

# Combined Motor and Cognitive Training for Older Adults With Motoric Cognitive Risk Syndrome (CMC-training)

NCT06542601

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**Status** RECRUITING  
**Sponsor** Xuanwu Hospital, Beijing  
**Enrollment** 204 participants

## Key Eligibility Criteria

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### Inclusion (1)

- Age 60-80 years; e 9 years of education; Cognitive impairment: MMSE score 22-26; Slow gait:total walking time  $\geq$ 4 seconds and d8 seconds in a 4-meter walk test; Agreed to participate in the study and signed an informed consent form.

### Exclusion (1)

- Dementia/suspected dementia; Suffering from diseases that affect cognitive function, such as cerebrovascular disease, Parkinson's syndrome, etc.; Taking medications related to cognitive improvement and psychiatric disorders, etc.; Recent heart attack, severe cerebrovascular disease, psychiatric disorders, etc.; other inability to persist in completing exercise cognitive interventions, such as suffering from severe musculoskeletal disorders; Participating in another clinical trial at the same time Participation in an exercise and/or cognitive intervention in the past 6 months; Inability to complete content in studies such as neuropsychological scale assessments.

## Locations (1 total)

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Xuanwu Hospital, Capital Medical University, Beijing, China