

## Target Area: Memory Impairments

<p><b>Owensworth &amp; McFarland (1999) <i>Brain Injury</i> 13(8): 605–626</b></p>	<p><b>PEDro score – 4/10</b></p>
<p><b>Method/Results</b></p>	<p><b>Rehabilitation Program</b></p>
<p><b>Design:</b></p> <ul style="list-style-type: none"> <li>➤ <b>Study type:</b> RCT.</li> <li>➤ <b>Population:</b> n=20, 95% male, patients of mixed aetiology 4–37 years after acquired brain injury (TBI=15; tumour=2; stroke=1; infection=2).</li> <li>➤ <b>Groups:</b> <ol style="list-style-type: none"> <li>1. Treatment group=10.</li> <li>2. Control group=10.</li> </ol> </li> <li>➤ <b>Setting:</b> Community setting – brain injury support group.</li> </ul> <p><b>Primary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>➤ Weekly percentage of dairy entries made during treatment phase.</li> <li>➤ Number of memory problems reported daily.</li> <li>➤ Number of times compensatory memory strategies utilized daily.</li> </ul> <p><b>Secondary outcome measure/s:</b></p> <ul style="list-style-type: none"> <li>➤ Weekly POMS scores.</li> </ul> <p><b>Result:</b> The DSIT diary utilization strategy reduced the frequency of memory problems experienced by participants more than the DO strategy. Mean number of weekly diary entries did no differ between groups. Psychological distress was reduced in both groups.</p>	<p><b>Aim:</b> To compensate for everyday memory problems using two types of diary utilization strategies. The training strategies reflected bottom-up (<i>DO</i>: Diary Only Training) and top-down (<i>DSIT</i>: Diary and Self-Instructional Training) cognitive models of rehabilitation.</p> <p><b>Materials:</b> Self-report, 15-item checklist to record frequency of occurrence of memory problems and frequency of utilization of compensatory memory strategies. Lined exercise book used as diary. Rivermead Behavioural Memory Test, WMS-R, POMS.</p> <p><b>Treatment plan/procedure</b></p> <ul style="list-style-type: none"> <li>➤ <b>Duration:</b> DO group: 2 weeks baseline, 4 weeks of treatment. DSIT group: 6 weeks baseline, 4 weeks of treatment.</li> <li>➤ <b>Procedure:</b> A single training session, given at beginning of treatment phase (duration unspecified).</li> <li>➤ <b>Content:</b> <ul style="list-style-type: none"> <li>– <i>DO Group</i>: teach participants a behavioural sequence for using the diary to compensate for everyday memory problems (details of behavioural sequence are not specified).</li> <li>– <i>DSIT Group</i>: teach participants a self-instruction strategy for using the diary to compensate for everyday memory problems.</li> <li>– The strategy (WSTC) consisted of four steps: <ol style="list-style-type: none"> <li>1. W= what are you going to do?</li> <li>2. S=select strategy for the task</li> <li>3. T=try out the strategy</li> <li>4. C=check how strategy is working.</li> </ol> </li> </ul> </li> </ul>