

Dementia Journal Club



DR. ZAHRA MOUSSAVI

Brain Fitness APP for Aging with a Healthy Brain and Detecting Cognitive Declines

DATE DEC 7TH , 2018

TIME 11:30 AM

LOCATION RIVERVIEW-HEALTH CTR.; DH132 is the basement of the "Day Hospital". Street parking around the RHC is for 1 or some for 2 hours free. One block south of the center like Baltimore street is free parking all day.

ABSTRACT We developed 7 games in a Brain Fitness App; 20 cognitively healthy individuals (69.8 ± 5.9 yr) & 20 (68.9 ± 8.2 yr) with MCI or mild stage of Alzheimer's were enrolled. Healthy participants used the App at home daily. The MCI/Alzheimer's group ($n=15$) used the App in a supervised manner 5 day/week for 4 consecutive weeks, 2 blocks of 30 mins/day. The assessor also helped with tutoring one of the participants. The remaining 5 of the 20 in this group used the App at home. The cognitive function of both groups' participants was assessed by using WMS-IV at baseline & immediately post-intervention. Half of the healthy group was assessed at 2 baselines to establish the practice effect on the WMS-IV score. The results of the healthy group indicate a significant improvement in cognitive functioning from baseline to post-intervention; however, not significant when accounting for the practice effect of the WMS-IV test.