

## BACKGROUND

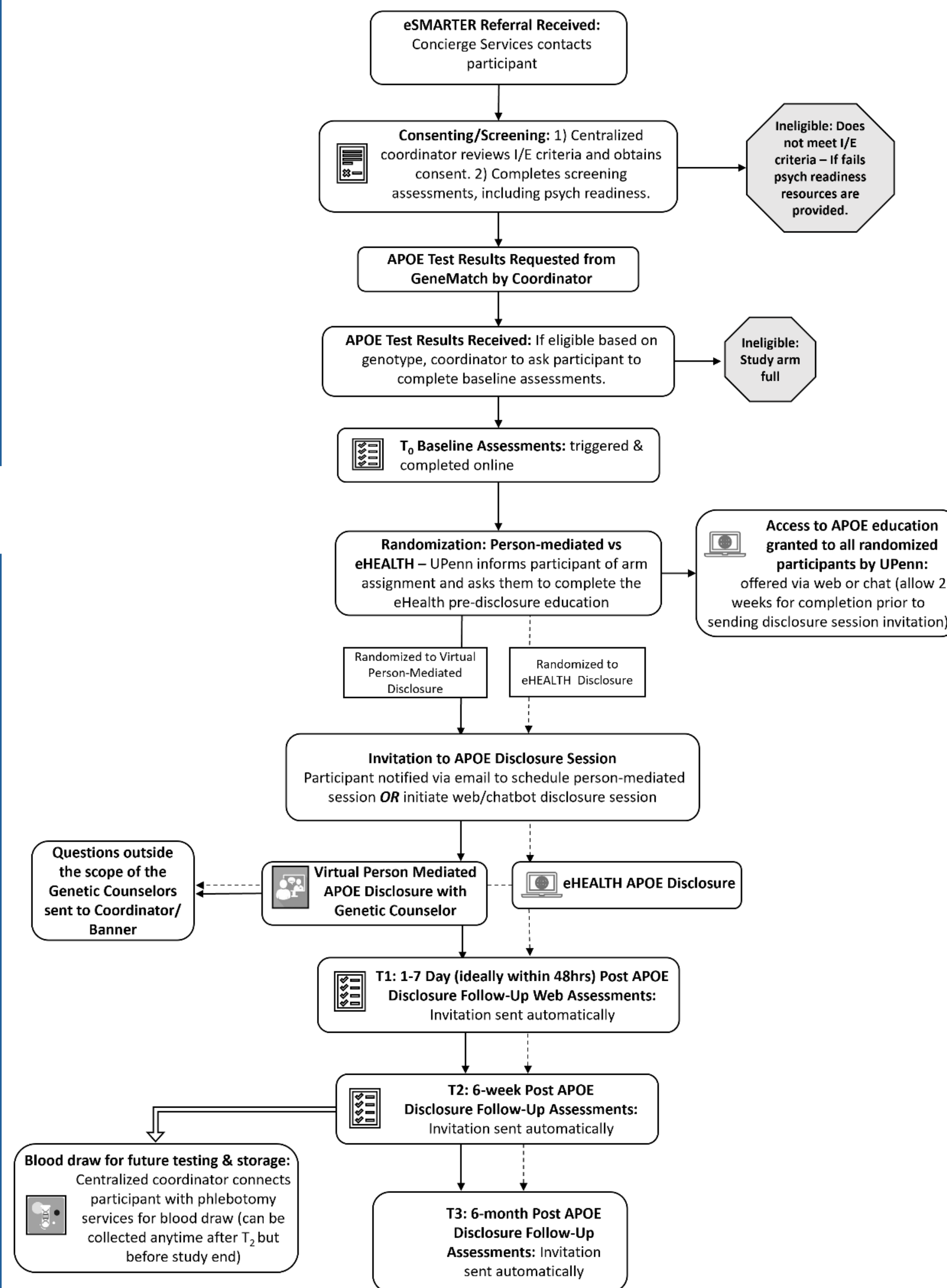
- Availability of amyloid modifying therapies will increase the need for disclosure of Alzheimer's related genetic and biomarker test results.
  - 21<sup>st</sup> Century Cures Act requires the immediate return of most medical test results
- A shortage of genetic counselors and dementia specialists already exists, driving the need for scalable methods to responsibly communicate results.

