

# Gangguan Kognitif pada Penyakit Parkinson dan Faktor-Faktor yang Memengaruhinya: Studi Menggunakan Scales for Outcomes in Parkinson's Disease-Cognition Versi Bahasa Indonesia (SCOPA-COG INA) = Cognitive Impairment in Parkinson's Disease and Its Influencing Factors: A Study Using the Indonesian Version of Scales for Outcomes in Parkinson's Disease-Cognition (SCOPA-COG INA)

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## Abstrak

**Latar Belakang:** Penyakit Parkinson (PP) adalah penyakit neurodegeneratif yang sering disertai gangguan kognitif, memengaruhi kualitas hidup pasien. Penelitian ini bertujuan mengidentifikasi faktor risiko gangguan kognitif pada pasien PP menggunakan Scales for Outcomes in Parkinson's Disease-Cognition Versi Bahasa Indonesia (SCOPA-COG INA).

**Metode:** Desain *cross-sectional* dengan 45 pasien PP yang menjalani pemeriksaan kognitif menggunakan SCOPA-COG INA. Data faktor risiko dikumpulkan melalui anamnesis dan pemeriksaan medis. Analisis deskriptif, bivariat, dan multivariat digunakan untuk mengidentifikasi faktor risiko gangguan kognitif.

**Hasil:** Dari 45 pasien, 68,9% mengalami gangguan kognitif (53,3% *mild cognitive impairment* (MCI), 15,6% demensia terkait penyakit Parkinson (DPP)). Faktor risiko signifikan meliputi usia, usia onset penyakit, *postural-instability-gait disorder* (PIGD), penyakit serebrovaskular, halusinasi, hipotensi ortostatik, konsumsi alkohol, dan merokok. Usia 50 tahun memiliki risiko 14,5 kali lipat ( $p=0.002$ ). Penyakit serebrovaskular, PIGD, halusinasi, dan konsumsi alkohol juga berhubungan signifikan. Analisis multivariat menunjukkan usia onset PP 50 tahun meningkatkan risiko 18,81 kali lipat ( $p=0.009$ ), hipotensi ortostatik 16,18 kali lipat, ( $p=0.035$ ), dan merokok 12,17 kali lipat ( $p=0.035$ ) sebagai faktor risiko independen. Hipotensi ortostatik mempengaruhi semua domain kognitif.

**Kesimpulan:** Gangguan kognitif pada pasien PP dipengaruhi oleh usia onset 50 tahun, hipotensi ortostatik, dan merokok. Identifikasi faktor risiko ini penting untuk strategi intervensi yang lebih efektif.

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**Background:** Parkinson's Disease (PD) is a neurodegenerative disease often accompanied by cognitive impairments, affecting patients' quality of life. This study aims to identify risk factors for cognitive impairment in PD patients using the Indonesian version of the Scales for Outcomes in Parkinson's Disease-Cognition (SCOPA-COG INA).

**Methods:** A cross-sectional design was used with 45 PD patients undergoing cognitive assessment using SCOPA-COG INA. Risk factor data were collected through

anamnesis and medical examinations. Descriptive, bivariate, and multivariate analyses were used to identify risk factors for cognitive impairment.

**Results:** Of the 45 patients, 68.9% experienced cognitive impairment (53.3% mild cognitive impairment (MCI), 15.6% Parkinson's disease dementia (PDD)). Significant risk factors included age, age at disease onset, postural instability gait disorder (PIGD), cerebrovascular disease, hallucinations, orthostatic hypotension, alcohol consumption, and smoking. Age  $\geq 50$  years was associated with a 14.5-fold increased risk ( $p=0.002$ ). Cerebrovascular disease, PIGD, hallucinations, and alcohol consumption were also significantly associated. Multivariate analysis showed that PD onset age  $\geq 50$  years increased the risk by 18.81 times ( $p=0.009$ ), orthostatic hypotension by 16.18 times ( $p=0.035$ ), and smoking by 12.17 times ( $p=0.035$ ) as independent risk factors. Orthostatic hypotension affected all cognitive domains.

**Conclusion:** Cognitive impairment in PD patients is influenced by onset age  $\geq 50$  years, orthostatic hypotension, and smoking. Identifying these risk factors is crucial for developing more effective intervention strategies.