



Cold Water Swimming
for Dementia &
Depression Prevention

COL.D.D. Project Research Paper Published!

We are delighted to announce the publication of the COL.D.D. Project's research paper! The COL.D.D. Project (Cold Water Swimming for Dementia and Depression Prevention) brings together partners from Italy, Austria, Belgium, Croatia, and the Czech Republic to explore an innovative, non-pharmacological pathway to promote mental health, cognitive vitality, and social inclusion among middle-aged and older adults.

Through a ten-workshop program, participants experienced a unique combination of mindfulness training and guided cold-water immersion sessions, designed to reduce depressive and anxiety symptoms while strengthening executive functioning—key components of healthy cognitive aging.





The Study and Its Impact


A total of 46 participants took part in structured, twice-monthly sessions facilitated by psychologists and certified instructors.

Key Findings

The results were both statistically and clinically encouraging:

 Depressive symptoms decreased significantly

 State anxiety was notably reduced

 Executive functioning improved moderately





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for the prevention of Dementia and
Depression](#)



Our partnership

Coordinator



Partners



shut up
and
swim!



Why It Matters

The findings support the preventive and integrative potential of combining body–mind approaches like cold-water immersion and mindfulness to enhance mental health and cognitive resilience during aging.

The COL.D.D. Project offers a replicable, interdisciplinary model that can be culturally adapted across Europe and beyond — contributing to the growing evidence for holistic, community-based health promotion.



What's Next

Future research will focus on long-term adherence and include objective physiological and cognitive measures such as sleep quality and neuroendocrine responses, to deepen understanding of the mechanisms behind these benefits.



Download and read
the **Research Paper**

