

# Early Psychosocial Intervention: Through A Memory Clinic: A Randomised Controlled Trial

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| <b>Submission date</b><br>23/01/2004   | <b>Recruitment status</b><br>No longer recruiting    | <input type="checkbox"/> Prospectively registered    |
|  |  | <input type="checkbox"/> Protocol                    |
| <b>Registration date</b><br>23/01/2004 | <b>Overall study status</b><br>Completed             | <input type="checkbox"/> Statistical analysis plan   |
|  |  | <input type="checkbox"/> Results                     |
| <b>Last Edited</b><br>19/09/2013       | <b>Condition category</b><br>Nervous System Diseases | <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

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## Additional identifiers

**Protocol serial number**  
PCC1040C Moniz-Cook

## Study information

**Scientific Title**

**Study objectives**

The aim of this study was to replicate a previous pilot (Moniz-Cook et al 1998) within a randomised controlled designed. In the pilot study, families recruited to a Community Primary Care led Memory Clinic were taught early memory management crisis preventive strategies over six sessions following diagnosis, and then offered crisis preventive support. At 18 month follow-up the experimental group did better on patient, caregiver and services outcomes. Question: Can early psychosocial intervention offered to older people with dementia and their families, through a Community Memory Clinic, improve their quality of life?

### **Ethics approval required**

Old ethics approval format

### **Ethics approval(s)**

Not provided at time of registration

### **Study design**

Randomised controlled trial

### **Primary study design**

Interventional

### **Study type(s)**

Not Specified

### **Health condition(s) or problem(s) studied**

Nervous system diseases: Dementia

### **Interventions**

Following the memory clinic assessment, all families met with the team (psychiatrist or psychologist and a nurse) to discuss the diagnosis and receive advice on future management. Following this, they were randomised to the experimental condition, 'memory clinic' early psychosocial intervention group for support by a memory clinic nurse, or to the 'usual care group' - psychogeriatric community multidisciplinary team, for support by a community psychiatric nurse (CPN). The independent University of York Telephone Randomisation Service allocated patients to each group using the following stratification criteria: MMSE scores (i.e. above and below MMSE 22) and 'domestic situation' (i.e. living with or without a caregiver). The design was essentially pragmatic in order that it could be easily extrapolated to NHS practice. Case audit of 'usual' practice for the control group was compared with what occurred in the experimental group, to explore 'what works for who?'

The memory clinic 'early intervention' multi-component programme was individualised to patient and family need and included:

1. Psycho-education and further discussion of the impact of diagnosis on day to day life with management advice, including a written individualised crisis preventive advice booklet.
2. A home-based crisis preventive memory management programme.
3. A behavioural depression-prevention programme.
4. Monitoring of physical health in families.
5. Review of psychotropic medication.
6. Arranging practical and social services if necessary.

### **Intervention Type**

Other

**Phase**

Not Specified

**Primary outcome(s)**

Patient Measures: The Mini-Mental State Examination - Diagnostic Interview Schedule (MMSE - DIS) (Folstein et al., 1975). Rivermead Behavioural Memory Test (RMBT) Wilson et al., (1985); Cornell Scale (Depression in dementia), Alexopoulos et al., (1998) H.A.D - Anxiety & Depression, Zigmond, A.S., & Snaith, R.P. (1983); Memory Difficulties Locus of Control Adapted from 'Recovery Locus of Control', Partridge & Johnston (1989).

Caregiver Measures: Problem Behaviour checklist, Gilleard, C. (1984); Revised Memory and Behaviour Problem Checklist, Teri L. et al., (1992); H.A.D. - Anxiety & Depression, Zigmond, A.S., & Snaith, R.P. (1983). General Health Questionnaire - 28 (GHQ - 28), Goldberg, D. (1981). Short Sense of Competence Scale, Vernooij-Dassen et al., (1997).

Services Measures: Psychosocial Intervention Checklist 0 an independently rated questionnaire on observed use of psychosocial support; case note audit of number and types of nurse contacts and families and audit of medication prescriptions from GP's.

**Key secondary outcome(s)**

Not provided at time of registration

**Completion date**

31/10/2000

**Eligibility****Key inclusion criteria**

Patients over the age of 65 years who were diagnosed with an 'early dementia in a Memory Clinic'.

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

Not Specified

**Key exclusion criteria**

1. Patients below 65 years of age
2. Prescription of anti-dementia drugs, e.g. Aricept, Exelon
3. Longstanding Receipt of Social Service Care
4. Presence of premorbid enduring mental health problems/chronic mood problems, and thus, previous (or ongoing) contact with psychiatric services
5. Onset of dementia greater than 4 years and Mini-Mental State Examination (MMSE) score <14

**Date of first enrolment**

31/05/1998

**Date of final enrolment**

31/10/2000

## **Locations**

**Countries of recruitment**

United Kingdom

England

**Study participating centre**

Department of Clinical Psychology (Older Adults)

Hull

United Kingdom

HU3 2SG

## **Sponsor information**

**Organisation**

NHS R&D Regional Programme Register - Department of Health (UK)

## **Funder(s)**

**Funder type**

Government

**Funder Name**

NHS Executive Northern and Yorkshire (UK)

## **Results and Publications**

**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration