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AN ADAPTATION STUDY OF TURKISH VERSION OF COGNITIVE STIMULATION THERAPY USED IN INDIVIDUALS WITH DEMENTIA*

Abstract:

Introduction: Individuals with dementia need to be strengthened cognitively so that they can maintain a higher quality of daily life. Therefore, individuals with dementia were administered the Cognitive Stimulation Therapy (CST) based on the Roy Adaptation Model (RAM) and its suitability for Turkish culture was evaluated.

Methods: Firstly, the original application book of the Cognitive Stimulation Therapy, which will be implemented on the basis of RAM was translated into Turkish by the researcher. CST consists of a total of 14 different sessions and it is administered in two sessions per week. Each session lasts 45 minutes on average. After the Turkish version of the CST was reviewed by the researcher and the Turkish form was sent to an expert for back-translation into English. There were some differences of expression in the new form of therapy compared with the original expressions in the form. The researcher contacted the developer of the therapy, Roy, via e-mail, explained these differences, and asked whether these differences would cause any problems and if the current form could be used or not. Following the structuring process of the CST, RAM compliance process began. The program was arranged in the light of the opinions from the four experts and translated back into English and sent again to Roy via e-mail. The final version of the program was shaped in line with Roy's suggestions and the pilot study was conducted at Family Health Center with four individuals, two women and two men, who were diagnosed with dementia and who met the inclusion/exclusion criteria. For each of the subjects, the process of achieving the desired goals with RAM was monitored by filling out the form for "Monitoring Adaptation" individually at the end of each session. In addition, the pre- and post-therapy Coping-Adjustment Scale, Mini Mental Test and the Quality Of Life- Scale-Alzheimer Disease were administered.

Results and Conclusion: The subjects' mean age was 76.41 ± 3.52 dir. While the subjects' total score was 49 on the form for "Monitoring Adaptation" in the first session, it increased to 74 in the 14th session (the last session). Also, the mean scores on the pre- and post-therapy Coping-Adjustment Scale, the MMSE and the QOL-AD increased. The RAM-based CST was shown to be appropriate for the subjects.

Keywords:

Dementia, Cognitive Stimulation Therapy, Roy Adaptation Model, Turkish version

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