

Table 14. Memory-Related Disorders – Patient Depression/Anxiety

Study, Year Interventions	Physical Condition	Baseline Functional Level	Assessment Tool	Baseline	Post-Treatment	Follow-up* (time assessed)
Gitlin 2008 ⁷⁴ 1) Tailored Activity Program (TAP) (n=30) 2) Wait list (N=30)	Dementia	MMSE <24; able to feed self and participate in ≥ 2 self-care activities; baseline mean MMSE=12 (moderate)	Cornell Scale for Depression in Dementia (CSDD); sum of combined ratings of patient and caregiver (0=not present, 2=severe)	1) 9.2 (5.1) (n=27) 2) 8.1 (4.5) (n=29)	4 Months 1) 9.0 (4.6) (n=27) 2) 8.7 (4.7) (n=29) p=0.34 between groups	NR
Logsdon, 2010 ⁶³ 1) Early Stage Memory Loss (ESML) (n=96) 2) Wait list (WL) (n=46)	Dementia	Early stage Alzheimer's and dementia; (inclusion criteria MMSE ≥ 18; mean for enrolled patients was 23.4)	Geriatric Depression Scale (GDS) (higher score indicates higher level of depression)	1) 5.3 (3.5) (n=96) 2) 5.3 (3.4) (n=46)	1) 5.1 (3.5) (n=92) 2) 5.9 (4.0) (n=44) p<0.01; β=-1.34 Effect size=0.36	NR
McCurry 2005 ⁶¹ 1) Nighttime Insomnia Treatment and Education for Alzheimer's Disease (NITE-AD; n=17) 2) Supportive contact control (n=19)	Alzheimer's disease	Community-dwelling and ambulatory; dementia for 5.8 years on average; Mini-Mental State Exam of 11.8 on average	Revised Memory and Behavior Problems Checklist (RMBPC) – depression (average frequency of behavior over 1 week)	1) 1.1 (0.6) (n=17) 2) 0.8 (0.6) (n=19) ns	1) 0.8 (0.6) (n=13) 2) 0.7 (0.7) (n=16) Comparisons between pre to post-treatment change scores p=0.04	6 months 1) 0.9 (0.7) (n=11) 2) 0.9 (0.9) (n=12) p=0.007
			Cornell Depression Scale*** (8+=mild depression; 12+= moderate depression)	1) 9.2 (5.0) (n=17) 2) 7.1 (2.6) (n=19)	1) 7.1 (3.8) (n=13) 2) 6.2 (3.0) (n=16)	1) 7.5 (6.0) (n=11) 2) 7.5 (4.2) (n=12)
McCallion, 1999 ⁶⁸ 1) FVEP (Family Visit Education Program) (n=32) 2) Usual Care (UC) (n=34)	Dementia	Severe impairment – weighted mean MMSE= 6.9	MOSES (Multidimensional Observation Scale for Elderly Subjects) – Depression subscale	1) 19.2 (7.3) 2) 14.6 (6.0) (n by group=NR)	1) 20.8 (7.8) 2) 15.1 (6.6) (n by group=NR) p=NR, ns	NR

