

# Effect of narrative nursing combined with cognitive behavioral rehabilitation on cognitive function and anxiety in patients with Alzheimer's disease

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<b>Registration date</b> 27/03/2025	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 26/03/2025	<b>Condition category</b> Nervous System Diseases	<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

### Background and study aims

Alzheimer's disease (AD) is a progressive neurodegenerative disorder that significantly impacts cognitive function and quality of life. AD patients experience anxiety, which can exacerbate cognitive decline through stress-related mechanisms. This study aims to investigate the effect of narrative nursing combined with cognitive behavioral rehabilitation on cognitive function and anxiety in patients with AD.

### Who can participate?

Patients with AD who meet the diagnostic criteria of AD in the 2018 Chinese guidelines for the diagnosis and treatment of dementia and cognitive impairment (II) attending the participating centre.

### What does the study involve?

Narrative nursing combined with cognitive behavioral rehabilitation on cognitive function and anxiety in patients with AD. Cognitive behavioral rehabilitation includes: memory training, language communication skills training, computing ability training, and daily life ability training. The implementation of cognitive training is generally recommended to be 5-6 times a week, each time for 1 hour, lasting for 6 months, emphasizing the patient as the main body, and the time and intensity follow the principle of individualization. Cognitive behavioral rehabilitation training is designed and implemented by occupational therapists in hospitals.

### What are the possible benefits and risks of participating?

Narrative nursing combined with cognitive behavioral rehabilitation may effectively increase cognitive function, reduce anxiety, and improve the ADL and QOL of patients with AD.

There are no possible risks in this study.

Where is the study run from?  
Tianjin Medical University General Hospital, China

When is the study starting and how long is it expected to run for?  
January 2020 to December 2022

Who is funding the study?  
Investigator initiated and funded

Who is the main contact?  
Dai Li, lidai\_2024@126.com

## Contact information

### Type(s)

Public, Scientific, Principal investigator

### Contact name

Dr Dai Li

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## Additional identifiers

### Clinical Trials Information System (CTIS)

Nil known

### Protocol serial number

Nil known

## Study information

### Scientific Title

Effect of narrative nursing combined with cognitive behavioral rehabilitation on cognitive function and anxiety in patients with Alzheimer's disease

### Study objectives

Narrative nursing combined with cognitive behavioral rehabilitation may effectively increase cognitive function, reduce anxiety and improve the ADL and QoL of patients with Alzheimer's disease

## **Ethics approval required**

Ethics approval required

## **Ethics approval(s)**

approved 25/04/2024, Ethics Committee of Tianjin Medical University General Hospital (No. 154, Anshan Road, Heping District, Tianjin, 300052, China; +86 022-60361044; zyyjgb\_ll3@163.com), ref: IRB2024-YX-150-01

## **Study design**

Single-center randomized controlled trial

## **Primary study design**

Interventional

## **Study type(s)**

Other

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

Nursing care for patients with Alzheimer's disease

## **Interventions**

Patients with AD were selected using a random sampling method and divided equally into the observation group and the control group using a random number table. Patients in the control group received conventional nursing care. Patients in the observation group received narrative nursing combined with cognitive behavioral rehabilitation in addition to conventional nursing care.

Cognitive behavioral rehabilitation includes: memory training, language communication skills training, computing ability training, and daily life ability training. The implementation of cognitive training is generally recommended to be 5-6 times a week, each time for 1 hour, lasting for 6 months, emphasizing the patient as the main body, and the time and intensity follow the principle of individualization. Cognitive behavioral rehabilitation training is designed and implemented by occupational therapists in hospitals.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

The following primary outcome measures are assessed at baseline and 6 months:

1. Cognitive functions measured using Chinese versions of the MMSE and Montreal Cognitive Assessment (MoCA)
2. Anxiety measured using the Generalised Anxiety Disorder-7 (GAD-7) scale
3. Activities of Daily Living (ADLs) and quality of life (QoL) measured using the Alzheimer's Disease Cooperative Study (ADCS)-ADL and Quality of Life in Alzheimer's Disease (QoL-AD) scales

## **Key secondary outcome(s)**

There are no secondary outcome measures

## **Completion date**

31/12/2022

# Eligibility

## Key inclusion criteria

1. Meets the diagnostic criteria of AD in the 2018 Chinese guidelines for the diagnosis and treatment of dementia and cognitive impairment (II): Guidelines for the diagnosis and treatment of Alzheimer's disease
2. Basic language ability for simple communication
3. Meets the requirements of medical ethics in our hospital, and their family members signed the informed consent form

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Mixed

## Sex

All

## Total final enrolment

172

## Key exclusion criteria

1. Severe psychiatric disorders that would prevent participation in cognitive behavioral therapy
2. Acute or unstable cardiovascular conditions requiring intensive medical management
3. Severe cognitive impairment (Mini-Mental State Examination [MMSE] score  $\leq 10$ ) that would preclude meaningful participation in the intervention

## Date of first enrolment

10/01/2020

## Date of final enrolment

08/11/2020

# Locations

## Countries of recruitment

China

## Study participating centre

Tianjin Medical University General Hospital

Tianjin

China

300052

# Sponsor information

## Organisation

Tianjin Medical University General Hospital

## ROR

<https://ror.org/003sav965>

# Funder(s)

## Funder type

Other

## Funder Name

Investigator initiated and funded

# Results and Publications

## Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study will be available upon request from Dai Li, [lidai\\_2024@126.com](mailto:lidai_2024@126.com).

## IPD sharing plan summary

Available on request