## METHODS

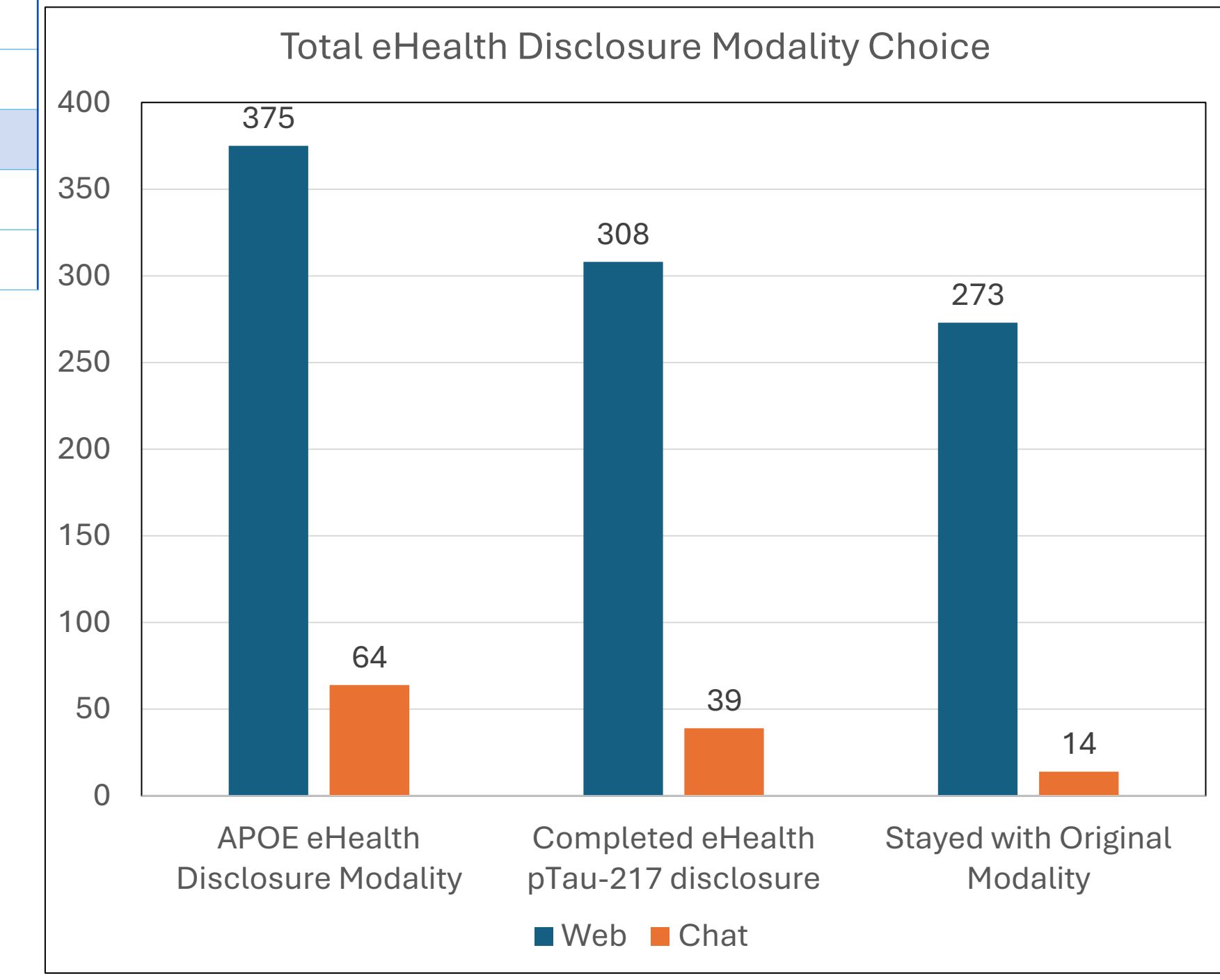
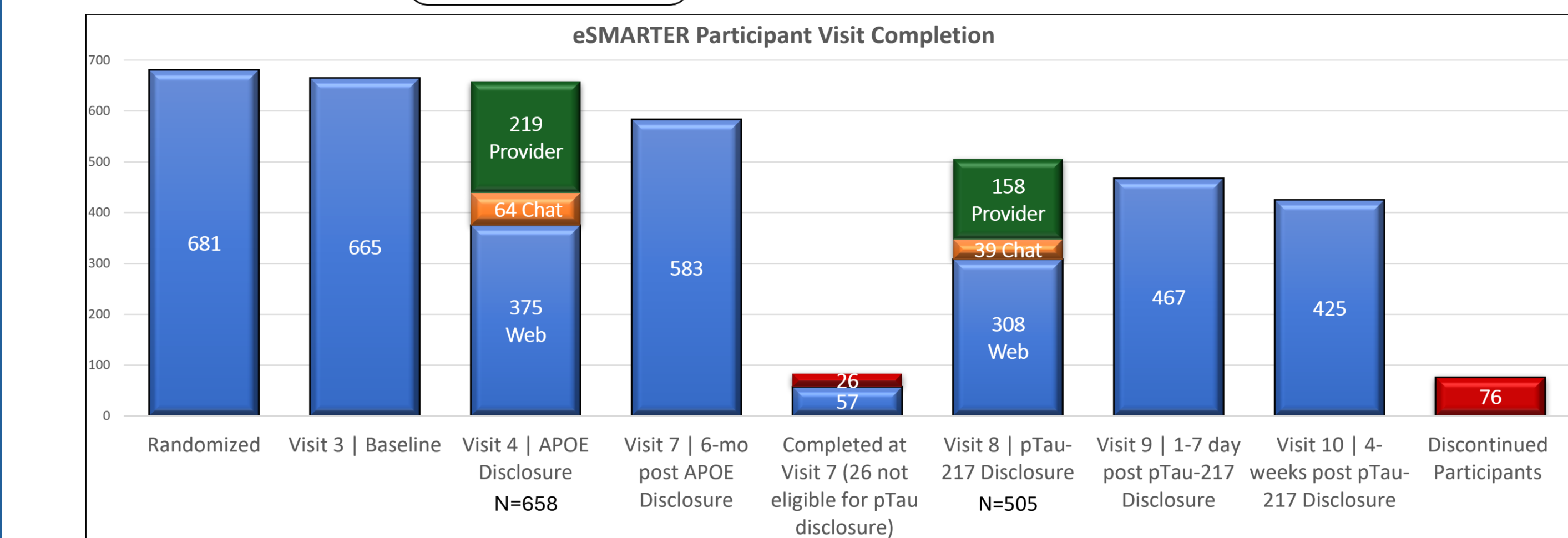
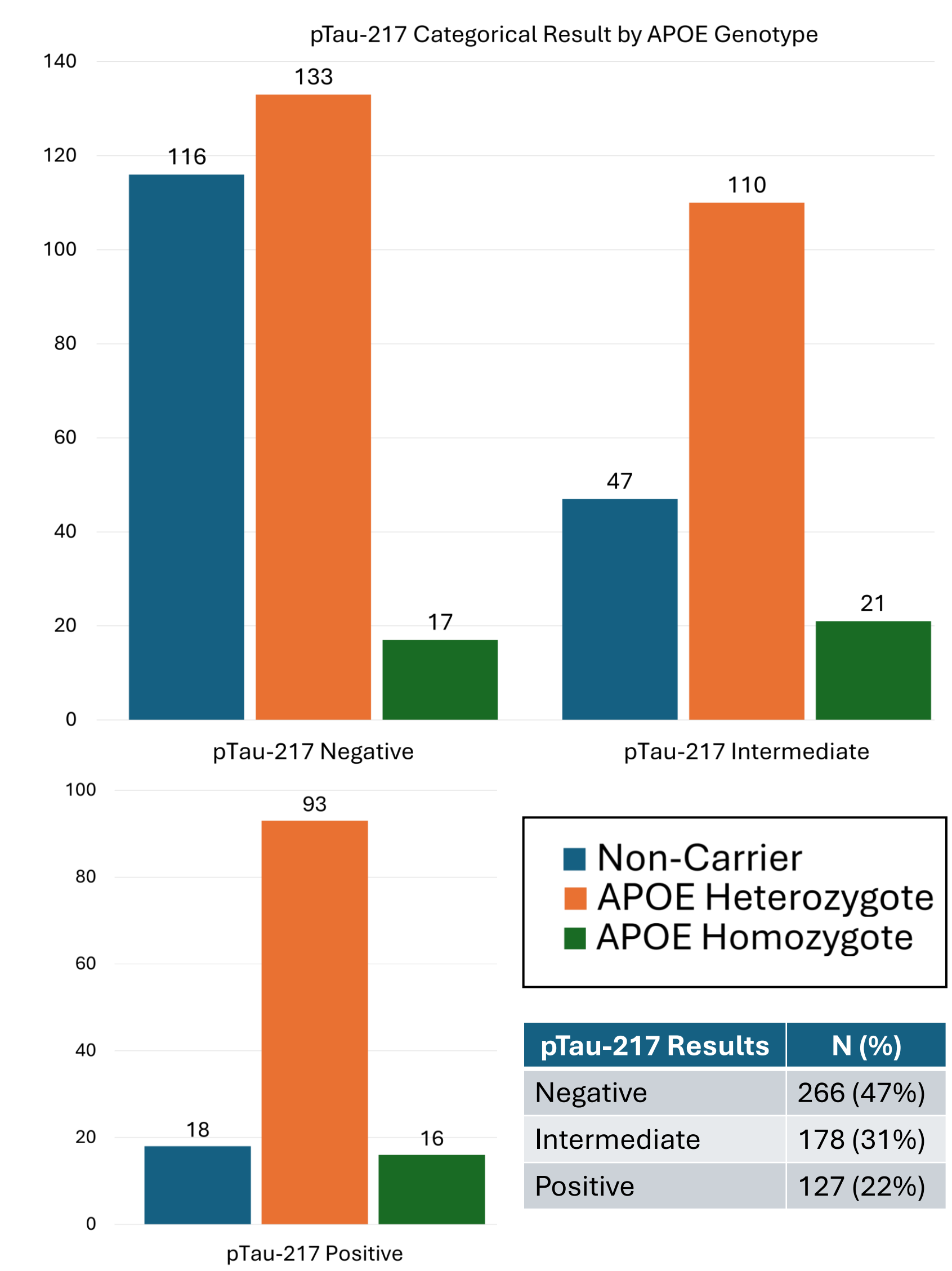
- Decentralized, randomized trial to evaluate scalable digital return of APOE and plasma pTau-217 results (#NCT06459583).
- Participants randomized to receive results via telehealth care provider or by eHealth platform (participant-led).
- **Sample:** 681 participants enrolled 10/10/2024 to 2/11/2025.
  - N=76 (11.2%) discontinued participation early
- Data collection completed 11/2025
