



Target Area: Memory Impairments /Cognitive Deficits

<p>Cheng, Chan &amp; Yu (2006). <i>An Exploratory Study of the Effect of Mahjong on the Cognitive Functioning of Persons with Dementia</i>. <i>International Journal of Geriatric Psychiatry</i> 21 (7) :611-617</p>	<p>PEDro score - 5/10</p>
<p><b>Method/Results</b></p> <p>Design:</p> <p>Y Studytype: RCT.</p> <p>Y Population: n=62 older persons with a diagnosis of mild to moderate dementia (any dementia condition included), who were able to play mahjong, aged between 64-99 years (mean=83.94, SD=7.58 yrs)</p> <p>Y Groups:</p> <ol style="list-style-type: none"> <li>1. Twice a week group (n=33, 21% male).</li> <li>2. Four times a week group (n=29, 83% male).</li> </ol> <p>Y Setting: Nursing homes in China.</p> <p>Primary outcome measure/s:</p> <p>Y Mini-Mental Status Examination.</p> <p>Y Digit Span Test: Digit forward span and sequence.</p> <p>Y Verbal Learning Test.</p> <p>Secondary outcome measure/s:</p> <p>Y None.</p> <p>Result: Gains in cognitive performance were reported for both groups, particularly for digit forward memory and verbal memory measures, where moderate to large effect sizes were reported. The pattern of change in scores, however, did not significantly differ between the groups (that is, the anticipated dosage effect did not exist).</p>	<p><b>Rehabilitation Program</b></p> <p>Aim: To improve the cognitive functioning of persons with mild-to-moderate dementia.</p> <p>Materials: Mahjong tables and pieces.</p> <p>Treatment plan/procedure:</p> <p>Y Duration: 16 week program (max. of 96 hours total of playing time).</p> <p>Y Sequence: 75-90 min sessions either 2x or 4x per week for 16 weeks</p> <p>Y Content: Residents were assigned to mahjong tables of four people each, and played either two times a week or four times a week.</p>