

B14 The relationship between diet quality and cognitive function among breast cancer survivors

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There is lack of evidence on the role of dietary factors in protecting cognitive function among breast cancer survivors. Therefore, this study examines the relationship between diet quality and cognitive function among this population. A cross-sectional study which involved a total of 50 subjects who were chosen using purposive sampling. Data was collected through online interview to obtain information about the sociodemographic, clinical, diet quality by the Malaysian Healthy Eating Index (M-HEI) and cognitive function status by Mini Mental State Examination (MMSE), Digit Span test (DS) and Rey Auditory Verbal Learning test (RAVLT). Majority of the subjects (92%) needed improvements to be made to their diet. Total fat intake (29.1±4.8%) had the highest M-HEI score while dairy products had the lowest M-HEI score among subjects. Overall, performance of subjects in every cognitive function test including MMSE (28.5±1.2), DS forward (5.1±1.4), DS backward (5.2±1.5), RAVLT immediate (56.3±7.0), RAVLT recognition (14.8±0.4) and RAVLT delayed recall (14.4±0.9) were better compared to the score from previous studies. Spearman test showed significant correlation between M-HEI score in fish and seafood group with the score from MMSE test ($r=-0.359$, $p<0.05$). However, no consistent and significant correlation was observed between diet quality and cognitive function specifically on global cognitive, memory and attention among subjects. Further studies could adapt this protocol to a larger and more representative sample size and could compare the diet quality and cognitive function between healthy women and breast cancer survivors.