

## **COPPADIS-2015. Justification, objective and general aspects of the Project.**

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Parkinson's disease (PD), the second most common neurodegenerative disease after Alzheimer's disease, is a progressive disorder causing motor and non-motor symptoms that result in disability, loss of patient autonomy, and caregiver burden. However, motor and NMS progression differs between patients. Different motor and non-motor phenotypes have been proposed. In fact, PD has been suggested to be a complex syndrome instead of a disease. Reliable and well-validated biomarkers for monitoring PD progression (motor and non-motor symptoms) are necessary and would dramatically accelerate research into both the causes for the development of different complications and the treatment of them. COPPADIS-2015 (*COhort of Patients with Parkinson's Disease in Spain, 2015*) is an ongoing global –clinical evaluations, serum biomarkers, genetic studies and neuroimaging– multicenter, observational, longitudinal-prospective, 5-year follow-up study that was specifically designed to assess 17 proposed objectives. Even though the recruitment period ended in October 2017, the prospective follow-up phase is ongoing. A total of 1,174 subjects included from 35 centers were considered valid for baseline analysis: 694 patients ( $62.6 \pm 8.9$  years old, 60.3% males), 273 caregivers ( $58.5 \pm 11.9$  years old, 31.8% males), and 207 controls ( $61 \pm 8.3$  years old, 49.5% males). The mean disease duration was  $5.5 \pm 4.4$  years. Hoehn&Yahr stage was 1 or 2 in 90.7% of the patients while 33.9% and 18.1% of them presented motor fluctuations and dyskinesias, respectively. Mean Non-Motor Symptoms Scale (NMSS) total score was  $45.4 \pm 38.1$ , and 30.4% of the patients presented cognitive impairment, 16.1% major depression, 12.7% impulse control disorder and 7.2% compulsive behavior, 57.2% pain, and 13.2% falls. Compared to the control group, PD patients presented a significantly higher burden of non-motor symptoms and a worse quality of life. More than 300 subjects conducted complementary studies (serum biomarkers, genetic and neuroimaging). COPPADIS-2015 would have to provide important knowledge about PD progression. Currently, we have extensive information about the baseline visits (cross-sectional study) that will be analyzed in detail in the short-term future.