

Supera Study: Cognitive Stimulation And Memory Strategies In Healthy Older Adults

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Background: The use of memory strategies has been associated with improved cognitive functions in different populations. However, the relationship between the number of strategies used and cognitive performance warrants further investigation. This study aimed to examine the association between the number of memory strategies used and cognitive performance in older adults.

Method: A cross-sectional study of 189 participants (76.72% women; mean age = 67.33±4.95 years) was conducted. Sociodemographic variables, cognitive performance (ACE-R and MMSE) and the use of memory strategies (self-reported) were assessed. Analyses included descriptive statistics and Spearman correlations between number of strategies and cognitive domains.

Result: The mean number of strategies employed was 2.06 (± 0.97). The most commonly used strategies were associating information (77.25%) and creating mental images (59.26%). Correlations between number of strategies and cognitive performance were mostly non-significant, except for language ($\rho = -0.183$; $p = 0.012$) and visuospatial ability ($\rho = -0.150$; $p = 0.040$). No statistically significant associations with overall scores on the ACE-R ($p = 0.211$) or MMSE ($p = 0.433$) were found, nor with the domains attention and orientation ($p = 0.308$), memory ($p = 0.093$) and verbal fluency ($p = 0.150$).

Table 1. Descriptive data on cognition (ACE-R) and its subdomains, and number and description of mnemonic strategies employed.

Variables	Mean	SD	Minimum	Median	Maximum
ACE-R	93.58	4.71	71.00	94.00	100.00
MMSE	28.74	1.34	23.00	29.00	30.00
Attention and Orientation	17.39	0.91	13.00	18.00	18.00
Memory	24.48	2.17	14.00	25.00	26.00
Fluency	11.71	1.76	4.00	12.00	14.00
Language	25.24	1.14	16.00	26.00	26.00
Visuospatial	14.76	1.52	9.00	15.00	16.00
Total strategies used	2.06	0.97	0.00	2.00	4.00
Created mental image?	112	59.26%			
Made associations for recall?	146	77.25%			
Thought of things that happened to you or others?	94	49.74			
Used another strategy to remember names?	38	20.11			

Conclusion: The use of a greater number of strategies was not associated with better overall cognitive performance, but was negatively correlated with language and visuospatial ability. These findings suggest the impact of memory strategies may depend on specific factors, such as the nature of cognitive tasks and individual differences in applying these strategies.

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LIMA DA SILVA, Thais Bento et al. Treino cognitivo para idosos baseado em estratégias de categorização e cálculos semelhantes a tarefas do cotidiano. Revista Brasileira de Geriatria e Gerontologia, vol. 14, núm. 1, 2011, pp. 65-74. Universidade do Estado do Rio de Janeiro, Rio de Janeiro, Brasil.