

## COGNITIVE TRAINING FOR PEOPLE WITH MILD TO MODERATE DEMENTIA

Bahar-Fuchs et al. (2019)

**Snapshot!** This review focused on the evidence for **Cognitive Training** as an intervention to help improve memory, daily living and mood for people with mild to moderate dementia. The review analysed data from **33 studies** of Cognitive Training with a total of 2000 participants and across 12 countries.

### WHO?

People with mild to moderate dementia

*Dementia is a health condition* involving changes in thinking, behaviour and ability to perform everyday tasks caused by disorders of the brain. There are many diseases that may cause dementia, with Alzheimer's disease being the most common. Alzheimer's and other neurodegenerative disorders lead to loss of brain cells and their connections in areas of the brain important for memory and thinking.



### WHAT? Cognitive Training

Cognitive training is a non-drug treatment where individuals practice tasks that target specific cognitive functions, such as memory, attention, or problem-solving.

### WHY?

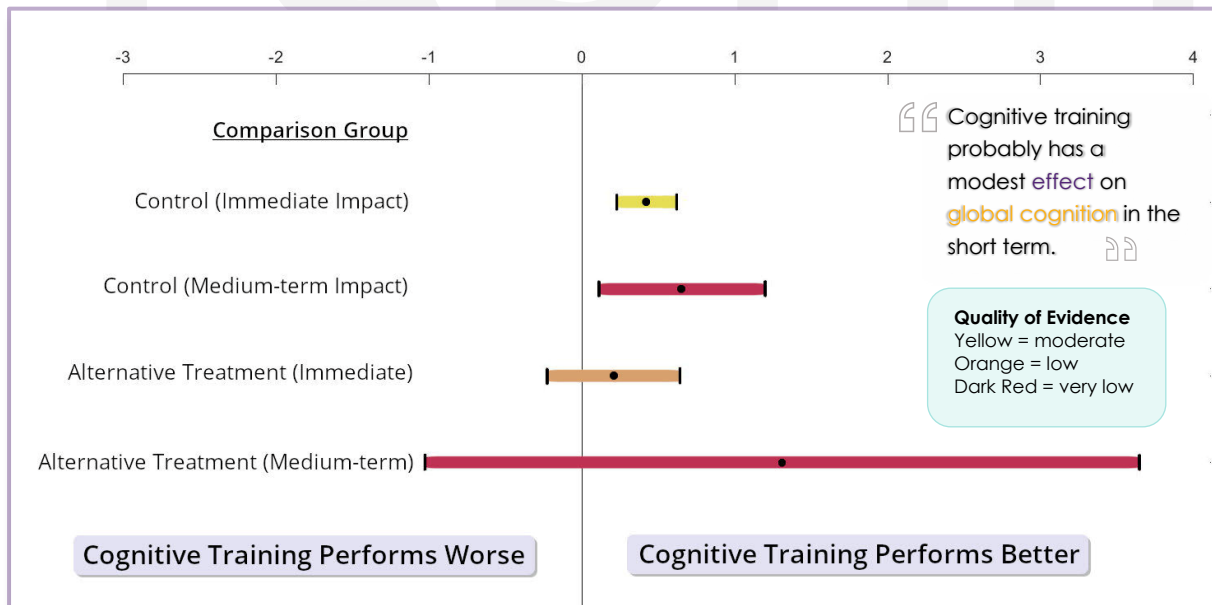
The goal of this paper was to assess if cognitive training can help people with dementia maintain or improve their thinking, well-being, and general functioning.

### HOW? Systematic Review & Meta-analysis

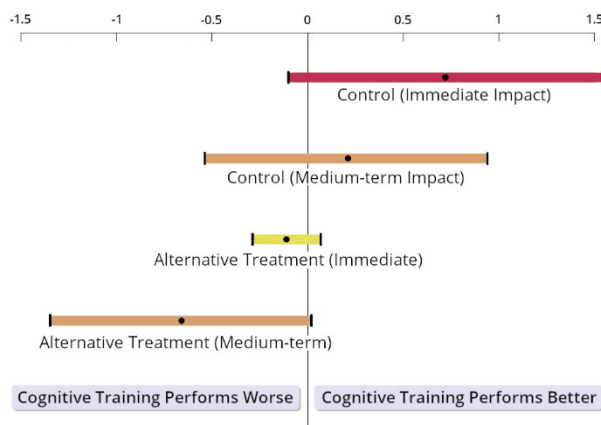
A **systematic review** involves carefully reviewing all studies that have been published to answer the research question. In this case there were 33 studies assessing the impact of Cognitive Training for people with mild to moderate dementia.

A **meta-analysis** combines all the results across the selected studies, so we can see the overall impact of the treatment.

## Effects of Cognitive Training on Cognition



## Effects of Cognitive Training on Participants' Mood



### Comparison Group

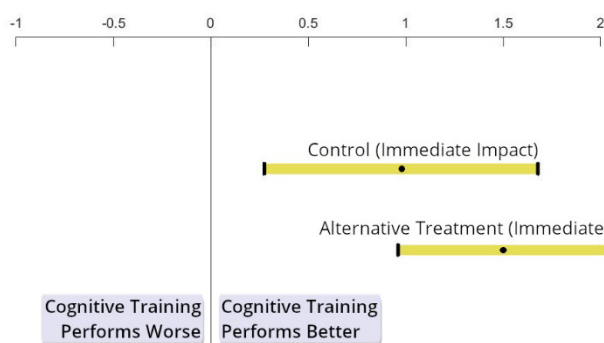
#### Control

Results were compared to people who did not do cognitive training but may have done other activities such as social interaction or informal games.

#### Alternative treatment

Results were compared to people who did other treatments such as physical exercise or cognitive stimulation.

## Effects of Cognitive Training on Caregivers' Mood



### Global cognition

Global cognition is a measurement of our thinking abilities. This includes our memory, speaking, reasoning, visual perception and attention skills.

### Effect

The "effect" tells you how large and meaningful the differences between groups are.