

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

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## 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.

ASSESS

Determinant brain health and key health outcomes with patient reported outcome questionnaires. PROMS

## 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

BEFORE OCSP (PRE)

FEEDBACK SURVEY (VAS)

AFTER OCSP (POST)

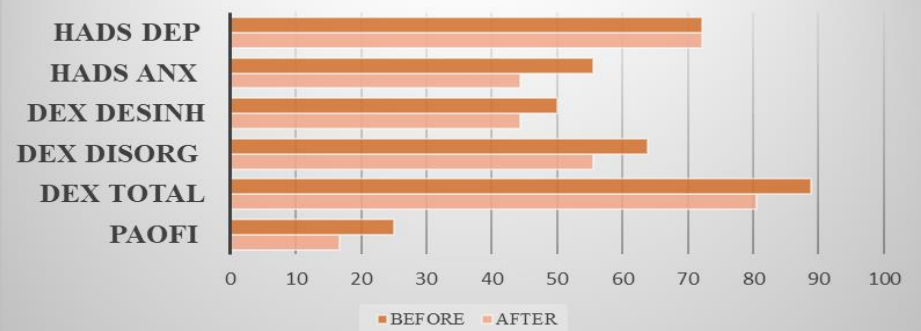
BASELINE CHARACTERISTICS	N=36
male. n (%)	31 (86)
age. mean (sd)	60.5±7
>8 yrs education n (%)	31 (86)
Currently employed n (%)	14 (40)
Retired n (%)	13(37)
Global deficit score (sd)	0.6±0.5

## RESULTS

SELF-REPORTED QUESTIONNAIRES ONLINE CSP  
QUANTITATIVE DATA M(SD)

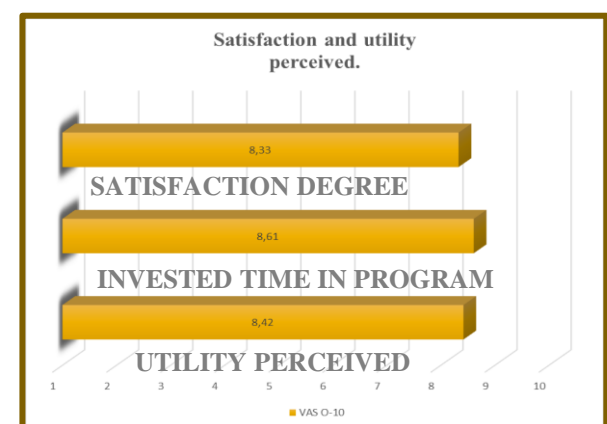
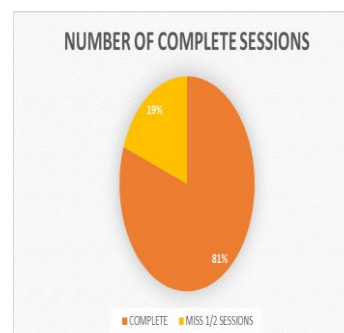
QUESTIONNAIRE	PRE	POST	P VALUE
PAOFI	4.72(7.19)	4.61(7.03)	0.87
DEX TOTAL	22.75(12.727)	20(11.17)	0.12
DEX DISORG (disorganization/apathy subscale)	12.36(7.60)	11.14(7.57)	0.21
DEX DESINH (disinhibition/ impulsivity subscale)	10.39(5.78)	8.86(5.1)	0.12
HADS ANX (Anxiety subscale)	8.75(3.99)	7.55(3.86)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

Patient reported outcome measures (PROMS)  
QUANTITATIVE DATA (%)



## 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.



## 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.