



나 해 리

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Cognitive Rehabilitation

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Recent randomized control trials and meta-analyses of experimental studies indicate positive effects of non-pharmacological cognitive training on the cognitive function of healthy older adults. Furthermore, a large-scale randomized control trial with older adults, independent at entry, indicated that cognitive training delayed their cognitive and functional decline over a five-year follow-up. This supports cognitive training as a potentially efficient method to postpone cognitive decline in persons with neurocognitive disorders. Most of the research on the effect of cognitive rehabilitation has reported increased performance following rehabilitation on objective measures of memory whereas a minority reported no effect of rehabilitation on objective cognitive measures. Interestingly, some of the studies that reported a positive effect of cognitive rehabilitation in persons with neurocognitive disorders have observed large to moderate effect size. However, all of these studies have limited power and few have used long-term follow-ups or functional impact measures. Overall, this review highlights a need for a well-controlled randomized trial to assess the efficacy of cognitive rehabilitation in neurocognitive disorders. It also raises a number of unresolved issues including proper outcome measures, issues of generalization and choice of intervention format. This lecture will review the concepts, the methods and the previous study results of cognitive rehabilitation, mostly focused on neurocognitive disorders.

Key Words: Cognition, Memory, Cognitive training, Cognitive rehabilitation

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