

DEMENTIA CARE RESEARCH (RESEARCH PROJECTS; NONPHARMACOLOGICAL)

Multi-Component and Cognitive Skills Training in Mild
Cognitive Impairment: Outcomes from a South American Study

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Abstract

Background: Dementia represents a significant health challenge, with evidence suggesting that it can be potentially delayed or prevented through non-pharmacological interventions. There are different types of non-pharmacological interventions for Mild Cognitive Impairment (MCI). The Aging Well through Interaction and Scientific Education (AgeWISE) Program is a notable cognitive intervention designed to educate both individuals experiencing normal aging and those with age-related diseases. It offers strategies for managing age-related cognitive changes and provides skill training.

Goals: This study aims to evaluate the effects of a multi-component psychoeducation intervention (AgeWise) in patients with MCI, focusing on the aging brain, lifestyle factors associated with successful brain aging, and strategies to compensate for age-related cognitive decline.

Method: A group of 25 amnesic and amnesic-multidomain MCI patients (mean age: 75.26 ± 5.5 , 65.38% female, education level: 14.46 ± 2.8 , MOCA: 22.96 ± 2.91) were recruited from a Memory Clinic in Buenos Aires. Patients underwent 10 treatment sessions based on the AgeWISE program. Pre-treatment (week 0) and post-treatment (week 10) assessments included the Multifactor Memory Questionnaire (MMQ) for various memory dimensions and the Depression, Anxiety, and Stress Scale (DASS-21) to assess mood. The Wilcoxon-Mann-Whitney model was used to analyze the impact of treatment on each outcome.

Result: The pre and post-treatment measures were compared, revealing an improvement in the total DASS-21 ($P = 0.05$), with a significant reduction in depression (DASS-21-Depression $P = 0.02$). While changes in the MMQ scale did

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not reach significance, there was a trend towards improved satisfaction with memory performance ($P = 0.083$).

Conclusion: In regions with limited access to clinical and pharmacological trials, non-pharmacological interventions emerge as a viable option for MCI patients. The AgeWISE intervention specifically demonstrated improvements in mood among MCI patients, with significant changes were observed in specific items (DASS-21-Total and Depression) related to initiative, tolerance for interruptions, and enthusiasm, suggesting positive outcomes for individuals undergoing this intervention. These findings highlight the potential benefits of non-pharmacological interventions for individuals with MCI.