

NEUROPSYCHOLOGICAL REHABILITATION FOR BIPOLAR DISORDER – A SINGLE CASE DESIGN

Abstract

Background: The cognitive functions that are most impaired by mood disorders are memory, attention, and executive functions that are intrinsically related to functional performance. Cognitive impairment is linked to lower quality of life, and also has a negative impact on functional skills. For these reasons, it is relevant to propose interventions in neuropsychological rehabilitation (NR). **Aim:** To investigate the efficacy of NR techniques for attention, memory, and executive function impairments in a person with bipolar disorder (BD) type I. **Methods:** The NR protocol consisted of fourteen weekly individual sessions divided into three modules. The first was directed toward mood monitoring, the following focused on executive functions, and the third addressed attention and memory rehabilitation. Comparisons were made between the patient's scores in pre-intervention, post-intervention, and follow-up phase. **Statistical analysis:** was conducted using Singlims, E-Stat program. The significance level was set at $p < 0.05$. **Results:** The patient's scores for all functional demands were significantly higher than those of the controls at the baseline ($p < 0.05$ for all comparisons). At the post-intervention phase, the effect sizes were lower than the baseline, and the patient demonstrated a level of performance similar to the control sample in two of five functional demands ($p < 0.05$). At the follow-up phase, the patient exhibited similar performance to the controls ($p < 0.05$ for all comparisons). **Conclusion:** This is a preliminary study in NR applied to BD, and fourteen weeks of the NR program appeared to be successful in improving the patient's functional ability toward the level of performance shown by six matched controls.

Keywords

• Neuropsychological rehabilitation • Bipolar disorder • Functional skills • Cognition

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Background

Cognitive impairments are common findings in neuropsychiatric diseases and contribute to restrictions in work and social skills [1,2]. Cognitive functioning has been shown to be a predictor of a positive prognosis in psychiatric intervention [1,3].

Meta-analytic studies [4,5] have suggested medium to large effects regarding the neuropsychological differences between people with BD and healthy comparison subjects, particularly in the domains of episodic memory, attention / concentration, and executive functioning. Regarding the different types of BD, Type I is a condition characterized by periods of mania (euphoria), with elevated mood and exaggerated behavior, alternating with periods of depressed mood and euthymic mood. These periods are often serious enough to cause difficulties with work and social relationships. Type II is characterized

by the occurrence of one or more major depressive episodes, accompanied by at least one hypomanic episode, with a phase of softer mood elevation causing a lower level of problems than during the manic phases [6]. It has been well established that cognitive deficits persist in the absence of acute mood symptoms, and it is thought that cognitive deficits are not solely a result of mood symptoms in bipolar disorder [6]. Given that cognitive deficits are predictive of a lower quality of life [7], it is logical that they are a potential treatment target for neuropsychological rehabilitation (NR) in BD [8].

NR is an active process of capacity building for people with cognitive deficits caused by acquired brain injury or neuropsychiatric disorders [9]. The aim of NR is to maximize cognitive functions through enhancing well being, activity of daily living skills, and social relationships, as well as to minimize the consequences of cognitive deficits [10]. An

Fabrice Quintão Lencinário-Azeiteiro^{1,*},
Cristina Rumi Mogueira Sediyama¹,
Fernando Silva Neves¹,
Humberto Coimbra¹,
Leandro Fernandes Malloy-Diniz¹,
Andriana Bateman²

¹INCT de Medicina Molecular, Faculdade de Medicina, Universidade Federal de Minas Gerais – Address: Av. Alfredo Balena, 190, Santa Efigênia, 30130-100, Belo Horizonte, Minas Gerais, Brazil.

²Faculdade de Medicina, Universidade Federal de Minas Gerais – Address: Av. Alfredo Balena, 190, Santa Efigênia, 30130-100, Belo Horizonte, Minas Gerais, Brazil.

³The Oliver Zangwill for Neuropsychological Rehabilitation, Ely, Cambridgeshire, UK – The Princess of Wales Hospital, Lynn Road, Ely, Cambridgeshire, CB9 1DN, UK.

