Multisensory stimulation was not better than usual activities for changing cognition, behaviour, and mood in dementia


Q In older adults with dementia, does individualised multisensory stimulation (MSS) improve behaviour, mood, and cognition more than a control activity (eg, playing cards, looking at photographs, or doing quizzes)?

METHODS

Analysis was by intention to treat. Treatment groups did not differ for changes in behaviour and mood after sessions. During sessions, the MSS group recalled more memories than the activity group, whereas the activity group touched objects more appropriately and were more attentive to the activities or objects; after accounting for baseline MMSE scores, the difference in recalling memories disappeared. At follow up, cognition (MMSE score difference -0.3, 95% CI -1.4 to 0.7), behaviour, or mood scores did not differ between groups.

CONCLUSION

In people with dementia, one on one multisensory stimulation was no better than activity (eg, playing cards, looking at photographs, or doing quizzes) for changing behaviour, mood, or cognition.