

Target Area: Memory Impairments/Attention Problems

<p>Steingass, Bobring, Burgart, Sartory & Schugens (1994). <i>Memory Training in Alcoholics</i>. Neuropsychological Rehabilitation 4(1): 49-62</p>	<p>PEDro score - 5/10</p>
<p>Method/Results</p> <p>Design:</p> <p>Y Studytype: RCT.</p> <p>Y Population: n=29 Alcoholic patients (male=24; female=5).</p> <p>Y Groups:</p> <ol style="list-style-type: none"> 1. Treatment group=14. 2. Control group=15. <p>Y Setting: Residential care centre.</p> <p>Primary outcome measure/s: Used for pre- and post-treatment assessment and as outcome measures.</p> <p>Y WMS.</p> <p>Y Categorized Verbal Memory Test.</p> <p>Y Colour-Word Association Test.</p> <p>Y ReyFigure Test.</p> <p>Y D-2 Test.</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Result: Treatment produced small but statistically significant improvement in immediate and delayed recall.</p>	<p>Rehabilitation Program</p> <p>Aim: To train alcoholic patients in the use of internal memory strategies (eg, imagery, association).</p> <p>Materials: No details of the specific materials used in the training sessions are provided.</p> <p>Treatment plan</p> <p>Y Duration: 6 weeks, 12 hours.</p> <p>Y Procedure: 2 training sessions per week, 1 hour/session.</p> <p>Y Content:</p> <ul style="list-style-type: none"> - Sessions consisted of several training tasks (each lasting 1-20 minutes) administered in the same order to all patients: <ol style="list-style-type: none"> 1. Visualizing placing items in a shopping basket and then recalling order in which items were placed in the basket. 2. Name-face association. 3. Name-body features association. 4. Learning other patients' biographical data. 5. Letter-number and word-number association 6. Route learning on a map 7. Delayed recognition of learned pictures 8. Earning "lucky numbers" 9. Telephone number and birth date recognition 10. Traffic sign recognition 11. Picture scanning to identify odd features 12. Copying drawings - Imagery was also used extensively (eg., visualize your room and places in it where you could put things) as well as board games where the position of tokens on the board and 'paths' across the board had to be learned.