

**A compensatory cognitive rehabilitation therapy for individuals with subjective memory
complaints**

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Conflict of interest

Authors have no potential conflict of interest pertaining to this submission.

Informed consent

Informed consent was obtained from all individual participants included in the study.

Ethical approval

All procedures performed in this study involving human participants were in accordance with the ethical standards of the Douglas Mental Health University Institute, Montreal, QC, Canada and with the 1964 Helsinki declaration and its later amendments or comparable ethical standards.

Abstract

Background: Cognitive rehabilitation is a non-pharmacological treatment demonstrated to be effective to improve measures of memory, knowledge of memory strategies and psychological well-being in patients with mild cognitive impairments. Objectives: (1) to explore whether or not the French version of a group-based compensatory cognitive rehabilitation therapy developed in United States could improve memory in individuals with subjective memory complaints (SMC); (2) to evaluate the applicability and acceptability of the program in French-Canadian memory clinic care. Methodology: Eight participants enrolled in the study and five completed the program with eight sessions. Results: Participants improved on measures of subjective and objective verbal memory as well as working memory and executive functioning. The program was demonstrated to be acceptable by the participants. Interestingly, those who dropped out had lower insight of their verbal memory difficulties than the completers. Conclusion: This preliminary study yielded clinically helpful data demonstrating the feasibility of the francophone version of this cognitive rehabilitation therapy in patients with SMC.

Keywords

Compensatory Cognitive rehabilitation; Subjective memory complaints; Feasibility Study

Running head: cognitive rehabilitation for SMC

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