- **Primary Outcomes:** Changes in anxiety, AD-related knowledge, and disease-specific distress.
  - *Primary analysis:* Non-inferiority tests to examine if self-mediated disclosure provides equivalent or improved outcomes compared to usual care.
  - Additional analyses will examine result comprehension, individual impact of learning AD genetic and biomarker information, and participant experiences using the eHealth platforms.

## STUDY DESIGN, DEMOGRAPHICS, eHEALTH MODALITY USED

### eSMARTER Study Flow



Sample Demographics (n=681)	
<b>Sex</b>	
Male	225
Female	456
<b>Average Age</b>	67.97
Age 60 - 65	235
Age 66 - 70	238
Age 71 - 75	161
Age 76 - 80	47
<b>Telephone MoCA (Range 0 - 22)</b>	19±2
<b>APOE Carrier Status</b>	
APOE4 Homozygote	65
APOE4 Heterozygote	392
APOE4 Non-Carrier	224
<b>Education</b>	
Bachelor's Degree or Higher	517
Some College	107
Trade/Vocational Training	20
High School or GED	23
Less than High School	1
Unknown	13
<b>Race</b>	
American Indian or Alaska Native	3
Asian	14
Black or African American	22
More than one race	22
White	610
<b>Ethnicity</b>	
Hispanic or Latino	42
Not Hispanic or Latino	632



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