

The CATwalk from scientific models to practice: implementation research to promote the daily use of Cognitive Adaptation Training in people with severe mental illnesses in long-term care.

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What is Cognitive Adaptation Training (CAT)?

A compensatory strategy that aims to bypass the cognitive impairments by creating new routines in the persons' environment through the use of environmental supports.



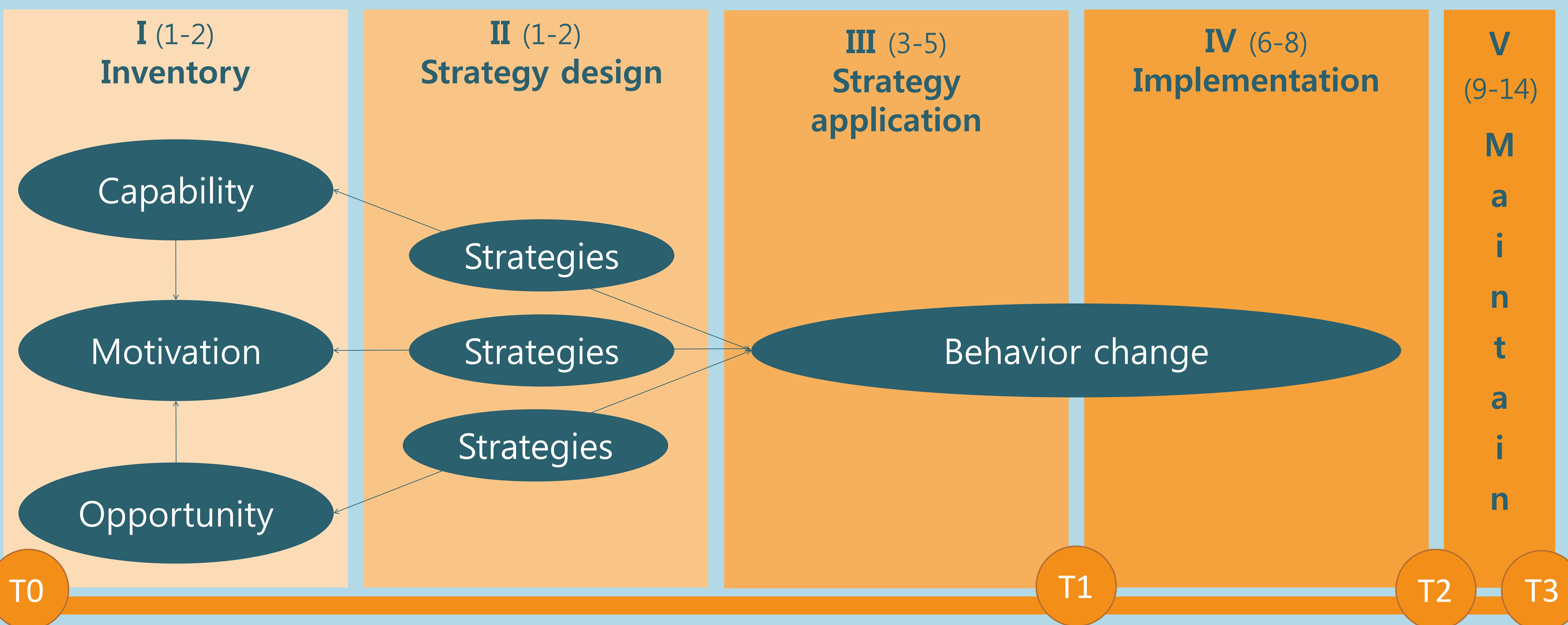
Evidence for CAT

Research shows that CAT enhances multiple aspects of the daily functioning in service users' in various stages of their illness^{1,2,3}.



The Science-to-Service Gap

Implementation of scientifically proven interventions is not an automatic process. The next step after effectiveness research is implementation research. This study aims to develop an implementation programme for CAT that offers concrete solutions to overcome implementation barriers.



Testing the model

Primary outcomes (RE-AIM)

- ❖ Reach
- ❖ Effectiveness
- ❖ Adoption
- ❖ Implementation
- ❖ Maintenance



Walking down the CATwalk!

Evidence-based interventions need evidence-based implementation. If proven effective, this implementation programme provides tools to implement CAT on a large scale and may also be useful for other psychosocial interventions.

¹ Stiekema et al. (2014)

² Stiekema et al. (in prep.)

³ Velligan et al. (2002)



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