3 Ratio in Dementia Prevention“; Co-Principal Investigator; Funding: German Alzheimer's Society; Funding period: 01/2025 – 06/2026.
- „The Predictive Turn in Alzheimer's Disease: Ethical, Clinical, Linguistic and Legal Aspects (PreTAD)“; Co-Principal Investigator; Funding: ERA-NET NEURON, Federal Ministry of Research, Technology and Space; Funding period: 07/2021–06/2025.

CURRENT RESEARCH INTERESTS/ONGOING PROJECT TITLE:

- „Psychotherapy in early AD – PeAD“; Pricipal Investigator; Funding: Alzheimer Forschungsinitiative; Funding period: 01/2026–12/2027.
- „Patient involvement in the development of a psychosocial support intervention for individuals with MCI“; Principal Investigator; Funding: Federal Ministry of Research, Technology and Space; Funding Period: 02/2025–11/2026.

HOW DO YOU INTEND TO CONTRIBUTE TO INTERDEM:

I look forward to collaborating with the INTERDEM-network and to contributing in projects aiming to promote brain-health and reduce the individual dementia risk. I focus on interventions with a nutritional and psychological focus (e.g. studies to improve the nutritional intake and studies to promote psychological resilience).