Longitudinal studies indicated that neuropsychiatric symptoms can precede the onset of dementia several years. However, the predictive risk of neuropsychiatric symptoms for cognitive decline and/or dementia has not yet been systematically evaluated.

**OBJECTIVE**
To systematically review and meta-analyze published data on the predictive risk of neuropsychiatric measures regarding cognitive decline or dementia.

**RESULTS**
- **Depression**: 0.8 to 16.2-fold higher risk for cognitive decline.
- **Apathy**: 1.2- to 7-fold increase in the risk for functional decline or Alzheimer’s disease.
- **Anxiety**: One study showed an association with less cognitive decline, and another showed a 4 time increase in the risk of cognitive impairment at 3 years follow-up.
- **Changes in sleep features** (duration, efficiency, and excessive daytime sleepiness): 1.2 to 5-fold increase in the risk of cognitive impairment after one to 10 years.

**DISCUSSION**
Depression, apathy, anxiety, and sleep changes all predict cognitive decline or dementia in older adults. The present results may be used to construct a battery of instruments that will contribute to a better identification of persons at risk for future cognitive decline.

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