

عنوان مقاله:

The Effect of a "Selected Exercise Training" on Reducing Symptoms of Dementia Caused by Alzheimer's Disease in People with Down Syndrome

محل انتشار:

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خلاصه مقاله:

Objectives: The aim of the study was to determine the effect of a selected exercise training on reducing symptoms of dementia caused by Alzheimer's disease in people with Down syndrome. **Methods:** ۲۷ men with Down syndrome were randomized to intervention ($n=۱۳$) and control ($n=۱۳$) groups. All persons in experimental group followed ۱۲ weeks selected exercise training, three times a week. Prior to the start of the study, and after three-month training, each member in both groups was assessed according to the DSQIID questionnaire filled by caregivers of these peoples. Data were analysed by independent t-test. **Results:** The results indicated that the first questionnaire subscales that assess memory disorders and confusion in the experimental group between pre and post test showed a significant decrease ($P=۰.۰۲۸$). Also in third part of questionnaire that asked about the individual skills, social withdrawal, physical symptoms and speech abnormalities, the variable scores in post-test of experimental group were significantly lower than pre-test scores ($P=۰.۰۴۷$). **Discussion:** These result showed that the combination of selected exercises training could cause a significant reduction in the incidence of initial dementia symptoms and can be an important step to prevent of the dementia in these people.

کلمات کلیدی:

Selected exercise training, Dementia, Down syndrome

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