EFFECTS OF AN ONLINE-BASED COGNITIVE STIMULATION TRAINING AS A PREVENTIVE PROGRAMME IN PATIENTS WITH HIV: A PROOF OF CONCEPT STUDY

Cognitive complaints, could be associated with interferences on daily living that impact on their quality of life.

BACKGROUND

Cognitive complaints, could be associated with interferences on daily living that impact on their quality of life.

DESIGN

STIMULATION PROGRAMME ONLINE COGNITIVE (OCSP)

AS AN ADJUVANT THERAPY FOR PEOPLE LIVING WITH COGNITIVE COMPLAINTS

24 SESSIONS/ 40 MINUTES/ 12 WEEKS

SELF-APPLIED EXERCISES

Shaped tasks to work affected cognitive domains in PLWHIV.

METHODS

Assess feasibility and acceptability of the ocsp through specific self reported questionnaires.

➢ PATIENT’S ASSESSMENT OF OWN FUNCTIONING INVENTORY (PAOFI)

➢ DYSEXECUTIVE QUESTIONNAIRE (DEX)

➢ HOSPITAL ANXIETY AND DEPRESSION SCALE (HADS)

➢ SATISFACTION AND UTILITY VISUAL ANALOGUE

DATA ANALYSES

Qualitative data expressed as percentages. Quantitative data expressed as mean and standard deviation. For comparison between two moments paired we used the Mc-Nemar for qualitative data and t student for quantitative data, p values: *p < .05.

RESULTS

SELF-REPORTED QUESTIONNAIRES ONLINE CSP

QUALITATIVE DATA (M(SD))

<table>
<thead>
<tr>
<th>QUESTIONNAIRE</th>
<th>PRE</th>
<th>POST</th>
<th>P VALUE</th>
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</thead>
<tbody>
<tr>
<td>PAOFI</td>
<td>4.72(7.19)</td>
<td>4.61(7.03)</td>
<td>0.87</td>
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<tr>
<td>DEX TOTAL</td>
<td>22.75(12.727)</td>
<td>20(11.17)</td>
<td>0.12</td>
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<tr>
<td>DEX DISORG (disorganization/apathy subscale)</td>
<td>12.36(7.60)</td>
<td>11.14(7.57)</td>
<td>0.21</td>
</tr>
<tr>
<td>DEX DESINH (disinhibition/ impulsivity subscale)</td>
<td>10.39(5.78)</td>
<td>8.86(5.1)</td>
<td>0.12</td>
</tr>
<tr>
<td>HADS ANX (Anxiety subscale)</td>
<td>8.75(3.99)</td>
<td>7.55(3.86)</td>
<td>0.03*</td>
</tr>
<tr>
<td>HADS DEP (Depression subscale)</td>
<td>5.97(4.19)</td>
<td>5.36(4.21)</td>
<td>0.26</td>
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CONCLUSIONS:

Our findings support the feasibility and acceptability of our OCSP.

We need a larger sample to confirm potential benefits and effectiveness of online cognitive stimulation programmes.