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NR program has been shown to improve the functionality and quality of life of patients with neurological and psychiatric disorders. The goal of using psychological, cognitive, and behavioral techniques in an NR intervention is functional reintegration to academic, professional, and social environments [11]. In view of the functional impact of cognitive impairments caused by BD, the relevance of neuropsychological rehabilitation for this population must be considered [7].

The objective of this case study is to examine the efficacy of an NR program for a person with bipolar disorder, where the interventions were focused on rehabilitation of attention, memory, and executive functions.

Subject and methods

Case EMB

EMB is a 61-year-old, divorced female and retired teacher. She provided written informed

* E-mail: fabricioto@yahoo.com.br

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Studies in Neuropsychological Rehabilitation Barbara A. Wilson, 1999 After a discussion of current theory and research findings relating to rehabilitation of brain injury this book presents 20 case studies of adults with severe brain injuries sustained several years earlier The causes of their brain damage include traumatic head injuries encephalitis stroke and hypoxia Problems that follow such injuries including loss of self care skills memory impairment language reading visuoperceptual and behavioural difficulties are analysed in detail The book describes the premorbid lifestyle of each of the 20 individuals the onset of their brain damage subsequent symptoms neuropsychological assessment rehabilitation and long term outcome Most chapters include a report by the patient and or family member thus providing an extra dimension that helps to increase the reader's understanding of the predicaments faced by brain injured individuals as they learn to cope with traumatic changes in lifestyle Although improvement for most brain injured people is slow and limited all those described in this book made some progress after their admission to rehabilitation services The exhaustive analysis of each case and step by step description of treatment will encourage professionals and other care givers that much can be done for this severely injured group For students of neuropsychology and rehabilitation the book should serve as an inspiring and informative supplementary text **Case Studies in Neuropsychology of Reading** Elaine Funnell, 2013-12-16 Each

chapter represents a personal account of a reading disorder through which details of the features of the disorder methods used for testing and theoretical accounts are illustrated Controversies are explained theories evaluated and anomalies pointed out From this emerges a picture of the central properties of each disorder and the contribution of each to our understanding of the reading system as a whole However the picture is not complete loose threads tantalise some findings are hard to explain and some newly controversial theories are put forward The intention is to provide information that will help to equip the reader with the knowledge and expertise necessary to take the study of these reading disorders forward

Pediatric Neuropsychology Case Studies Jennifer Niskala Apps, Robert F. Newby, Laura Weiss Roberts, 2008-12-23 In the recent literature the most influential case study books in neuropsychology are in the adult realm Pediatric neuropsychology is a rapidly developing field with increasingly greater influence in the assessment diagnosis early identification and treatment of childhood illnesses This book will provide the first centralized comprehensive resource for case studies in pediatric neuropsychology Not only will this supply a valuable compilation for the growing numbers of professionals in this field but will also serve as an innovative and appealing resource for therapists teachers and others interested in child development This book will be structured in such a way that readers can easily access individual cases of interest as well as related areas

of dysfunction Section breakdowns will be provided in order to highlight the combined focus of case presentations in acquired neuropsychological dysfunction as well as developmental disorders Each section will begin with an introductory chapter highlighting the salient feature of the concept and providing brief up to date reviews of the current research and theories Within each global section individual case studies will serve as stand alone chapters Contributing authors will be provided extensive guidance and coaching with regards to the standard format and information to be included in each chapter The first section of this book will present cases involving neurological disorders The intention of this section is to provide not only classic examples of neurological dysfunction in children but also to provide interesting cases of unique or remarkable presentations The second section will present an accumulation of cases representing both common and progressive conceptualizations of developmental disabilities Section three has been designed to highlight cases which often present complex issues to neuropsychologists The case examples in this section will highlight the use of alternative treatments pathologies that are often a source of inquiry and situations that lack the more rigorous scientific data often utilized in other diagnostic procedures Additionally this section may include chapters on common differential diagnosis dilemmas in clinical practice Often multifaceted and even contradictory evidence can arise during evaluations resulting in complex or problematic situations for the clinician Such examples are difficult by their nature to forecast but rather would be added during the book s development as they occur

