

# The American University in Cairo (AUC)

## *Project: A Longitudinal Study of Egyptian Healthy Aging (AL-SEHA).*

This project (AL-SEHA) will start a longitudinal study of healthy aging in Egypt, a populous and diverse country. Egypt is the most populous Middle Eastern country and the third most populous country in Africa with a current population exceeding 102 million individuals. Future projections highlight Egypt rapid growth. AL-SEHA will be the first nationally representative aging study in the region with full access to the different Egyptian governorates. The research team has piloted this work through a previously funded project by the German Academic Exchange Services (DAAD) in collaboration with the Survey of Health, Aging and Retirement in Europe (SHARE). The Egyptian team translated, culturally adapted and tested the SHARE survey instrument in a sample of five Egyptian governorates with a response rate over 90%. We will use the gained experience from the pilot study to start administering the SHARE translated tool to 20,000 Egyptian subjects over 45 years old for two consecutive waves.

In parallel, the AL-SEHA team will translate, culturally adapt and validate the harmonized cognition assessment protocol (HCAP) using a subsample of the main study subjects. This sub-study will measure the prevalence of dementia and cognitive impairment in Egypt and help to understand the factors contributing to cognitive decline.

The usage of the translated and adapted SHARE and HCAP tools will facilitate harmonization with other similar studies worldwide and invite comparative analyses of data and exchange of knowledge and experience within the network of HRS-type health and retirement studies, with the potential to spark a MENA SHARE sister study in the Middle East and North Africa (MENA) as well as an integrated MENA HCAP network.

### **Student Responsibilities:**

The intern will join the HCAP team validating the Egyptian version of HCAP among a sample of seniors to assess the adaptation of HCAP battery to Egyptian culture

### **Student Characteristics and Eligibility:**

Open to undergraduate or graduate students who have an interest in population studies and cultural comparisons. Experience in survey analysis is an asset.

### **Length of Program:**

**Approximately 6 - 8 weeks during June/July 2023**

## **Tentative Budget**

Item	Cost (USD)
Housing & Meals	\$1450
UA Placement Fees	\$500
Flight	\$1000
Local Transportation	\$200
Health Insurance	\$168
Total	\$3,318

**Please note these are estimated costs, program costs are subject to change.**