CARDIOVASCULAR AND MENTAL HEALTH BENEFITS OF SOY CONSUMPTION:

ROLE OF SOY ISOFLAVONES

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B Med Pharm Biotech (Hons)

A thesis submitted for the degree of Doctor of Philosophy

Discipline of Physiology

University of Adelaide

South Australia

May 2008
APPENDIX 6- Isoflavone Supplement Specification Information
NOTE:
This appendix is included on pages 275-279 of the print copy of the thesis held in the University of Adelaide Library.
APPENDIX 7- Cognitive Tests used in Isoflavone Supplement Intervention
<table>
<thead>
<tr>
<th><strong>Intrusions</strong></th>
<th><strong>= Trail A6 - A5</strong></th>
<th><strong>= Trail A1 to A5</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fish</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Church</td>
<td>River</td>
<td></td>
</tr>
<tr>
<td>Pen</td>
<td>House</td>
<td></td>
</tr>
<tr>
<td>Gun</td>
<td>Color</td>
<td></td>
</tr>
<tr>
<td>Lamb</td>
<td>Lucky</td>
<td></td>
</tr>
<tr>
<td>Boat</td>
<td>Nose</td>
<td></td>
</tr>
<tr>
<td>Cloud</td>
<td>Farmer</td>
<td></td>
</tr>
<tr>
<td>Lover</td>
<td>Hall</td>
<td></td>
</tr>
<tr>
<td>Glasses</td>
<td>Garden</td>
<td></td>
</tr>
<tr>
<td>Mountain</td>
<td>Moon</td>
<td></td>
</tr>
<tr>
<td>Spoon</td>
<td>Prayer</td>
<td></td>
</tr>
<tr>
<td>Shoe</td>
<td>School</td>
<td></td>
</tr>
<tr>
<td>Bird</td>
<td>Coffee</td>
<td></td>
</tr>
<tr>
<td>Ranger</td>
<td>Bell</td>
<td></td>
</tr>
<tr>
<td>Desk</td>
<td>Curtain</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Drum</td>
</tr>
</tbody>
</table>

**RAVLT A - 1D**
## Verbal Paired Associates IA

<table>
<thead>
<tr>
<th>List A</th>
<th>Recall A (Response)</th>
<th>Score: 0 or 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Truck-Arrow</td>
<td>1. Bank (Cartoon)</td>
<td></td>
</tr>
<tr>
<td>Insect-Acorn</td>
<td>2. Reptile (Clown)</td>
<td></td>
</tr>
<tr>
<td>Reptile-Clown</td>
<td>3. Star (Ladder)</td>
<td></td>
</tr>
<tr>
<td>Bank-Cartoon</td>
<td>4. Rose (Bag)</td>
<td></td>
</tr>
<tr>
<td>Star-Ladder</td>
<td>5. Elephant (Glass)</td>
<td></td>
</tr>
<tr>
<td>Raccoon-Paper</td>
<td>6. Truck (Arrow)</td>
<td></td>
</tr>
<tr>
<td>Rose-Bag</td>
<td>7. Insect (Acorn)</td>
<td></td>
</tr>
<tr>
<td>Elephant-Glass</td>
<td>8. Raccoon (Paper)</td>
<td></td>
</tr>
</tbody>
</table>

*Total List A Recall*

---

<table>
<thead>
<tr>
<th>List B</th>
<th>Recall B (Response)</th>
<th>Score: 0 or 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Star-Ladder</td>
<td>1. Elephant (Glass)</td>
<td></td>
</tr>
<tr>
<td>Elephant-Glass</td>
<td>2. Insect (Acorn)</td>
<td></td>
</tr>
<tr>
<td>Insect-Acorn</td>
<td>3. Reptile (Clown)</td>
<td></td>
</tr>
<tr>
<td>Truck-Arrow</td>
<td>4. Rose (Bag)</td>
<td></td>
</tr>
<tr>
<td>Reptile-Clown</td>
<td>5. Star (Ladder)</td>
<td></td>
</tr>
<tr>
<td>Bank-Cartoon</td>
<td>6. Raccoon (Paper)</td>
<td></td>
</tr>
<tr>
<td>Raccoon-Paper</td>
<td>7. Bank (Cartoon)</td>
<td></td>
</tr>
<tr>
<td>Rose-Bag</td>
<td>8. Truck (Arrow)</td>
<td></td>
</tr>
</tbody>
</table>

*Total List B Recall*

---

<table>
<thead>
<tr>
<th>List C</th>
<th>Recall C (Response)</th>
<th>Score: 0 or 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rose-Bag</td>
<td>1. Insect (Acorn)</td>
<td></td>
</tr>
<tr>
<td>Raccoon-Paper</td>
<td>2. Star (Ladder)</td>
<td></td>
</tr>
<tr>
<td>Star-Ladder</td>
<td>3. Truck (Arrow)</td>
<td></td>
</tr>
<tr>
<td>Reptile-Clown</td>
<td>4. Rose (Bag)</td>
<td></td>
</tr>
<tr>
<td>Elephant-Glass</td>
<td>5. Elephant (Glass)</td>
<td></td>
</tr>
<tr>
<td>Insect-Acorn</td>
<td>6. Reptile (Clown)</td>
<td></td>
</tr>
<tr>
<td>Bank-Cartoon</td>
<td>7. Bank (Cartoon)</td>
<td></td>
</tr>
<tr>
<td>Truck-Arrow</td>
<td>8. Raccoon (Paper)</td>
<td></td>
</tr>
</tbody>
</table>

