

Training of cognitive functions in aging population - effectiveness and use

Submission date 18/12/2009	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 04/01/2010	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 04/01/2010	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data
		<input type="checkbox"/> Record updated in last year

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
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Additional identifiers

Protocol serial number
2D06013

Study information

Scientific Title
Training of cognitive functions in aging population - an interventional single centre controlled trial of effectiveness and use of a memory training program

Acronym
NPV2TP

Study objectives

1. To test the effect of a publicly available memory training program on cognitive functions and self-evaluation of the participants, measured by subjective and objective psychological methods
2. To test the effect of this memory training on relevant opinions of the participants' significant others

Ethics approval required

Old ethics approval format

Ethics approval(s)

The Ethical Committee of Prague Psychiatric Center and Psychiatric Hospital Bohnice approved on the 13th December 2006 (ref: 230/06)

Study design

Interventional single centre non-randomised controlled trial

Primary study design

Interventional

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Cognitive status

Interventions

The intervention is a lectured memory training program in twenty 45-minute lessons in 9 block in 5 weeks in a large-group setting. It is a program that is available nationwide in the Czech Republic through a network of memory trainers, members of the Czech Society for Memory Training and Brain Jogging. Each session included:

1. Mnemonics theory and practice (mnemonic techniques: categorisation, visualisation, acrostics, acronyms, loci method, chunking, peg word system, names and faces linking method)
2. Theoretical information on brain functioning, ageing and neuroscientific findings (memory processes, hemispheric specialisation, etc.)
3. Various cognitive exercises (visuospatial skills, attention, semantic associations, anagrams, etc.)
4. Healthy ageing tips (e.g. nutrition, mental effort, social activity, physical exercise, etc.)
5. Demanding homework assessment

Both groups had the same schedule of assessments:

Assessment 1: baseline

Assessment 2: 6 - 8 weeks later

Assessment 3: 6 months later

The experimental group started in April 2007 and finished in November 2007. The control group started in December 2007 and finished in July 2008. The intervention followed Assessment 1, for the experimental group only.

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Intervention Type

Other

Phase

Not Applicable

Primary outcome(s)

Measured at assessments 2 and 3:

1. Objective cognitive outcomes, measured using Auditory-Verbal Learning Test, Subtest Logical Memory of Wechsler Memory Scale III, Trail Making Test, Telephone Numbers Test, Shopping List Test
2. Subjective self-evaluation outcomes, measured using Subjective Cognitive Scale, Cognitive Failures Questionnaire and SOS-10

Key secondary outcome(s)

Subjective self-evaluation outcomes, measured using structured interviews, measured at assessments 2 and 3.

Completion date

31/12/2008

Eligibility

Key inclusion criteria

1. Community-dwelling senior citizens, aged above 50 years, either sex
2. Cognitively healthy volunteers: Mini-Mental State Examination (MMSE) greater than 26

Participant type(s)

Healthy volunteer

Healthy volunteers allowed

No

Age group

Senior

Sex

All

Key exclusion criteria

Impaired cognitive or functional status

Date of first enrolment

02/04/2007

Date of final enrolment

31/12/2008

Locations

Countries of recruitment

Czech Republic

Study participating centre**Prague Psychiatric Center**

Prague 8

Czech Republic

18103

Sponsor information

Organisation

Ministry of Education, Youth and Sports (Czech Republic)

ROR

<https://ror.org/037n8p820>

Funder(s)

Funder type

Government

Funder Name

Ministry of Education, Youth and Sports (Czech Republic) (ref: MSMT 2D06013)

Alternative Name(s)

The Ministry of Education, Youth and Sports, MŠMT, MŠMT, MEYS

Funding Body Type

Government organisation

Funding Body Subtype

National government

Location

Czech Republic

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Study website	Study website	11/11/2025	11/11/2025	No	Yes