

## G.9 Non-pharmacological interventions for dementia

### G.9.1 Non-pharmacological interventions for people living with dementia

- What are the most effective non-pharmacological interventions for supporting cognitive functioning in people living with dementia?
- What are the most effective non-pharmacological interventions for supporting functional ability in people living with dementia?
- What are the most effective non-pharmacological interventions to support wellbeing in people living with dementia?
- What are the most effective methods of supporting people living with dementia to reduce harm and stay independent?

#### G.9.1.1 Cognitive stimulation therapy

Number of RCTs	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
<b>Cognition: MMSE (post-intervention) – higher numbers favour intervention</b>							
20	Not serious	Serious <sup>1</sup>	Not serious	Not serious	1,341	MD 1.76 (1.01, 2.51)	Moderate
<b>Cognition: MMSE (follow-up) – higher numbers favour intervention</b>							
2	Not serious	Serious <sup>1</sup>	Not serious	Serious <sup>2</sup>	77	MD 2.99 (-2.33, 8.31)	Low
<b>Cognition: all measures (post-intervention) – higher numbers favour intervention</b>							
25	Not serious	Serious <sup>1</sup>	Not serious	Not serious	1,398	SMD 0.44 (0.27, 0.62)	Moderate
<b>Cognition: all measures (follow-up) – higher numbers favour intervention</b>							
4	Not serious	Not serious	Not serious	Serious <sup>3</sup>	106	SMD 0.42 (0.03, 0.81)	Moderate
<b>ADL: ADCS-ADL (post-intervention) – higher numbers favour intervention</b>							
1 (Orrell 2014)	Not serious	N/A	Not serious	Serious <sup>2</sup>	236	MD 0.94 (-2.04, 3.92)	Moderate
<b>ADL: all measures (post-intervention) – higher numbers favour intervention</b>							
8	Not serious	Not serious	Not serious	Serious <sup>3</sup>	784	SMD 0.13 (-0.01, 0.27)	Moderate
<b>Clinical dementia rating scale (post-intervention) – lower numbers favour intervention</b>							
2	Serious <sup>4</sup>	Not serious	Not serious	Serious <sup>2</sup>	73	MD -0.23 (-0.53, 0.07)	Low
<b>Behavioural and psychological symptoms: NPI (post-intervention) – lower numbers favour intervention</b>							
3	Not serious	Serious <sup>1</sup>	Not serious	Serious <sup>2</sup>	644	MD -0.12 (-2.10, 1.85)	Low
<b>Behavioural and psychological symptoms: NPI (follow-up) – lower numbers favour intervention</b>							

Number of RCTs	Risk of bias	Inconsistency	Indirectness	Imprecision	Sample size	Effect size (95% CI)	Quality
1 (Chapman 2004)	Not serious	N/A	Not serious	Serious <sup>2</sup>	54	MD -4.44 (-12.35, 3.47)	Moderate
<b>Behavioural and psychological symptoms: all measures (post-intervention) – higher numbers favour intervention</b>							
8	Not serious	Serious <sup>1</sup>	Not serious	Serious <sup>3</sup>	921	SMD 0.05 (-0.16, 0.26)	Low
<b>Behavioural and psychological symptoms: all measures (follow-up) – higher numbers favour intervention</b>							
2	Not serious	Not serious	Not serious	Serious <sup>3</sup>	64	SMD 0.37 (-0.13, 0.87)	Moderate
<b>Depression: Cornell scale for depression in dementia (post-intervention) – lower numbers favour intervention</b>							
3	Not serious	Serious <sup>1</sup>	Not serious	Serious <sup>2</sup>	194	MD -0.30 (-2.11, 1.51)	Low
<b>Depression: all measures (post-intervention) – lower numbers favour intervention</b>							
12	Not serious	Not serious	Not serious	Serious <sup>3</sup>	746	SMD 0.05 (-0.10, 0.19)	Moderate
<b>Quality of life: QoL-AD (post-intervention) – higher numbers favour intervention</b>							
10	Not serious	Serious <sup>1</sup>	Not serious	Serious <sup>2</sup>	885	MD 0.47 (-0.17, 1.10)	Low
<b>Quality of life: QoL-AD (follow-up) – higher numbers favour intervention</b>							
2	Not serious	Not serious	Not serious	Not serious	290	MD 1.87 (0.29, 3.44)	High
<b>Quality of life: EQ-5D (post-intervention) – higher numbers favour intervention</b>							
1 (Yamanaka 2013)	Not serious	N/A	Not serious	Very serious <sup>5</sup>	50	MD 0.01 (-0.12, 0.14)	Low
<b>Quality of life: all measures (post-intervention) – higher numbers favour intervention</b>							
11	Not serious	Serious <sup>1</sup>	Not serious	Serious <sup>3</sup>	895	SMD 0.10 (-0.03, 0.23)	Low
<b>Quality of life: all measures (follow-up) – higher numbers favour intervention</b>							
3	Not serious	Not serious	Not serious	Serious <sup>3</sup>	300	SMD 0.26 (0.03, 0.49)	Moderate
<b>Carer burden: all measures (post-intervention) – higher numbers favour intervention</b>							
4	Not serious	Not serious	Not serious	Not serious	435	SMD 0.00 (-0.18, 0.19)	High
<ol style="list-style-type: none"> <li>1. <math>i^2 &gt; 40\%</math></li> <li>2. Non-significant result</li> <li>3. 95% CI crosses 1 line of a defined MID interval</li> <li>4. No details of randomisation method or assessor blinding reported</li> <li>5. Non-significant result and small sample size</li> </ol>							