

CLINICAL TRIALS WATCH

ACCESSIBLE EASY READ INFORMATION ON:

Mental imagery STUDY

Mental imagery study

1. Study Information	
Name of the study	Imagery in Early Stages of Dementia
Study sponsor	University of West Attica
Diseases	Early dementia
Phase	Not applicable – psychological intervention

2. Information about the intervention that will be tested in the study	
Name of the intervention	Mental imagery – this is a technique which involves envisioning motor actions without actual execution
Administration	Participants will undergo a 45-minute mental imagery session sitting in a quiet place after the end of an exercise program session. The content of every mental imagery session is alike with the content of the exercise program session. That means that every session includes imagery of the same exercises of the exercise program performed earlier by the participant.
Will all participants receive the same intervention?	Participants will be selected at random to either receive one of the following options: <ul style="list-style-type: none">• Mental imagery and exercise program• Only exercise program (this is a control group)• Neither mental imagery nor exercise program (this is another control group).

3. Information about participating in the study

What are the researchers trying to find out?	<ul style="list-style-type: none">• The purpose of the study is to investigate the effectiveness of mental imagery in motor and cognitive rehabilitation in people with early stage of dementia.
How long will the intervention last?	<ul style="list-style-type: none">• 12 weeks (2 sessions/week)
What your involvement will entail?	<ul style="list-style-type: none">• Participants will be asked to complete several questionnaires and functional tests to evaluate balance, functional status, cognitive ability, depression and quality of life. <p>Further information on the procedures, tests and visits can be obtained from the study team.</p>

4. Who can participate in this study?

Who can participate in the study?	<p>To take part in the study, participants must:</p> <ul style="list-style-type: none">• Be 65 to 95 years old• Have a diagnosis of early stage of dementia• Have good oral and written speech• Be ambulatory.
Who cannot participate in the study?	<p>Exclusion criteria include:</p> <ul style="list-style-type: none">• Late stage of dementia• Psychiatric problems• Serious health problems• Not able to walk. <p>The above list is not exhaustive. It includes the most common conditions and diseases that might exclude people from the study.</p>

5. Where and when will the study be conducted?	
European country involved in the trial	<ul style="list-style-type: none"> • Greece
Estimated start date of recruitment	October 2021

6. Information for your doctor	
Clinicaltrials.gov identifier	NCT05232526
Study contact information	Anna Christakou +306977370284 achristakou@uniwa.gr Vasiliki Sakellari +306979033952 vsakellari@uniwa.gr
Link to full text	https://clinicaltrials.gov/ct2/show/NCT05232526

- ✓ The information contained in this document is based on information available on public registries (e.g. clinicaltrials.gov website) on January 2023.
- ✓ This document has been reviewed by the institution running this trial.