

MAKING  
**HEALTH**  
VISIBLE



# StrongerMemory: Experiences of Older Adults in an Intervention Program for Cognitive Impairment

6-month Post-Intervention Interviews

January-June 2023

# Review: Phase 1

- ▶ Goodwin House at Home communities and associated villages
  - ▶ 104 participants
  - ▶ 25 villages
- ▶ Working on having two papers - quantitative and qualitative
  - ▶ Plan to get them both sent out by the end of the summer
  - ▶ Will submit qualitative manuscript to Memory journal
- ▶ The StrongerMemory Program: Exploring Cognitive Benefits and Fostering Community poster
  - ▶ Qualitative data poster
  - ▶ November 11, 2-3:15 pm at GSA conference

# Phase 2

- ▶ Working with both Korean American and English-speaking groups.
  - ▶ Research question: How does social support effect participation and results in the StrongerMemory program?
- ▶ Data collection is currently finishing up for the last control group.
- ▶ MoCA Blind
  - ▶ Survey including health practices, mental well-being, and social engagement
- ▶ Structured similarly to previous study
  - ▶ Both intervention groups meet weekly for 12 weeks while completing the program
  - ▶ Added control groups where participants *do not* meet in social groups once a week, only complete the exercises

# 6- month follow-up: purpose

- ▶ To investigate the effects of the StrongerMemory program 6 months or more after completion of the research study, and to explore participants' experiences following the study.
- ▶ Consenting participants were interviewed by a member of the research team over Zoom or phone. They completed the Mini Montreal Cognitive Assessment (Mini-MoCA), and a short survey.

# Demographics of Participants

- ▶ 25 participants who completed the 12-week study at least 6 months ago
- ▶ 14 villages represented
- ▶ \*One participant noted two marital statuses, so % adds up to over 100%

Table 1. Demographic Characteristics (n=25)

Variable		
Age	Average	77.88
	Min	66
	Max	91
Gender	Male	8%
	Female	92%
	Others	0%
Race	White/Caucasian	92%
	African American/Black	4.0%
	Asian American	0.0%
	American Indian/Alaska Native	0.0%
	Latinx/Hispanic	4.0%
	other	0.0%
Marital Status*	Married	44%
	Widowed	28%
	Divorced	24%
	Separated	0%
	Never married	8%
Current living situation	Live alone in my own home	52%
	Live in a household with other people	44%
	Live in a residential facility	0.0%
	Temporarily staying with a relative or friend	4%
Education	High school graduate	0.0%
	Some college	4%
	2 year degree	4%
	4 year degree	20%
	Professional degree	36%
	Doctorate	32%

# ▶ Preliminary Trends

# Demographics of Continuers

\*Continuers defined as those who continued the StrongerMemory program for any length of time following the 12-week research study, even if they eventually stopped.

**Table 4. Demographic Characteristics of Discontinuers\*\* (n=14)**

Variable		
Age	Average	77.4
	Min	66
	Max	90
Marital Status	Married	50%
	Widowed	21.4%
	Divorced	35.7%
Current living situation	Live alone in my own home	57.1%
	Live in a household with other people	42.8%
Education	4 year degree	14.3%
	Professional degree	35.7%
	Doctorate	42.8%

**Table 3. Demographic Characteristics of Continuers\* (n=11)**

Variable		
Age	Average	77.5
	Min	70
	Max	86
Marital Status	Married	36.4%
	Widowed	36.4%
	Divorced	9.1%
	Never married	18.2%
Current living situation	Live alone in my own home	45.5%
	Live in a household with other people	45.5%
	Temporarily staying with a relative or friend	9.1%
Education	Some college	9.1%
	2 year degree	9.1%
	4 year degree	27.3%
	Professional degree	36.4%
	Doctorate	18.2%

\*\*Discontinuers defined as those who stopped the StrongerMemory immediately after the 12-week research study.

# Mini Montreal Cognitive Assessment 2.1 (Mini-MoCA)

Results suggest two trends: 1) Participants who continued the StrongerMemory program after the 12-week study experienced improved Mini-MoCA scores; 2) Participants who stopped the StrongerMemory program after the study experienced a decline in Mini-MoCA scores.

*Table 2. Paired Sample T-test of Full Mini-MoCA between Post the program and 6 months after (Score Range 0-15\*)*

	Continued the Program (after 12 weeks)	Not Continued the Program (after 12 weeks)	Total
n	11	14	25
Pre-test	13.4	13.1	13.2
Post-test	14.2	14.1	14.2
After 6 months	14.5	14.0	14.2
t-value	-.711	.563	-.182
p-value (one-sided p)	.247	.291	.429



**Table 5.**  
**Continuers**  
**Time Spent on**  
**Program**

n=11	How Many Per week(Program)	ReadTime	WriteTime	MathTime	MoCA (post)	MoCA (6month follow-up)
1	1	60	10	0	14	15
2	4	0	30	40	15	14
3	7	60	40	30	14	15
4	7	30	70	0	15	15
5	7	30	30	20	15	14
6	5	10	10	10	14	15
7	4	40	10	30	15	14
8	5	10	20	0	15	15
9	2	20	20	20	15	14
10	1	20	30	10	13	14
11	3	60	60	20	11	14
Average	4.2	30.9	30.0	16.4	14.2	14.5

*Table 5.1 & 5.2. Continuers Time Spent on Program*

	More than 4 times a week (Program)	Less than 4 times a week (Program)	More than 30 minutes (read)	Less than 30minutes (read)
n	7	4	6	5
Post-test	14.7	13.3	14.0	14.4
After 6 month	14.5	14.3	14.5	14.4
t-value	.420	-1.225	-.808	.000
p-value (One-sided p)	.345	.154	.228	.500

	More than 30 minutes (write)	Less than 30minutes (write)	More than 30 minutes (math)	Less than 30minute s (math)
n	6	5	3	8
Post-test	13.8	14.6	14.7	14.0
After 6 month	14.3	14.6	14.3	14.5

# Weekly Tracking (Time)

- Most of the 6-month follow up participants also turned in weekly tracking logs in the original study
- Overall, participants spent more time doing StrongerMemory exercises while in the official program and not in the six months after
- Participants who said they continued in the 6 months following the program reported more time completing the exercises during the original 12 weeks than participants who did not end up continuing.

Group	Math	Reading	Writing
People who didn't continue original weekly time	37	44.1	40.2
People who continued original weekly time	58.4	68.4	68.1
People who continued current average	16.4	33.6	30

# Who is Still Continuing?

*Table 8. Demographic Characteristics of Those Still Continuing (n=5)*

Variable		
Age	Average	76.2
	Min	70
	Max	86
Marital Status	Married	20%
	<b>Widowed</b>	<b>40%</b>
	Divorced	20%
Current living situation	Never married	20%
	<b>Live alone in my own home</b>	<b>80%</b>
Education	Live in a household with other people	20%
	2 year degree	20%
	4 year degree	20%
	<b>Professional degree</b>	<b>40%</b>
	Doctorate	20%

*Table 9. MoCA scores of those still continuing (n=5)*

Variable		
n		5
Pre-test		14
Post-test		14.6
6-month follow up		14.4

# Why Participants did not continue

- ▶ No Time/Busy: 4 participants
- ▶ Not engaging: 2 participants
- ▶ Other interests: 2 participants
- ▶ Physical impairments: 2 participants
- ▶ Didn't help: 1 participant
- ▶ No Need: 1 participant
- ▶ No group: 1 participant
- ▶ Lazy: 1 participant
- ▶ Not part of daily routine: 1 participant