Memory training
Cognitive training

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Objective: To examine the effectiveness of a cognitive training program in combination with cholinesterase inhibitor treatment on everyday functioning and memory function.

Setting: Community, university-based Alzheimer's Disease memory disorder clinic

Participants: People with probable AD taking donepezil.

Mean age: E=77.8 (± 6.9); C=76.0 (± 7.7)
Gender: E: 8 female, 9 male; C: 12 female, 5 male
MMSE: E=24.3 (± 2.2); C=25.1 (± 1.7)

Design: Randomized single blind controlled trial (cognitive intervention versus placebo (didactic presentations))
Sample size: n_E=17, n_C=17
Follow-up: 14 weeks

Intervention: The intervention was based on the Memory Training Intervention of the Advanced Cognitive Training for Independent and Vital Elderly (ACTIVE) study (Jobe et al., 2001). The intervention includes instruction and extensive practice in multiple mnemonic strategies, and individual and group feedback is provided on performance, self-enhancement and practice tests. The ACTIVE protocol was modified for people with dementia. All sessions were identical for all participants. The control group attended weekly educational sessions on aging and dementia, but did not receive any memory training.

Frequency: mean number of sessions in 6 weeks was 5.8
Duration: 6 weeks
Facilitator: clinical neuropsychologist

Outcome measures: Cognitive functioning
- Hopkins Verbal Learning Test-Revised (Benedict et al., 1998)
- Brief Visual Spatial Memory Test-Revised (Benedict et al., 1996)
- Boston Naming Test (BNT; Kaplan et al., 1983)
- Controlled Oral Word Association Test (COWA; Benton, 1986)
- Judgment of Line Orientation (Benton et al., 1975)
- Trail making Test (Reitan & Wolfson, 1985)
- Activities of Daily Living (ADLs) Questionnaire (modified from Lawton & Brody, 1969)
- Everyday Memory Questionnaire (Sunderland et al., 1983)
- Mini Mental State Examination (MMSE; Folstein et al., 1975)

Results: No significant effects on the outcome measures were found. But performance on...
recall and recognition of the training material for the training group improved from session 4 to 6.

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<th>Implementation material</th>
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<tr>
<td>E = experimental group; C = control group</td>
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