Neuropsychological Rehabilitation Chad A. Noggle, Raymond S. Dean, Mark Barisa, 2013-04-26 *Neuropsychological Rehabilitation* provides useful introductory material and background information on various disorders assessments and rehabilitative interventions for adult and geriatric populations This book is essential for psychologists or clinical neuropsychologists who have a strong interest in understanding the current medical aspects of neuropsychological rehabilitation *PsycCRITIQUES* This volume disseminates knowledge about the most advanced practices and techniques in the rehabilitation of neuropsychological deficits covering both specific neuropsychological domains and approaches in neurorehabilitation It adheres to the philosophy that it is not enough to identify a deficit or diagnose a disease unless doing so helps to direct rehabilitation efforts to improve function Intended to advance clinical skills the book goes beyond surface diagnostic practice to foster rehabilitative efforts in response to residual deficits and disease The volume begins by addressing the foundations of neuropsychology in rehabilitation and discussing in depth domain specific rehabilitation practices with a focus on functioning This is followed by a discussion of supplemental applications and practices that go beyond function specific methodology including neuroimaging and pharmacological agents Also covered is the role of system environmental manipulation and transitioning strategies The final section attends to those presentations groupings most commonly seen in rehabilitation practice for which there is no prototypical form Key Features Presents in depth the most advanced clinical applications for neuropsychological rehabilitation Covers neuropsychological rehabilitation in terms of specific cognitive domains attention language memory and approaches to and practices in

neurorehabilitation neuroimaging vocational rehabilitation pharmacological rehabilitation Written by the foremost scholars in the field **Neuropsychological Rehabilitation** Barbara A. Wilson, 2005-09-23 This book brings together theoretical and clinical aspects of Neuropsychological Rehabilitation Following an introductory chapter and a brief history of Neuropsychological Rehabilitation there are chapters on specific cognitive deficits attention executive deficits memory and language The next section addresses rehabilitation of emotional social and behavioural disorders Then comes a section on specific groups of people children people with dementia and people in reduced states of awareness Although the main focus of the book is on adults with non progressive brain injury these other groups are included as NR is being increasingly employed with them The book concludes with a chapter on systems of service delivery and another on the future of NR Thus this book covers a number of aspects of NR and is broader in outlook than most existing books in this area It presents current practice techniques in cognitive rehabilitation from a conceptual and theoretical perspective It offers both clinicians and researchers a sense of the research and theory underlying current clinical applications The main audience will be clinical neuropsychologists especially those working in rehabilitation Other audiences include clinical psychologists working with people who have mental health problems schizophrenia or are elderly occupational therapists speech and language therapists and rehabilitation doctors It is likely that some social workers nurses psychiatrists and neurologists will also want to read the book *Case Studies in the Neuropsychology of Memory* Alan J. Parkin, 1997 The study of memory disorders is typically associated with investigations of the amnesic syndrome There are however however a wide range of other memory disorders following brain damage and these are becoming increasingly important In this volume which is newly available in paperback experts in the field present a series of individual case histories each illustrating a particular dimension of memory impairment In addition case studies of rehabilitation including a unique autobiographical study are included Collectively the book enables the reader to become familiar with important developments in the study of memory disorders and in particular indicates the diverse methodologies now employed in this important area of neuropsychological research **The Handbook of Clinical Neuropsychology** Jennifer Gurd, Udo Kischka, John Marshall, 2012-01-12 Clinical neuropsychology remains one of the fastest growing specialties within clinical psychology neurology and the psychiatric disciplines This second edition provides a practical guide for those interested in the professional application of neuropsychological approaches and techniques in clinical practice **Cognitive and Behavioral Rehabilitation** Jennie Ponsford, 2004-01-23 Written by leading experts in the field this invaluable text situates the practice of cognitive and behavioral rehabilitation in the latest research from neurobiology and cognitive neuroscience Initial chapters review current findings on neuronal injury plasticity and recovery The volume next examines the neurobiology of core cognitive domains attention memory language visuospatial awareness and executive functioning focusing on the processes underpinning both healthy and impaired functioning Highlighting the practical applications of the research authors describe available interventions in each domain and set forth

clear recommendations for clinical practice Also addressed are ways to understand and manage challenging behaviors such as aggression that may emerge in brain injured persons The concluding chapter provides overall strategies for helping people recover from the two most common forms of acquired neurological disability traumatic brain injury and stroke