Study, Year Interventions	Physical Condition	Baseline Functional Level	Assessment Tool	Baseline	Post-Treatment	Follow-up* (time assessed)
McCallion, 1999 ⁶⁸ (continued)			CSDD (Cornell Scale for Depression in Dementia) - subscales (higher score indicates greater level of depression)	(n by group=NR) Mood-related signs 1) 2.9 (2.1) 2) 2.2 (1.7) Behavioral disturbance 1) 1.3 (1.0) 2) 1.5 (1.3) Physical signs 1) 0.9 (1.2) 2) 0.9 (1.6) Cyclic functions 1) 1.2 (1.4) 2) 1.9 (1.7) Ideational disturbance 1) 0.5 (1.1) 2) 0.2 (0.6)	(n by group=NR) Mood-related signs 1) 2.6 (2.1) 2) 2.7 (1.6) p=0.003 Behavioral disturbance 1) 1.4 (1.6) 2) 1.4 (1.2) p=nr, ns Physical signs 1) 0.5 (1.1) 2) 1.1 (1.8) p=0.024 Cyclic functions 1) 0.9 (1.4) 2) 1.0 (1.3) p=0.020 Ideational disturbance 1) 0.4 (1.1) 2) 0.4 (1.0) p=0.040	NA
Teri, 1997 ⁷⁰ 1) Behavior Therapy-Pleasant Events (BT-PE) (n=23) 2) Behavior Therapy-Problem-solving (BT-PS) (n=19) 3) Usual care (n=10) 4) Wait list (n=20)	Alzheimer's disease and depression	Baseline MMSE = 16.5 (moderate)	Hamilton Depression Rating Scale	1) 16.3 (5.3) 2) 16.0 (4.0) 3) 14.1 (4.0) 4) 14.5 (3.5) Group differences=ns	Mean change 1) -5.3 (4.0) 2) -3.8 (2.3) 3) -0.3 (4.7) 4) 0.3 (3.5) 1 > 3 & 4, p<0.01 2 > 3 & 4, p<0.01 1 vs 2=ns	6 months, groups 1 and 2 combined but not compared controls
			Cornell Scale for Depression in Dementia	1) 14.8 (4.2) 2) 15.1 (3.5) 3) 13.9 (4.6) 4) 14.0 (4.2) Group differences=ns	Mean change 1) -4.2 (4.5) 2) -3.7 (3.8) 3) 0.0 (2.0) 4) 0.1 (3.5) 1 > 3 & 4, p<0.01 2 > 3 & 4, p<0.01 1 vs 2=ns	NR

Study, Year Interventions	Physical Condition	Baseline Functional Level	Assessment Tool	Baseline	Post-Treatment	Follow-up* (time assessed)
Teri, 1997 ⁷⁰ (continued)			Beck Depression Inventory	1) 15.5 (7.1) 2) 21.7 (7.9) 3) 17.9 (9.2) 4) 17.1 (8.4) Group differences=ns	Mean change 1) -1.3 (6.3) 2) -4.5 (4.5) 3) 1.9 (5.8) 4) 0.5 (3.5) 1 > 3 & 4, p<0.01 2 > 3 & 4, p<0.01 1 vs 2=ns	NR
			Clinically significant improvement**	NR	1) 52% 2) 68% 3) 20% 4) 20% Overall p<0.005	NR
Teri 2003 ¹² 1) Reducing Disability in Alzheimer's Disease (n=76) 2) Routine medical care (n=77)	Alzheimer's disease	Baseline MMSE = 16.8 (moderate)	Cornell Scale for Depression in Dementia (higher score indicates greater impairment)	1) 5.7 (3.9) (n=76) 2) 5.8 (4.5) (n=77)	1) 5.2 (3.6) (n=72) 2) 6.2 (3.8) (n=68) p=0.02	21 months post-treatment 1) 6.4 (4.5) (n=44) 2) 7.4 (5.0) (n=45) p=0.10 (longitudinal)
			Hamilton Depression Rating Scale (higher score indicates greater impairment)	NR	Only patients with CSDD ≥ 6 at baseline: Post-tx (n=NR) 1) improved 2.0 (4.9) 2) declined 0.6 (5.1) Adj mean difference: 2.21 (95% CI, 0.22-4.20), p=0.04	Only patients with CSDD ≥ 6 at baseline: 21 months post-treatment, values NR; Adj mean difference: 2.14 (95% CI, 0.14-4.17), p=0.04

*Last follow-up reported only if > 6 months post-treatment; ¹higher score indicates higher level of emotion; ²higher score indicates poorer adjustment

**% no longer meeting criteria for major depression (if major depression at pre-treatment) or no longer meeting criteria for minor or major depression (if minor depression at pre-treatment)

***Data obtained from author

ES=effect size; NR=not reported; ns=not statistically significant