

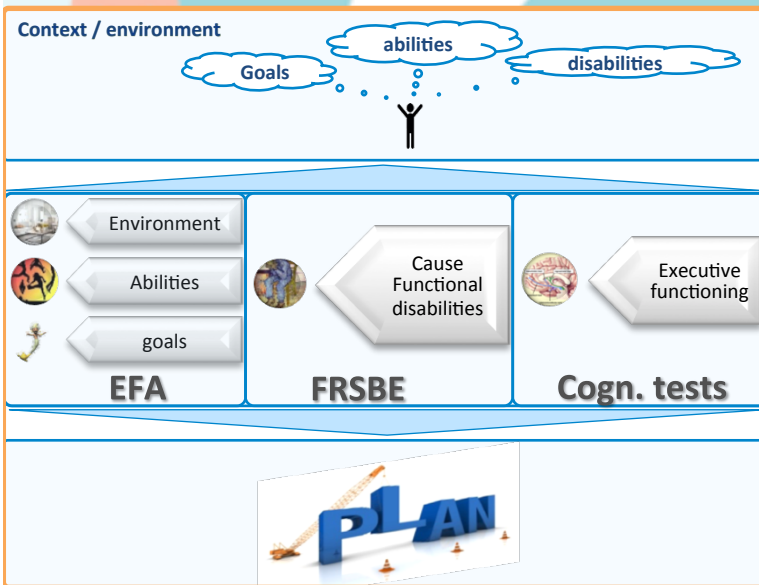
# Cognitive Adaptation Training: is it effective as a nursing intervention in a hospital setting?

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**Background** Cognitive impairment is common in severe mental illness (SMI), and contributes to functional disabilities even more than clinical symptoms. Cognitive Adaptation Training (CAT) is designed to improve everyday functioning by compensating for cognitive deficits. CAT has proven its effectiveness in the US for people with schizophrenia who receive community care.

**Study Aim** This study investigated the effect of CAT in people with SMI who have been hospitalized long term, with CAT being delivered by the patients' case manager (nurse).



**Method** Multicenter (three centers in NL) clusterrandomized controlled trial:

- Two conditions: CAT (n=42) & TAU (n=47)
- Assessments at: 0, 3, 6, 9, 12 months (CAT & TAU)
- Follow-up assessments at: 15, 18, 21 & 24 months (CAT only)
- Primary outcome was everyday functioning:
  - SOFAS
  - Multnomah Community Ability Scale (MCAS)
  - Life Skills Profile (LSP)
  - Social Functioning Scale (SFS)

## Results

	T0		T3		T6		T9		T12	
TAU	mean	SD	mean	SD	mean	SD	mean	SD	mean	SD
SOFAS	41,2	8,7	41,1	8,7	40,6	7,3	41,7	7,7	40,9	7,8
LSP	119,6	13,9	119,5	15,0	119,0	14,2	120,8	14,2	121,2**	13,7
SFS	99,8	23,0	99,5	22,2	96,7	22,7	99,8	23,9	98,8*	25,2
PANSS	66,4	18,3			65,3	14,8			64,0	15,1
MCAS	57,8	7,4	59,1	7,0	59,4	6,5	61,0	7,2	62,9**	6,9
CAT										
SOFAS	36,6	5,9	35,3	10,0	36,2	7,8	36,4	8,0	37,0	8,3
LSP	115,3	13,7	119,6	13,4	117,6	16,0	117,7	14,7	120,4**	14,3
SFS	85,6	22,7	90,6	19,4	86,9	24,5	83,5	23,6	87,2*	25,2
PANSS	67,4	16,0			67,2	15,0			65,5	18,5
MCAS	58,6	6,7	59,1	6,2	59,6	7,0	60,6	7,7	59,4**	7,2

- Threellevel linear mixed model analysis (fixed factors: condition, time & interaction)
- Covariates age, gender, level of education, chlorpromazine equivalents
- \* p < 0,05, \*\* p < 0,01

## Conclusions

Results suggest that CAT improves daily functioning as observed by casemanagers. Nevertheless, process evaluation data (presented on poster SU15) shows that special attention for implementation is needed.

**Take home message**  
Cognitive Adaptation Training as a nursing intervention is effective in improving everyday functioning in people with severe mental illness.

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