Aging Well May Wykle, Sarah Gueldner, 2011 *Aging Well Gerontological Education for Nurses and Other Health Professionals* brings a fresh outlook to gerontological education and promotes the experience of aging as a positive circumstance and elders as a treasure of society Discussion centers on the application of research findings to encourage elders to rise above and beyond disability to help them retain their identity of personhood and integrate into society in general and their immediate community in particular Contributors include individuals from the academic gerontological community and clinicians as well as experts from related fields such as social policy and community planning This comprehensive text contains vital information necessary to caring for elders including topics such as disease and disabilities associated with aging to illuminate underlying philosophical tenants and social issues Each chapter provides a summary of the key points with suggestions on how to apply them on a daily basis

Cognitive Neuropsychology of Alzheimer's Disease Robin Morris, James Becker, 2004-12-02 This book describes the latest advances in our psychological understanding of Alzheimer's disease bringing together the main experts in this field to describe recent developments It will be valuable for people working in related disciplines such as neurology psychiatry and neuroscience researchers as well as providing an introduction to the field for psychologists

The Neuropsychology Handbook Arthur MacNeill Horton, 2008 Print CourseSmart

The Neuropsychology Handbook Dr. Danny Wedding, PhD, MPH, 2007-10-18 A fantastic and monumental contribution to our field Ralph M Reitan PhD The field of neuropsychology has many specialized books on particular diseases but there is always a need for a general text to cover the major aspects of neuropsychology from neuroanatomy to assessment to practice issues This is one such book that attempts to provide comprehensive coverage of the field Doody's In the last decade the number of books courses training opportunities and journals dealing with clinical neuropsychology has greatly increased Demand for a complete reference in the field is growing as practitioners in private practice the court system and the medical field continue to make discoveries and advance our knowledge of the brain system and how it affects our everyday lives In order to address this urgent need Drs Horton and Wedding have edited this Third Edition of the classic *Neuropsychology Handbook* In its pages are reviews of all the major areas in which clinical neuropsychologists work the foundations of clinical neuropsychology brain structure and function neurological disorders psychiatric disorders diagnostic decision making symptom validity testing neuroimaging behavioral change following traumatic brain injury disability determination rehabilitation planning and more Very specialized areas of practice such as clinical neuropsychology with children clinical neurotoxicology and neuropsychological assessment in criminal law cases also receive chapters

Managing Challenging Behaviour Following Acquired Brain Injury Nick Alderman, Andrew

Worthington,2023-11-24 This empirically based book provides conceptual knowledge and practical advice to enable clinicians to implement evidence based methods drawn from learning theory for managing the catastrophic effects of challenging behaviour as an enduring outcome of acquired brain injury ABI Based on a conceptual framework of neurobehavioural disability the book takes a holistic case formulation approach incorporating functional assessment procedures arising from the operant learning tradition that underpins the design of treatment interventions It bridges the knowledge gap in uniquely providing a single resource to enable practitioners to implement evidence based methods to better manage ABI behaviour disorders The authors who are leading experts in the field have described a model of intervention based on a functional analytic approach to understanding behaviour within an operant learning framework The chapters provide a step by step approach to assessment formulation intervention and evaluation of behaviour support plans and feature examples for specific challenging behaviours in a variety of different contexts The book is organised to support the use of this model through expert contributions concerning the origins of challenging behaviour assessment methods and formulation and interventions The practical orientation of this book makes it an indispensable read for neuropsychologists clinical psychologists and other rehabilitation specialists involved in the care of people with ABI as well as researchers in these fields **Number and**

