

## عنوان مقاله:

Investigating the Effectiveness of Cognitive Enhancement on Quality of Life in the Elderly With Mild Cognitive Impairment

## محل انتشار:

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## خلاصه مقاله:

**Objective:** Cognitive enhancement is a noninvasive brain treatment that has the potential to improve cognitive deficits in patients with symptoms of cognitive impairment, such as mild cognitive impairment. Studies have not investigated the effectiveness of this method on people's quality of life; therefore, this study aims to investigate the effectiveness of cognitive enhancement on the quality of life (QoL) of the elderly with mild cognitive impairment. **Methods:** As a quasi-experimental study, the authors utilized the pre-test-post-test design with follow-up. The statistical population of the study was elderly with mild cognitive impairment. A total of ۴۰ senior patients with cognitive abnormalities who were referred to the Rehabilitation Clinic of the Payambaran Hospital in Tehran City, Iran, were picked at random and assigned into an experimental and a control group. The experimental group underwent ۱۲ sessions of cognitive enhancement. To measure the variables, the LEIPAD QoLquestionnaire was employed. The data were analyzed using the two-way repeated measures analysis of variance via the SPSS software, version ۲۵. **Results:** In terms of the post-test quality of life, the results revealed a significant difference between the experimental and control groups. The QoLoF of the elderly with mild cognitive impairment was impacted by cognitive improvement. The follow-up studies also demonstrated that the observed disparities between the groups were persistent over time ( $P<0.05$ ). **Conclusion:** In addition to affecting the cognitive abilities of the brain, cognitive enhancement can affect the QoLoF of the elderly with mild cognitive impairment.

## کلمات کلیدی:

Cognitive enhancement, Quality of life, Elderly, MCI

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