

A randomized, two-year study of the efficacy of cognitive intervention on elderly people: the Donostia Longitudinal Study

1. Cristina Buiza¹,
2. Igone Etxeberria¹,
3. Nerea Galdona¹,
4. María Feliciano González¹,
5. Enrique Arriola¹,
6. Adolfo López de Munain²,
7. Elena Urdaneta¹,
8. José Javier Yanguas^{1,*}

Article first published online: 25 MAY 2007

DOI: 10.1002/gps.1846

Copyright © 2007 John Wiley & Sons, Ltd.

Issue



International Journal of Geriatric Psychiatry

[Volume 23, Issue 1](#), pages 85–94, January 2008

Keywords:

- Donostia Longitudinal Study (DLS);
- learning potential;
- cognitive intervention;
- multidisciplinary assessment



Abstract

Background

Research on non-pharmacological therapies (cognitive rehabilitation) in old age has been very limited, and most has not considered the effect of interventions of this type over extended periods of time.

Objective

To investigate a new cognitive therapy in a randomized study with elderly people who did not suffer cognitive impairment.

Methods

The efficacy of this therapy was evaluated by means of post-hoc analysis of 238 people using biomedical, cognitive, behavioural, quality of life (QoL), subjective memory, and affective assessments.

Results

Scores for learning potential and different types of memory (working memory, immediate memory, logic memory) for the treatment group improved significantly relative to the untreated controls.

Conclusions

The most significant finding in this study was that learning potential continued at enhanced levels in trained subjects over an intervention period lasting two years, thereby increasing rehabilitation potential and contributing to successful ageing.