

Medical Update Memo

October 27, 2009

Efficacy and specificity of intensive cognitive rehabilitation of attention and executive functions in multiple sclerosis

Summary

Intensive neuropsychological rehabilitation of attention, information processing and executive functions is effective in patients with RR MS and low levels of disability, and also leads to improvement in depression. **J Neurol Sci. 2009 Oct 12. (Epub ahead of print)**

Details

In this double-blind, placebo controlled, clinical trial the authors investigated the efficacy of intensive cognitive treatment given to people with MS with a degree of cognitive dysfunction. The 20 people in this study were divided into two groups. One group received intensive neuropsychological treatment consisting of one hour sessions of computer-assisted training of attention, information processing and planning exercises for executive functions. The other group received no training. The sessions took place three times a week over a three month period. The authors found that the people who received intensive cognitive rehabilitation scored significantly higher in all cognitive tests than people who did not receive any rehabilitation treatment. They also found that cognitive rehabilitation improved depression scale scores. Despite the small number of participants, this study highlights the importance of cognitive rehabilitation for people with MS and cognitive dysfunction.

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