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Rehabilitation study on Alzheimer's disease

Submission date
17/03/2026

Recruitment status
No longer recruiting

Registration date
20/03/2026

Overall study status
Completed

Last Edited
17/03/2026

Condition category
Nervous System Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[ ] Results
[ ] Individual participant data
[X] Record updated in last year

Plain English summary of protocol
Plain English summary of protocol not provided at time of registration

Contact information

Type(s)
Principal investigator, Public, Scientific

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Additional identifiers

Study information

Scientific Title
Effects of extended rehabilitation on the general cognition of patients with Alzheimer's disease and the anxiety and sleep state of their families

Study objectives

Ethics approval required
Ethics approval required

Ethics approval(s)
approved 31/05/2023, Ethics Committee of Navy Qingdao Special Service Recuperation Center (No. 27, Hong Kong West Road, Shinan District, Qingdao, 266000, China; +86 0532-51885078; -), ref: -

Primary study design
Interventional

Allocation
Randomized controlled trial

Masking
Blinded (masking used)

Control
Active

Assignment
Parallel

Purpose
Health services research

Study type(s)

Health condition(s) or problem(s) studied
Rehabilitation study of Alzheimer's disease

Interventions
This study was an interventional study involving patients with Alzheimer's disease (AD) and their family members. A total of 63 patients were randomly stratified by age and divided into two groups using a random number table method: a control group (30 patients) and an experimental group (33 patients). Both groups received one month of inpatient rehabilitation, including routine medication, activities of daily living (ADL) training, cognitive exercises, environmental memory training, speech therapy, music therapy, and manual dexterity training. After discharge, the control group received no further guidance and was followed up for three months. The experimental group received an additional three months of extended rehabilitation at home or in a nursing home, guided by a designated contact person (usually a family member or caregiver) who followed a daily work plan provided by the hospital. The plan included daily ADL training and at least weekly cognitive and memory exercises. Nursing staff conducted weekly telephone follow-ups and bi-weekly home visits to monitor adherence and provide guidance. The intervention lasted three months post-discharge, with assessments conducted at baseline, 1 month, 2 months, and 3 months.

Intervention Type
Behavioural

Primary outcome(s)
1. Cognitive function measured using the Montreal Cognitive Assessment (MoCA) scale at baseline, 1 , 2 and 3 months

2. Activities of daily living measured using the Barthel Index for Activities of Daily Living (ADL) at baseline, 1 , 2 and 3 months

3. Anxiety levels of family members measured using the Hamilton Anxiety Rating (HAM-A) scale at baseline, 1 , 2 and 3 months

4. Sleep quality of family members measured using the Pittsburgh Sleep Quality Index (PSQI) at baseline, 1 , 2 and 3 months

Key secondary outcome(s)

Completion date
31/12/2020

Eligibility

Key inclusion criteria
1. Montreal Cognitive Assessment Scale (MoCA) score was 10–25 points, which is in line with the National Institute of Neurological and Communicative Disorders and Stroke and the Alzheimer's Disease and Related Disorders Association (NINCDS-ADRDA) diagnostic criteria for AD
2. Assessed using the Clinical Dementia Rating (CDR) scale as having mild, moderate, or severe dementia
3. Could understand, communicate with, and cooperate with investigators
4. In a stable condition without serious physical complications
5. Local to Qingdao and received care at home or in a nursing home after treatment

Healthy volunteers allowed
No

Age group
Mixed

Lower age limit
60 years

Upper age limit
80 years

Sex
All

Total final enrolment
63

Key exclusion criteria
1. A type of dementia mentioned in the NINCDS-ADRDA diagnostic criteria that cannot be classed as AD, such as dementia with major vascular diseases or dementia caused by the use of drugs that affect cognition
2. Unable to be visited or followed up
3. Undergoing other drug trials

Date of first enrolment
01/01/2019

Date of final enrolment
11/01/2020

Locations

Countries of recruitment
China

Sponsor information

Organisation
Navy Qingdao Special Service Recuperation Center

Funder(s)

Funder type

Funder Name
Navy Qingdao Special Service Recuperation Center

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not expected to be made available