



# Memory Rehabilitation Post-Stroke: A Randomised Controlled Trial

Approximately half of all survivors of stroke experience memory impairment, which significantly compromises functional independence and quality of life. Two competing approaches have typically been utilized in efforts to rehabilitate memory: restoration (computer based training) and compensation.

Overall, there is no clear consensus as to whether either computer-based training or compensatory approaches to memory rehabilitation are effective or efficient for stroke patients. As a result, many survivors of stroke are purchasing costly computer training programs with unknown effectiveness.

At Monash University, we are currently running a randomised controlled trial to explore the efficacy and cost efficiency of competing approaches to memory rehabilitation post stroke. Patients will be randomised into waitlist, compensation or restoration groups.

Interventions will run for a six week period. Participants allocated into the memory group will be asked to complete six, two hour, weekly, face to face group sessions held at the Monash Psychology Centre in Notting Hill. Participants allocated into the computer group will be asked to complete five, 30 minute sessions of memory training per week for six weeks. Lastly, participants allocated to the waitlist group will be given the opportunity to select an intervention of their choice following a 12 week wait period.

In order to monitor the effects of treatment, participants will be seen by a researcher to complete a number of pen and paper memory tasks and questionnaires at three time points: prior to the start of an intervention (baseline), once therapy is completed, and at a six week follow up. Assessments will take approximately two hours, and can be conducted at participant's homes.

## **Contact**

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We are currently seeking participants who are 18 years of age and older, who have a history of a stroke at least three months ago and who are experiencing subjective memory complaints (self or other). Participants will require sufficient English language and cognitive ability to be able to complete all assessments and interventions reliably. Finally, participants will need to have basic computer proficiency and Internet access and access to memory group sessions in Notting Hill.

For further information, please do not hesitate to contact Toni Withiel: 0411729045, [toni.withiel@monash.edu](mailto:toni.withiel@monash.edu).