

OnDemand Poster

400 - Effects of Computerized Cognitive Training with an Elderly Community Sample

Topic: Active Ageing

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Community-focused programs that promote active and healthy aging can help preserve cognitive capacities, prevent or reverse cognitive deficits. Computer-based cognitive training (CCT) is a promising non-pharmacological, cost-effective and accessible intervention to face the effects of age-related cognitive decline. Previous studies proved CCT to have equal or better efficacy compared to traditional interventions. This comparative multifactorial study aims to test the efficacy of a CCT in a non-randomized community sample of 74 older adults: G1-CCT Experimental group ($n=43$) (Mean age $M=72.21$, $SD=12.65$) and G2- Paper-Pencil Control group ($n=31$; $M=77.94$, $SD=10.51$). Pensioners (97.3%), mostly women (83.8 %) with basic education (51.4%) and without dementia diagnosis, completed a cognitive training program of 17 or 34 group sessions (twice a week). G2 undertook a classic cognitive paper-pencil stimuli tasks. G1, performed, additionally, individual CCT with COGWEB® in a multimodal format (intensive training of attention, calculation, memory, gnosis, praxis, executive functions). Both groups completed Portuguese versions of *Mini-Mental State Examination (MMSE)*, *Montreal Cognitive Assessment (MOCA)*; *Geriatric Depressive Scale (GDS)*; Mini Dependence Assessment (MDA); WHOQOL 5 and Social Support Satisfaction Scale (ESSS) before and after participating in the program. Both groups reported better post-test scores on basic cognitive functions (MMSE, MOCA), Depression symptoms (GDS-30), subjective well-being and quality of life (WHOQOL-5). G1 presented higher MOCA and lower GDS scores before and after CCT, although, group differences become less expressive when interaction effects are considered. Results are in line with findings from past studies, CCT supported by the new technologies, is as a relevant cost-effective therapeutic tool for health professionals working with older adults. Particularly for preventive purposes of neuro-cognitive disorders.

Keywords: Active Aging, Community, Cognition, Computerized Cognitive Training; Paper-pencil Cognitive Training.