

# The effect of a cognitive intervention for older adults with cognitive complaints

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Primary objective: Does a cognitive intervention have a short-term effect on functioning of older adults with cognitive complaints. Secondary objectives: Do these short-term effects persist after 3 months? What are the determinants of success of...

<b>Ethical review</b>	Approved WMO
<b>Status</b>	Recruitment stopped
<b>Health condition type</b>	Other condition
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON30336

### Source

ToetsingOnline

### Brief title

Cognitive intervention for older adults

### Condition

- Other condition

### Synonym

memory complaints, mental slowness

### Health condition

cognitieve klachten

### Research involving

Human

## Sponsors and support

**Primary sponsor:** Universiteit Maastricht

**Source(s) of monetary or material Support:** Ministerie van OC&W

## Intervention

**Keyword:** cognitive complaints, cognitive intervention, older adults, speed of information processing

## Outcome measures

### Primary outcome

Main study parameters are self-reported complaints and daily problems, quality of life, and performance on timed instrumental activities of daily livings tasks. Other parameters are cognitive performance, strategy use, metamemory and affective state. Potential determinants are personality traits, coping style, affective state, educational level, age, sex, marital status, working status and several health related factors.

### Secondary outcome

Secondary parameters are cognitive performance, strategy use, metamemory and affective state. Potential determinants are personality traits, coping style, affective state, educational level, age, sex, marital status, working status and several health related factors.

## Study description

### Background summary

Many older adults have cognitive complaints that are mostly related to a normal age-related cognitive decline. A major factor contributing to this age related cognitive decline is a reduced speed of information processing. An intervention that focuses on a reduced speed of information processing, may therefore be

helpful to older adults with cognitive complaints. In the current study, such a cognitive intervention called Time Pressure Management (TPM) training is evaluated.

## **Study objective**

Primary objective: Does a cognitive intervention have a short-term effect on functioning of older adults with cognitive complaints. Secondary objectives: Do these short-term effects persist after 3 months? What are the determinants of success of such a cognitive intervention?

## **Study design**

The study is designed as a randomized controlled trial, with a target-treatment condition, a control treatment condition and a waiting-list control condition. There are a dual baseline assessment, a post-training assessment and a follow-up assessment.

## **Intervention**

The target intervention is called Time Pressure Management (TPM) training and offers specific cognitive compensation strategies to handle situations with (potential) time pressure. The control intervention is psycho-education with general information about cognitive functioning, aging, reduced speed of information processing and the role of time pressure. Both the target intervention and the control intervention are group interventions with 4-6 participants per group and 10 one-hour sessions.

## **Study burden and risks**

Participants will spend approximately 18 hours in 21 weeks to training sessions and assessments. The intervention has been evaluated as being effective for brain damaged patients. Its feasibility for another target group will be evaluated in the current study. Both the intervention and the assessments can not cause any harm to participants. Participants have the advantage of participation for free in this evidence-based intervention.

## **Contacts**

### **Public**

Universiteit Maastricht

Postbus 616  
6200 MD Maastricht

Nederland  
**Scientific**  
Universiteit Maastricht

Postbus 616  
6200 MD Maastricht  
Nederland

## **Trial sites**

### **Listed location countries**

Netherlands

## **Eligibility criteria**

### **Age**

Adults (18-64 years)

Elderly (65 years and older)

### **Inclusion criteria**

- age between 55 and 75 years
- subjective cognitive complaints that are particularly manifested in situations with time pressure and/or in situations that appeal on the capacity to process information rapidly
- a thorough command of the Dutch language
- willing to actively participate in a neuropsychological intervention program
- informed consent

### **Exclusion criteria**

- previous brain damage
- neurological disease
- major psychiatric disease
- any sign of major cognitive disturbances based on both a MMSE-score of less than 24, the performance on a set of neuropsychological tasks and/or a clinical impression of the participant
- current participation in a neuropsychological research program
- current participation in an intervention program

## Study design

### Design

Study type:	Interventional
Intervention model:	Parallel
Allocation:	Randomized controlled trial
Masking:	Double blinded (masking used)
Control:	Active
Primary purpose:	Treatment

### Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-03-2007
Enrollment:	150
Type:	Actual

### Medical products/devices used

Registration:	No
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## Ethics review

Approved WMO	
Date:	20-11-2006
Application type:	First submission
Review commission:	METC academisch ziekenhuis Maastricht/Universiteit Maastricht, METC azM/UM (Maastricht)

## Study registrations

### Followed up by the following (possibly more current) registration

No registrations found.

## Other (possibly less up-to-date) registrations in this register

No registrations found.

## In other registers

Register	ID
CCMO	NL14306.068.06