Table 9. Cognitive Function Outcomes for Cognitive Interventions (Stimulation and Training)

| **Study** | **N randomized** | **Measure** | **Time (months)** | **Intervention Group** | **Control Group** | **p-value** | **Notes and related outcomes** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Buschert, 2011241 (MCI) | IG: 10  CG: 12 | ADAS-Cog, Mean (SD) | BL | 8.7 (2.9) | 9.8 (4.3) | NSD |  |
| 6m | 7.3 (3.1) | 11.7 (5.6) | NR |
| Buschert, 2011241 (Dementia) | IG; 8  CG: 7 | ADAS-Cog, Mean (SD) | BL | 12.1 (5.3) | 16.4 (4.8) | NSD |  |
| 6m | 11.4 (6.0) | 16.4 (4.9) | NR |
| Cahn-Weiner, 2003243 | IG: 17  CG: 17 | HVLT | BL | 12.2 (4.6) | 12.1 (4.8) | NR |  |
| 3m | 11.1 (3.2) | 11.0 (3.9) | NR |
| Chapman, 2004244 | IG: 26  CG: 28 | ADAS-Cog, Adjusted mean | BL | 21.52 | 20.20 | NR | Also report MMSE and CIBIC |
| ADAS-Cog, Mean change (95% CI) | 12m | 4.89 (2.67, 7.11) | 5.62 (3.39, 7.85) | NR |
| Clare, 2010245 | IG: 23  CG: 22 | Rivermead Behavioral Memory Test, Mean (SD) | BL | 5.59 (4.32) | 3.91 (5.16) | NR | Also report results for an attention control |
| 6m | 5.44 (6.16) | 4.11 (5.68) | NR |
| Kinsella, 2009237 | IG: 26  CG: 28 | Prospective Memory Performance, Mean (SD) | BL | 1.35 (1.31) | 1.85 (1.53) | NR | Prospective Memory Performance is equivalent to Rivermead Behavioral Memory Test |
| 4m | 2.30 (1.34) | 1.90 (1.41) | NSD |
| Rapp, 2002238 | IG: 9  CG: 10 | NA | NA | NR | NR | NA |  |
| Schwenk, 2010248 | IG: 26  CG: 35 | Dual task in cognitive performance-serial 3 backward, mean percent (SD) | BL | -23.80 (38.71) | -25.51 (35.66) | NR | Also report serial 2 forward |
| 3m | -4.23 (36.32) | -24.41 (26.66) | 0.222 |
| Troyer, 2008239 | IG: 27  CG: 27 | NA | NA | NA | NA | NA | No multivariate group-by-time interactions on the immediate (p=0.74) or longer-term (p=0.82) objective memory measures |
| Tsolaki, 2011240 | IG: 122  CG: 79 | MMSE, Mean (SD) | BL | 28.09 (1.59) | 27.59 (1.88) | 0.061 | Also report MoCA |
| 6m | 29.00 (6.18) | 27.06 (2.34) | 0.000 |
| Requena, 2004109 | IG: 18  CG: 18 | ADAS-Cog, Mean (SD) | BL | 32.50 (18.28) | 26.06 (8.85) | NSD | Also report MMSE and FAST |
| 12m | 28.56 (21.02) | 35.33 (11.50) | NR |
| 24m | 30.21 (19.41) | 44.72 (13.11) | NR |
| Quayhagen, 1995249 | IG: NR  CG: NR | Mattis Dementia Rating Scale, Mean (SD) | BL | 109.8 (12.0) | 109.2 (11.7) | NR |  |
| 3m | 113.1 (11.7) | 104.8 (13.9) | NR |
| 6m | 107.6 (15.1) | 96.6 (20.2) | NR |
| Burgener, 2008242 | IG: 24  CG: 19 | MMSE, Mean (SD) | BL | 24.8 (3.5) | 22.9 (5.2) | 0.17 |  |
| 5m | 25.2 (3.1) | 22.4 (7.6) | 0.05 |
| Olazaran, 2004247 | IG: 33  CG: 40 | ADAS-Cog, Mean (SD) | BL | 24.7 (1.5) | 25.8 (1.6) | 0.629 | Also report MMSE |
| ADAS-Cog, Mean change | 3m | 0\* | 0.5\* | NR |
| 6m | 0\* | 2\* | NR |
| 12m | 4\* | 6.5\* | NR |

\* Estimated from a figure.

**Abbreviations:** ADAS-cog = Alzheimer’s Disease Assessment Scale-cognitive subscale; BL = baseline; CG = control group; CIBIC = Clinician’s Interview-Based Impression of Change; FAST = Reisberg Functional Assesment Staging Scale; HVLT = Hopkins Verbal Learning Test; IG = intervention group; m = month(s); MMSE = Mini-Mental State Examination; MoCA = Montreal Cognitive Assesment; N = number; NA = not applicable; NR = not reported; NSD = no significant data; SD = standard deviation.