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Cognitive stimulation group on improving the cognitive ability of persons with major neurocognitive disorder: A randomized waitlist controlled trial

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Aim: This research study aims to evaluate the effectiveness of a cognitive stimulation group on improving the cognitive ability of Chinese people with major neurocognitive disorder (PwND).

Research Methods: By adopting randomized waitlist controlled trial, 89 Chinese PwND were randomly assigned to either a treatment group or the waitlist control group. The treatment group received a 14-session structured cognitive stimulation group which aimed at improving cognitive ability of participants through group activities. The waitlist control group received treatment as usual at the initial stage and received the same 14-session cognitive stimulation group at a later stage. The Chinese Mattis Dementia Rating Scale (CDRS) and Mini Mental State Examination (MMSE) (Chinese) were used to assess the cognitive ability of PwND at the pre- and post- treatment periods by a research assistant who was blind to the group assignment of the participants.

Results: The treatment group (n=59) and waitlist control group (n=30) did not differ significantly in all demographic variables. Overall speaking, participants had a mean MMSE score of 21.08 (SD=2.40). The paired sample t-test indicated that the treatment group showed improvement in their CDRS score significantly (t=5.87, p<0.01), while the waitlist control group did not. Moreover, independent t-test demonstrated that the treatment group was significantly more effective than the waitlist control group in improving the CDRS score (t=4.60, p<0.01).

Conclusion: This present study provides evidences to support the feasibility and effectiveness of the cognitive stimulation group on improving the cognitive ability of PwND.

Biography

Daniel K W Young has completed his PhD at Bristol University UK. He has worked as a Registered Social Worker for more than 15 years in Hong Kong. He has worked as an Assistant Professor at Department of Social Work Hong Kong Baptist University since 2012, and has developed his expertise both in research and practice in mental health counseling. He is the Program Director of Master of Social Science in Counseling Hong Kong Baptist University. His research interest is on mental health counseling, dementia care, and cognitive behavioral therapy. He has published 20 articles at local and international refereed journals.

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