Language Processing Xavier Seron,2020-08-26 There is psychological and neurobiological evidence that number and language processing present some specificities and may dissociate after brain damage Furthermore animals and babies seem to be able to discriminate small numerosities in a non symbolic way However one of the specificities of the human species is the development of language and symbolic processes The acquisition and development of arithmetic is thus bound to the acquisition of language and symbolic notations In this special issue the relationship between language and number processing is discussed through the examination of the similarities and divergences of language and number disorders in aphasic subjects in patients with dementia and in children with specific acquisition deficits A separate contribution is also devoted to the rehabilitation of number and calculation deficits in brain lesioned subjects Mild Cognitive Impairment

Holly A. Tuokko,David F. Hultsch,2019-12-23 The Classic Edition of this foundational text includes a new preface from Holly A Tuokko examining how the field of Mild Cognitive Impairment MCI has developed since first publication Bringing together research from multiple studies and perspectives from various countries the volume identifies MCI as an important clinical transition between normal aging and the early stages of Alzheimer s disease AD The up to date preface highlights the expansion in research examining the benefits of various pharmacological cognitive and behavioral approaches to intervention Influenced by recent findings in neuroplasticity across the lifespan the book recognizes the importance of intervention at the earliest stages of the decline trajectory It revisits the contested diagnostic approaches for MCI as well as the varying prevalence of MCI internationally yet points to the need for further longitudinal studies to fully understand the condition Mild Cognitive Impairment continues to provide a comprehensive resource for clinicians researchers and students involved in the

study diagnosis treatment and rehabilitation of people with MCI Willard and Spackman's Occupational Therapy Barbara Schell, Glenn Gillen, 2018-09-04 Celebrating 100 years of the Occupational Therapy profession this Centennial Edition of Willard Spackman's Occupational Therapy continues to live up to its well earned reputation as the foundational book that welcomes students into their newly chosen profession Now fully updated to reflect current practice the 13th Edition remains the must have resource that students that will use throughout their entire OT program from class to fieldwork and throughout their careers One of the top texts informing the NBCOT certification exam it is a must have for new practitioners

Assessment in Neuropsychology John R. Beech, Leonora Harding, 2002-08-27 Assessment in Neuropsychology is a practical and comprehensive handbook for neuropsychologists and other professionals who use neuropsychological tests in their everyday work Each chapter outlines assessment procedures for specific functions such as language visual impairment and memory Case studies are used to illustrate their applications pointing the professional towards the most relevant assessments for their clients needs and where and how they can be acquired Leonora Harding and John R Beech also explore new developments in neurological and neuropsychological assessment and clarify legal issues Assessment in Neuropsychology will be an invaluable sourcebook for clinical psychologists neurologists and other professionals as well as those in training

The Sibling Relationship After Acquired Brain Injury Penelope Analytis, 2021-06-10 This important book gives a voice to the lived experience of siblings and family members when one sibling has an acquired brain injury ABI ABI is associated with a range of physical cognitive behavioural and personality changes many of which will be lifelong Penelope Analytis examines how this condition affects the sibling relationship Although siblings play an important role in our sense of identity development and wellbeing this relationship has been largely overlooked in the context of rehabilitation Combining research with stories of siblings experiences of life after ABI this book explores how siblings seek to continue their relationship across the lifespan and make sense of the impact of ABI It looks at the concept of post traumatic growth within the context of ABI and explores siblings perceptions of growth after ABI including shaping their life priorities family relationships and values It includes the perspectives of siblings themselves who have an ABI recognising them as active members of this unique relationship and of siblings of people with an ABI This is valuable reading for siblings and families impacted by ABI and professionals working with them who would like to better understand how to support siblings as well as students in neuropsychology and related fields

Psychological Management of Stroke Nadina B. Lincoln, Ian I. Kneebone, Jamie A. B. Macniven, Reg C. Morris, 2012-02-27 Psychological Management of Stroke presents a review and synthesis of the current theory and data relating to the assessment treatment and psychological aspects of stroke Provides comprehensive reviews of evidence based practice relating to stroke Written by clinical psychologists working in stroke services Covers a broad range of psychological aspects including fitness to drive decision making prevention of stroke and involvement of carers and families Reviews and synthesizes new data across a wide range of areas relevant to stroke and the

assessment treatment and care of stroke survivors and their families Represents a novel approach to the application of psychological theory and principles in the stroke field

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