



# **Goal Attainment in a MS Cognitive Intervention Study**

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# FINANCIAL DISCLOSURE

There are no financial relationships to disclose

# LEARNING OBJECTIVES

At end of this presentation the learner will be able to:

- 1) Describe the use of goal attainment in a community-based cognitive intervention for persons with self-reported MS.

## BACKGROUND

- ◆ 60% of persons with multiple sclerosis (MS) report cognitive limitations
- ◆ Goal attainment has been effectively used to evaluate behavior change in in-patient cognitive rehabilitation
- ◆ Little is known about about goal attainment in community-based cognitive intervention studies for persons with self-reported cognitive limitations

## PURPOSE

To determine goal attainment and maintenance following participation in a cognitive health promotion intervention for people with MS living independently in the community.

# METHODS

## Recruitment:

- ◆ Individuals with MS, ages 18-60 years, who reported cognitive limitations from three cities in Texas recruited to participate in a randomized clinical trial of a cognitive intervention.

# METHODS

## Intervention:

- ◆ 8-week holistic class sessions designed to improve cognitive functioning
- ◆ Facilitators instructed participants to set attainable goals that could improve cognitive functioning at the end of the intervention



## METHODS

- ◆ Data collected about goal attainment were collected at 3 months and 6 months following the end of the intervention.
- ◆ Goal Attainment Scale (GAS) Five-point (-2 to +2) GAS constructed for participants personal goals

(Kiresuk, Smith, & Cardillo (1994))

# RESULTS

## SAMPLE:

- ◆ Average age: 49.74 ( $SD = 7.41$ )
- ◆ 74 participants
- ◆ 17.6% Male
- ◆ 82.4% Female:
- ◆ 82% White, Non-Hispanic
- ◆ 74% college or graduate school
- ◆ 66% Relapsing-Remitting MS
- ◆ 5.1 average EDSS score
- ◆ Average length of MS diagnosis: 14.59 yrs. ( $SD = 8.33$ )

# RESULTS

## Types of Goals

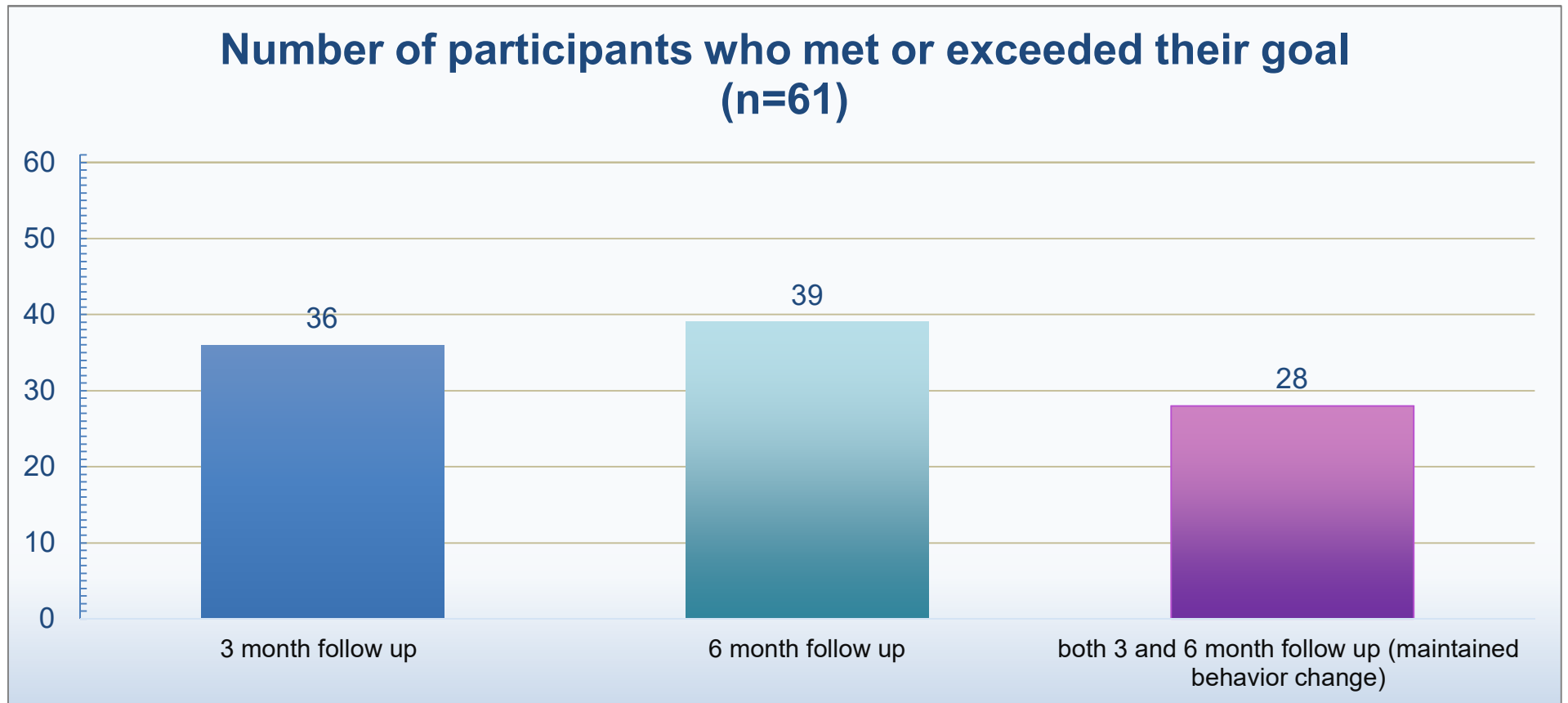
- ◆ Planning/Organizing (n=29)
- ◆ Physical Activity (n=26)
- ◆ Relaxation/Leisure (n=15)
- ◆ Nutrition (n=4)