*Total List C Recall*
<table>
<thead>
<tr>
<th>List D</th>
<th>Recall D (Response)</th>
<th>Score: 0 or 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raccoon-Paper</td>
<td>1. Star (Ladder)</td>
<td></td>
</tr>
<tr>
<td>Truck-Arrow</td>
<td>2. Rose (Bag)</td>
<td></td>
</tr>
<tr>
<td>Star-Ladder</td>
<td>3. Insect (Acorn)</td>
<td></td>
</tr>
<tr>
<td>Insect-Acorn</td>
<td>4. Raccoon (Paper)</td>
<td></td>
</tr>
<tr>
<td>Rose-Bag</td>
<td>5. Elephant (Glass)</td>
<td></td>
</tr>
<tr>
<td>Reptile-Clown</td>
<td>6. Bank (Cartoon)</td>
<td></td>
</tr>
<tr>
<td>Bank-Cartoon</td>
<td>7. Reptile (Clown)</td>
<td></td>
</tr>
<tr>
<td>Elephant-Glass</td>
<td>8. Truck (Arrow)</td>
<td></td>
</tr>
</tbody>
</table>

*Total List D Recall*

**Verbal Paired Associates IIA**

<table>
<thead>
<tr>
<th>Delayed Recall E (Response)</th>
<th>Score: 0 or 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Bank (Cartoon)</td>
<td></td>
</tr>
<tr>
<td>2. Star (Ladder)</td>
<td></td>
</tr>
<tr>
<td>3. Truck (Arrow)</td>
<td></td>
</tr>
<tr>
<td>4. Insect (Acorn)</td>
<td></td>
</tr>
<tr>
<td>5. Elephant (Glass)</td>
<td></td>
</tr>
<tr>
<td>6. Rose (Bag)</td>
<td></td>
</tr>
<tr>
<td>7. Raccoon (Paper)</td>
<td></td>
</tr>
<tr>
<td>8. Reptile (Clown)</td>
<td></td>
</tr>
</tbody>
</table>

*Total List E Recall*

Recognition: Need to get stimulus folder from Psych test library for additional word pairs.
**Digits Backward**  
*Discontinue after failure of both trials of any item.*

<table>
<thead>
<tr>
<th>Digits Backward</th>
<th>Trial 1/Response</th>
<th>Trial 2/Response</th>
<th>Trial Score</th>
<th>Item Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>2 – 4</td>
<td>5 – 7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td>6 – 2 – 9</td>
<td>4 – 1 – 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td>3 – 2 – 7 – 9</td>
<td>4 – 9 – 6 – 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.</td>
<td>1 – 5 – 2 – 8 – 6</td>
<td>6 – 1 – 8 – 4 – 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5.</td>
<td>5 – 3 – 9 – 4 – 1 – 8</td>
<td>7 – 2 – 4 – 8 – 5 – 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6.</td>
<td>8 – 1 – 2 – 9 – 3 – 6 – 5</td>
<td>4 – 7 – 3 – 9 – 1 – 2 – 8</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7.</td>
<td>9 – 4 – 3 – 7 – 6 – 2 – 5 – 8</td>
<td>7 – 2 – 8 – 1 – 9 – 6 – 5 – 3</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Digits Backward Score

Total Score

---

**Trail Making**

Part A – Time _____________

Part B – Time _____________

[i.e., Verbal Paired Associates Recall]
### Letter-Number Sequencing

*Discontinue after failure on all three trials of an item.*

<table>
<thead>
<tr>
<th>Trial</th>
<th>Item/Response</th>
<th>Trial Score (0 or 1)</th>
<th>Item Score (0, 1, 2, 3)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. 1</td>
<td>L - 2 (2 - L)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. 1</td>
<td>F - 7 - L</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3. 1</td>
<td>T - 9 - A - 3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4. 1</td>
<td>8 - D - 6 - G - 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5. 1</td>
<td>M - 4 - E - 7 - Q - 2</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6. 1</td>
<td>R - 3 - B - 4 - Z - 1 - C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. 1</td>
<td>5 - H - 9 - S - 2 - N - 6 - A</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total Raw Score (Max = 21)</td>
</tr>
</tbody>
</table>

[RAVLT Delayed Recall]
Trail Making Part B

End
13

8 9 B 4 1 D

3

7 Begin
1

H

12 G

A J

L 2 6

F K

5 C

E

11

289


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227. Lendon CL, Davies MJ, Born GV, Richardson PD. Atherosclerotic plaque caps are locally weakened when macrophages density is increased. Atherosclerosis 1991;87:87-90.


229. van der Wal AC, Becker AE, van der Loos CM, Das PK. Site of intimal rupture or erosion of thrombosed coronary atherosclerotic plaques is characterized by an inflammatory process irrespective of the dominant plaque morphology. Circulation 1994;89:36-44.


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