

# Impact of Cognitive Stimulation Therapy on Cognitive Functioning and Quality of Life in a Veteran Population



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## OBJECTIVE

- Cognitive stimulation therapy (CST) was found efficacious in improving quality of life (QoL) and cognition.
- We examined the effectiveness of CST in a veteran population.

## METHOD

- Veterans with cognitive impairment completed a 7-week (90- to 120-minute session/week) CST group and pre/post-group assessments
- Variables of interest:
  - Cognitive functioning
    - RBANS total score
    - MoCA
  - QoL
    - QoL-AD patient rating
    - QoL-AD caregiver rating
- Data analyses
  - Paired samples *t*-test

## RESULTS

- Although there was no significant change in pre/post MoCA or RBANS scores, there were small effects in the expected directions
- No significant change or effect in QoL-AD patient or QoL-AD caregiver ratings

## CONCLUSIONS

- While CST did not significantly improve cognition or QoL, there was a small effect observed on cognitive functioning.
- Given that dementia is often a progressive disease, stability of baseline cognition is suggestive of the protective effect of CST.

**Cognitive stimulation therapy may help to maintain cognitive status among veterans with cognitive disorders.**

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Table 1. Descriptive Statistics (N=25)

Characteristic	N(%)
Gender	
Male	25 (100%)
Race/Ethnicity	
White	11(44%)
Hispanic/Latinx	11(44%)
Black/African American	2(8%)
Multiracial	1(4%)
Diagnostic Category	
Mild Neurocognitive Disorder	4(16%)
Major Neurocognitive Disorder	21(84%)
Characteristic	M(SD)
Age	74.44 (7.79)
Education	13.7 (3.18)

Table 2. Paired samples *t*-test

	Pre <i>M</i> ( <i>SD</i> )	Post <i>M</i> ( <i>SD</i> )	<i>t</i>	<i>p</i>	Cohen's <i>D</i>
RBANS TS	61.73 (10.13)	64.55 (11.28)	-1.89	.07	.263
MoCA TS	16.63 (3.28)	17.42 (4.23)	-1.44	.16	.296
QoL-AD-P	35.00 (7.60)	36.22 (7.16)	-1.30	.21	.165
QoL-AD-C	30.00 (7.37)	28.75 (7.46)	0.69	.50	.169

Note. RBANS, Repeatable Battery for the Assessment of Neuropsychological Status; MoCA, The Montreal Cognitive Assessment; QoL-AD-P, The Quality of Life-Alzheimer's Disease patient rating; QoL-AD-C, The Quality of Life-Alzheimer's Disease caregiver rating; TS, total score

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