

**Target Area: Memory Impairments/Communication, Language, Speech Disorders**

<p>Kaschel, Della Sala, Cantagallo, Fahlboeck, Laaksonen et al (2002). <i>Imagery Mnemonics for the Rehabilitation of Memory: A Randomised Group Controlled Trial</i>. <i>Neuropsychological Rehabilitation</i> 12(2): 127-153</p>	<p>PEDro score - 5/10</p>
<p><b>Method/Results</b></p>	<p><b>Rehabilitation Program</b></p>
<p><b>Design:</b>  Y Studytype: RCT.  Y Population: n=21, patients of mixed aetiology with mild memory problems (RBMT profile score &gt;12).  Y Groups:  1. Imagery intervention group n=9 (TBI=5, CVA=3).  2. Standard intervention group n=12 (TBI=7, CVA=4, Infection=4).  Y Setting: Community setting - various centres.</p> <p><b>Primary outcome measure/s:</b>  Y RBMT (Logical Memory, immediate and delayed recall).  Y Appointments Test (immediate and delayed recall).  Y Memory Assessment Clinics Rating Scale (relatives' rating).</p> <p><b>Secondary outcome measure/s:</b>  Y d2 Test.  Y Memory Assessment Clinics Rating Scale (self rating).  Y RBMT Global Score.</p> <p><b>Result:</b> Visual imagery group showed modest but statistically superior improvement on most primary outcome measures between commencement and end of treatment phase.</p>	<p><b>Aim:</b> To evaluate efficacy of simple visual imagery and 'standard' interventions in rehabilitating mild memory impairment.</p> <p><b>Materials:</b> TV monitor and video player.</p> <p><b>Treatment plan/procedure</b>  Y Duration: 24 weeks.  Y Procedure: 4 week baseline; 10 week intervention comprising 30 single sessions of unspecified duration delivered at unspecified intervals; 12 week follow-up.  Y Content:  <b>Visual imagery intervention:</b></p> <ul style="list-style-type: none"> <li>- <i>Stage 1:</i> Standardised imagery skill acquisition comprising <ol style="list-style-type: none"> <li>1. Recall of positive autobiographical memory episodes (eg, holidays) to set motivation for imagery training.</li> <li>2. Exercises to develop ability to rapidly generate images of objects presented on video screen (6 levels of difficulty with 10 items per level).</li> <li>3. Exercises to develop ability to rapidly generate images of actions presented on video screen (6 levels of difficulty with 10 items per level).</li> </ol> </li> <li>- <i>Stage 2:</i> Skills acquired in Stage 1 applied in two domains of everyday life: written information and prospective memory, using items/situations in each domain specifically tailored for each individual.</li> <li>- <i>'Standard' Intervention:</i> Standard memory rehabilitation programme provided by the Centre they attended.</li> </ul>