

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

Ashely M. Peak, Janice C. Marceaux, Kristy D. Shoji & Julianna P. Valencia

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.

Ashley.Peak@va.gov

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 M (SD)	Post M (SD)	t	p	Cohen's D
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

This material results from work supported by resources and the use of facilities at the South Texas Veterans Health Care System (STVHCS) in San Antonio, Texas. The contents do not represent the views of the U.S. Department of Veterans Affairs or the United States Government.