

Pilot study of satisfaction with the *Plenament Actives* psychological intervention for people with early-stage Alzheimer's disease

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Background

- Dementia is a growing global health challenge, with an estimated **69 million people** expected to be affected by 2025^[1].
- Early detection and intervention allow timely action to reinforce habits, routines, and self-care strategies that help **preserve abilities and delay the functional impact** of disease progression.
- After receiving the diagnosis, people living with Alzheimer's disease (AD) often **lack information** on how to adapt to daily changes and challenges.
- *Plenament Actives* is configured as a **group, in-person psychological intervention**, aimed at people with early-stage Alzheimer's disease.
- The model focuses on **five key dimensions**: psychoeducation, emotional elaboration and coping strategies, promotion of informed autonomy, preservation of identity and abilities, and active participation in improving support systems and social awareness around AD.

Aim

To **evaluate participants' satisfaction with the proposed intervention, considering satisfaction as a relevant component in the assessment of psychological interventions, especially among those who are aware of their diagnosis.**

Method

- **Eight-session** intervention.
- Sample of **17 participants** (10 women, 7 men) of the *Plenament Actives* psychological intervention.
- Mean age = **75,87 years**.
- Targets individuals with early-stage Alzheimer's disease (GDS stages 3-4).
- 20-item ad hoc survey including **Likert-type scales (1-10)** and **multiple-choice questions** administered **after the intervention** to assess perceptions, usefulness and overall satisfaction.
- Pilot study focuses on the evaluation of **overall satisfaction** with the intervention, **expectation satisfaction** and its impact on individuals' **overall well-being**.

Results

Percentage distribution of scores **grouped into four intervals** (1–4 very low, 5–6 low, 7–8 high, 9–10 very high).

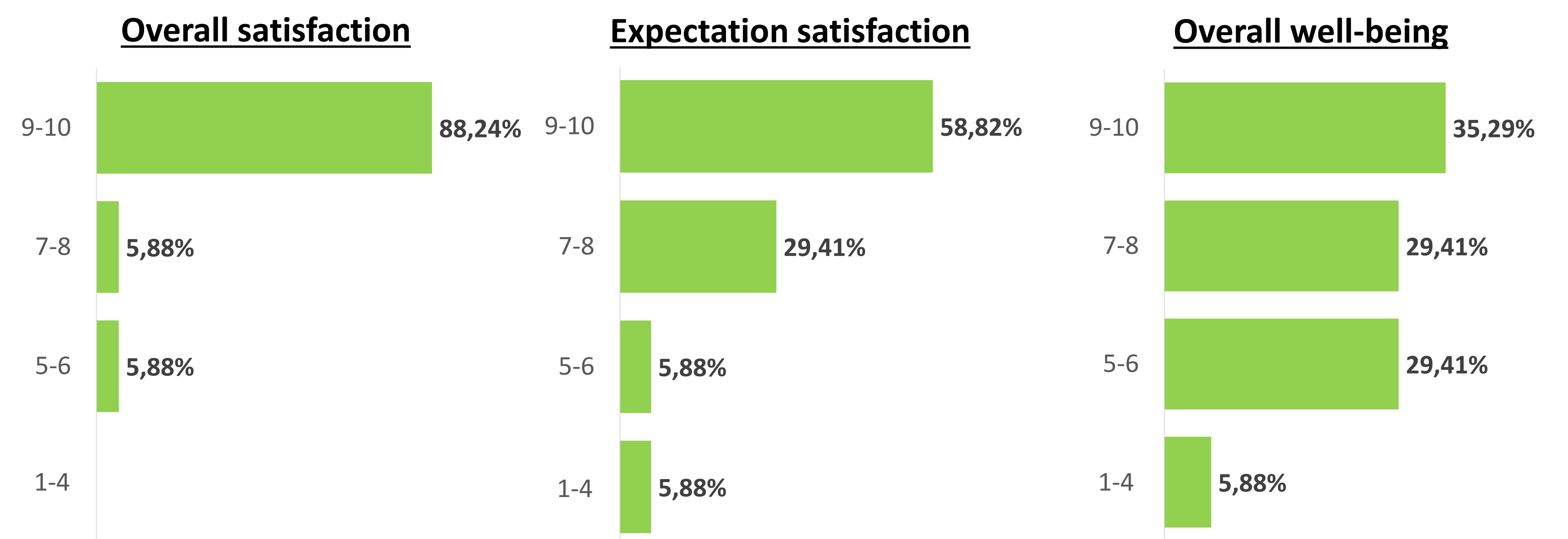


Figure 1. Overall satisfaction with the *Plenament Actives* psychological intervention.

Figure 2. Overall satisfaction based on prior expectations.

Figure 3. Overall well-being improvement after the intervention.

- Participants reported **very high levels of overall satisfaction** with the intervention (88,24%).
- Regarding perceived usefulness, 35,29% considered that their **overall well-being** had **improved greatly**, and 29,41% **quite a lot** (scores of 9–10 and 7–8, respectively, on the Likert scale).
- Likewise, 58,82% stated that the program **greatly met their expectations**.

Conclusions

- *Plenament Actives* intervention is **well accepted by participants**.
- It may **contribute positively** to participants' well-being.
- **High usefulness ratings** indicate the program meets its objectives.
- **Strong fulfillment of expectations** suggests a positive subjective experience.

References

[1] Alzheimer's Disease International. Numbers of people with dementia worldwide [Internet]. 2020 Nov 20. Available from: <https://www.alzint.org/resource/number-s-of-people-with-dementia-worldwide/>



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