# RESULTS

Sample GAS				
-2	-1	0	+1	+2
Does not exercise	Exercise 1-2 times/week	Exercise 3-4 times/week	Exercise 5-6 times/week	Exercise Daily

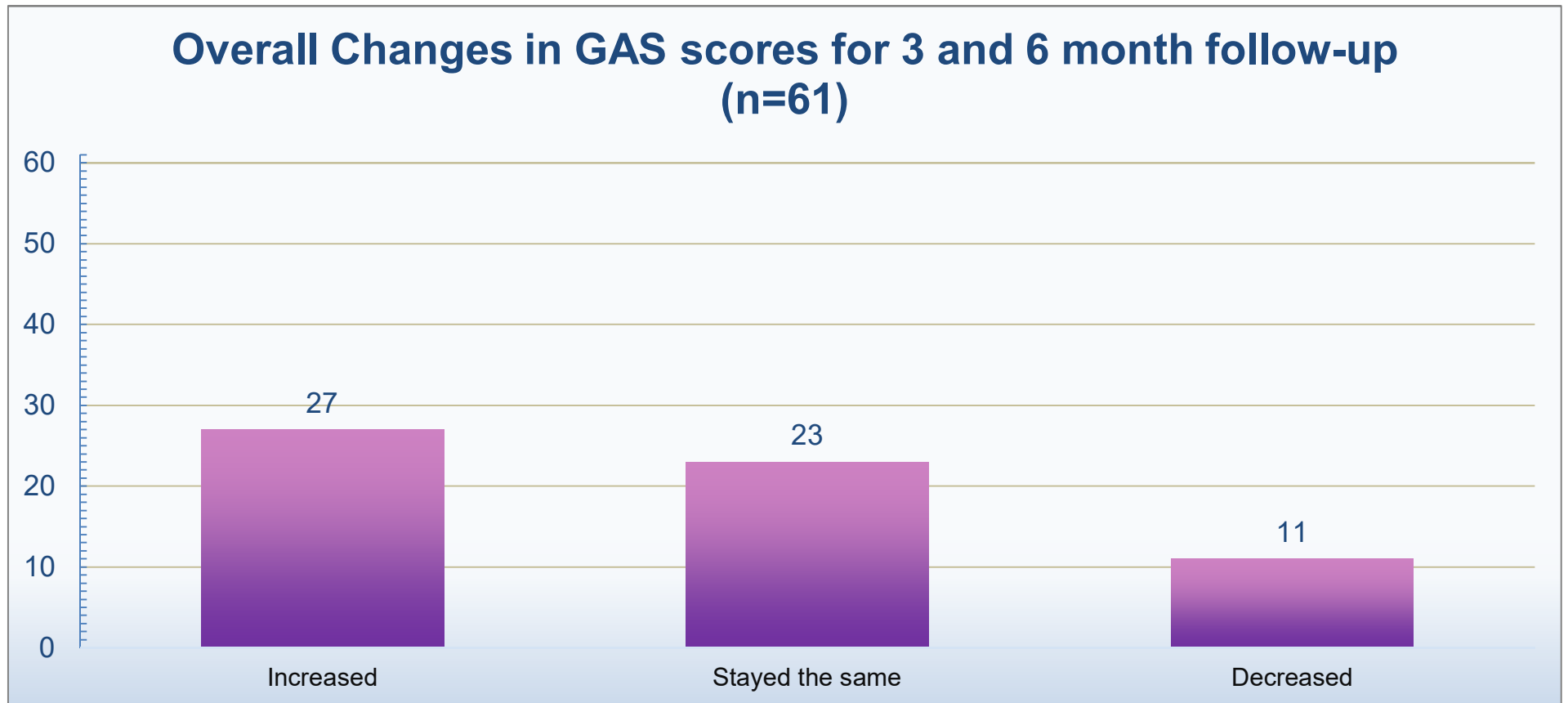


# RESULTS





# RESULTS





# Sample Barriers to Goal Attainment

Health issues

Weather

Time and energy

Caretaking responsibilities

Death in family

Distractions (work related)

Changed or forgot goal

## Strengths/Limitations

- ◆ GAS effective in capturing incremental behavior changes  
In holistic health promotion interventions
- ◆ Trained facilitators
- ◆ Provides complementary information for standardized tests and self-report measures.
  
- ◆ Lack of ongoing supportive contact after intervention may influence maintaining behavior change over time
- ◆ Different facilitators may have varying approaches
- ◆ Goal attainment influenced by environmental changes



## ◆ Conclusion

- ◆ GAS can be an effective way for facilitators of behavioral programs in community-based settings to assess the attainment of behavioral changes following cognitive health promotion interventions.

## References

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