

Evaluating the Effectiveness of Cognitive Interventions for Healthy and Mild Cognitive Impairment Adults: A Comprehensive Umbrella meta-analysis

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The global population is aging rapidly, leading to a rising prevalence of cognitive decline. Aging presents major challenges for individuals and societies, driving research into pharmacological and non-pharmacological intervention therapies. Cognitive interventions show promising effectiveness, although high variability in research protocols limits the generalizability of results.

For this reason, a meta-analysis of meta-analyses was conducted with the aim of analyzing the effectiveness of cognitive interventions on cognitive functioning in healthy older adults and older adults with Mild Cognitive Impairment (MCI).

A meta-analysis of meta-analyses was conducted in accordance with PRISMA guidelines and the systematic search was carried out in the following databases: CINHAL, Cochrane Library, PsycINFO, PubMed, Scopus and Web of Science.

A total of 9,734 publications were screened and 25 meta-analyses examining the effects of cognitive interventions, not combined with other types of interventions, in populations with healthy aging and MCI were included. A total of 111 effect sizes were compared, based on a sample of 80,910 participants.

Findings showed that although the effect-sizes across studies were variable, they were consistently positive, indicating a significant impact of different cognitive interventions on global cognitive functioning, memory, executive functions, visuospatial ability, and processing speed compared to control groups. This finding suggests that the efficacy of cognitive treatments is the best option for preclinical forms of aging, such as Mild Cognitive Impairment. Moreover, cognitive interventions offer not only cognitive benefits but also social and psychological advantages, which should be further explored.

If you're submitting a symposium talk, what's the symposium title?

Mind, Body, and Beyond: Integrated Approaches in Cognitive Decline

If you're submitting a symposium, or a talk that is part of a symposium, is this a junior symposium?

Yes

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