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Training of cognitive functions in aging population - effectiveness and use

Submission date	Recruitment status	[ ] Prospectively registered
18/12/2009	No longer recruiting	[ ] Protocol
Registration date	**Overall study status**	[ ] Statistical analysis plan
04/01/2010	Completed	[ ] Results
Last Edited	**Condition category**	[ ] Individual participant data
04/01/2010	Mental and Behavioural Disorders	[ ] 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
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)

Primary study design
Interventional

Study design
Interventional single centre non-randomised controlled trial

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)
Ministerstvo školství, mládeže a tělovýchovy České republiky, Ministry of Education, Youth and Sport of the Czech Republic, Ministry of Education, Youth and Sports (Czech Republic), The Ministry of Education, Youth and Sports, MŠMT ČR, MEYS, MŠMT

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