

Digital vs Conventional Cognitive Remediation Therapy (CRT) for Improving Cognitive Performance in People with Mild Cognitive Impairment (MCI) or Dementia

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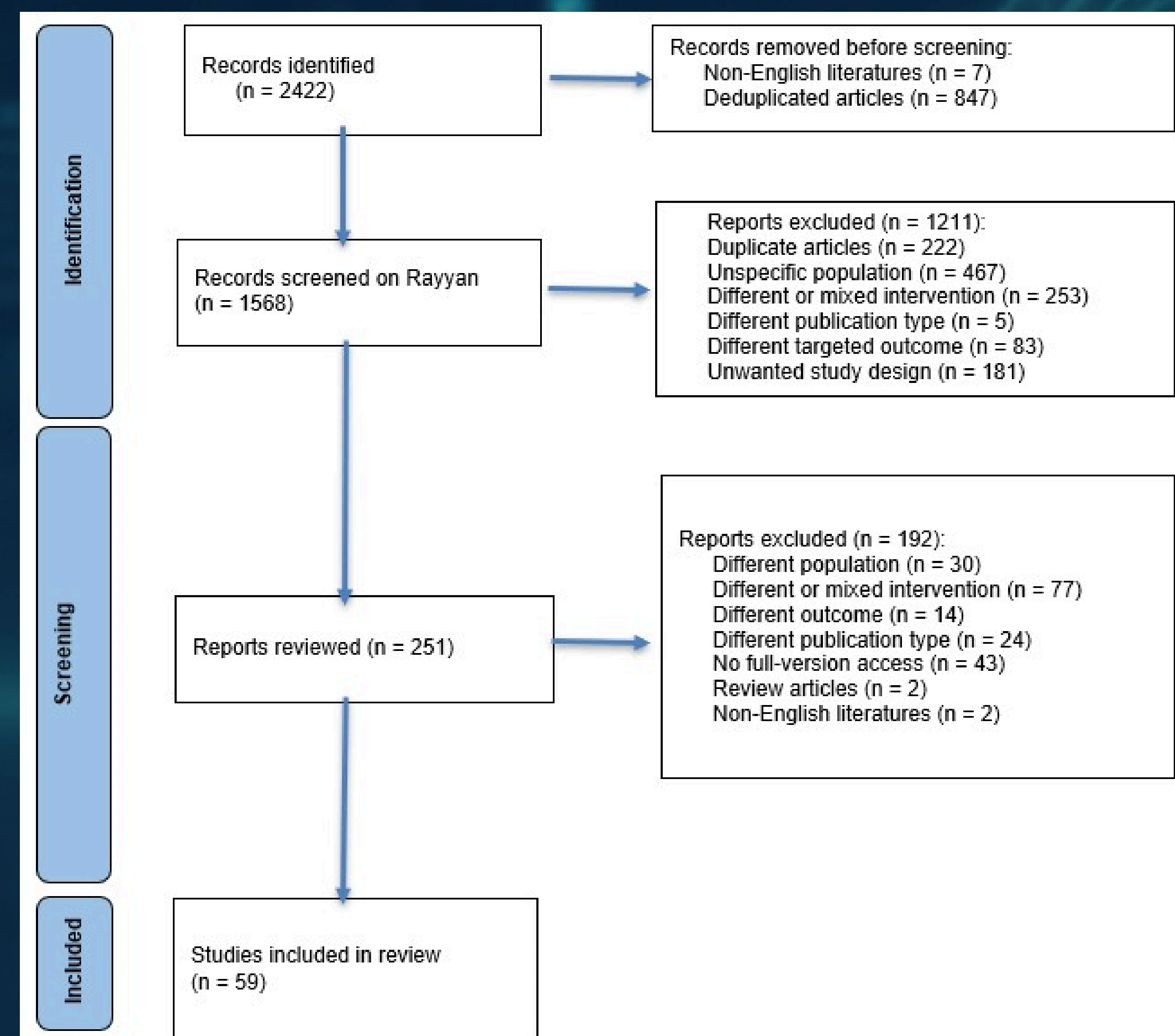
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PRISMA Diagram

Discussion

- Digital CRT should also be used as a complementary therapy and added to the guidelines for MCI and dementia treatment
- Computerised interventions can enhance cognitive functions and potentially delay the progression to dementia (Zuschnegg et al., 2022) and significantly reduce the risk of dementia by enhancing cognitive training outcomes (Chae & Lee, 2022)
- Digital platforms of CRT more accessible, allowing for broader implementation in community settings (Klaming et al., 2022).
- The adaptability of session content and difficulty is crucial for effectiveness.
- Longer programs do not necessarily show advantages over shorter programs in participants with MCI (Maseda et al 2013)
- Future research could explore the long-term effects of different CRT durations and session structures across various cognitive impairments

Background

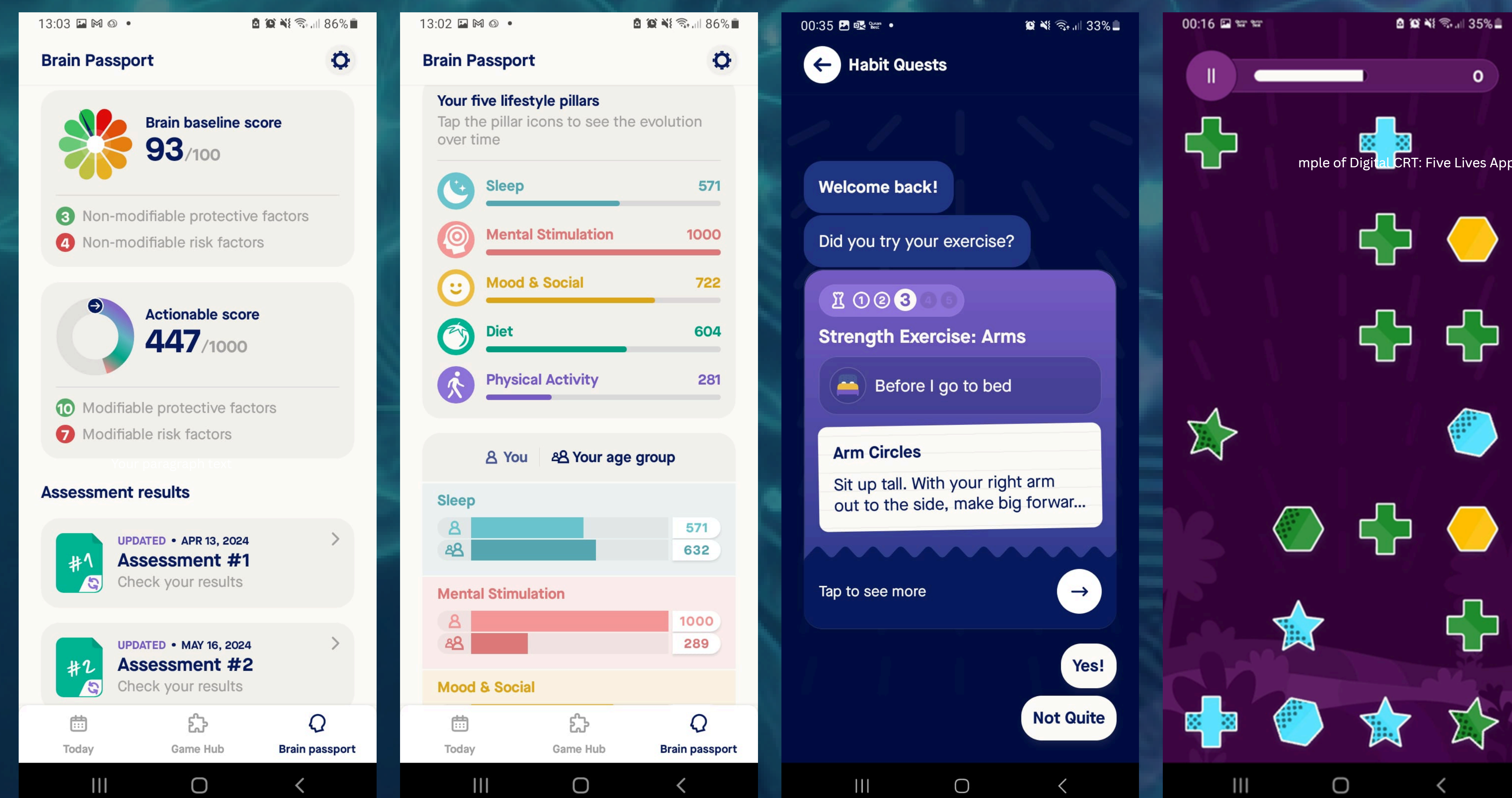
- About 55 million people worldwide who suffer from dementia
- CRT could serve as a preventive measure against dementia
- Digitalisation of CRT offers more engagement and accessibility
- This review was done to compare digital and conventional CRT

Method

The databases were searched to retrieve relevant records about trials comparing CRT for improving cognitive performance in people with MCI or dementia

Result

- 52 of 59 studies show improvement of cognitive outcomes
- 2 studies showed no significant improvement in cognitive performance after CRT intervention
- 3 studies also found that the comparison between the intervention group and the control group did not reveal any significant differences
- 1 study found that cognitive performance decreased after digital training.



Example of Digital CRT: Five Lives App

Conclusion

Digital and conventional CRT were effective in increasing the cognitive outcome, but most digital CRT is better than conventional CRT