

Efficacy of the Spanish modified Story Memory Technique in Mexicans with MS-Dr. Denise Krch-Ep5

*** Recorded on September 29, 2020. *** [Listen to it here.](#)

JOAN BANKS-SMITH: 00:05 [music] This is Joan Banks Smith for Kessler Foundation's Fast Takes - Research that Changes Lives. Today, I'm with Dr. Denise Krch, a senior research scientist in the Center for Traumatic Brain Injury at Kessler Foundation, to talk about her latest peer reviewed article, Efficacy of Spanish modified Story Memory Technique in Mexicans with multiple sclerosis: A pilot randomized controlled trial. This was e-published on November 28th, 2019 by NeuroRehabilitation. Funding source for this study is the National Institute on Disability, Independent Living, and Rehabilitation Research. Dr. Krch, what are the main takeaways of this study?

DENISE KRCH: 00:45 There are significant barriers to adequate care for individuals with MS who are Spanish speaking worldwide, and one of the most important barriers is the lack of available evidence-based cognitive rehab treatments. So in this pilot study, we evaluated the effectiveness of a memory rehabilitation treatment called the modified story memory technique which we translated and culturally adapted into Spanish. The Spanish modified story memory technique is a 10 session treatment which teaches imagery and context to help facilitate learning. We randomly assigned 20 individuals with relapsing remitting multiple sclerosis into either a treatment or a control group, and we found that individuals who received the Spanish modified story memory technique treatment relative to the individuals who received the control condition showed significant improvements in their learning and they showed improved satisfaction with life. We also found some evidence that participants perceived their memory as improved and that their family members believed that their loved one's competency to have also improved as a result of the treatment.

BANKS-SMITH: 01:56 What is the impact and next implications of the study to the field?

KRCH: 02:00 Well although this was a relatively small study, which what we would call a pilot study - and that means it definitely needs to be replicated and in a sufficiently large sample - the results are still very promising and exciting. Establishing this preliminary evidence of the modified story memory technique's effectiveness is a very first step towards identifying memory rehabilitation options for Spanish speakers who suffer from memory impairments that result from either multiple sclerosis or any other neurologic condition that may affect memory. The Hispanic population in the US reached almost 58 million in 2016 and is projected to grow to 107 million by 2065. That's a very large proportion of our population. So the lack of existing cognitive rehabilitation treatment options for Spanish speakers is a significant limitation of our field. Therefore, this preliminary work suggests that if we can successfully translate and adapt treatments in English that have an evidence base for them into Spanish and show preliminary efficacy there, that will enable us to better serve our rehabilitation populations going forward.

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BANKS-SMITH: 03:13

For more information about this study, check out the press release on our website, kesslerfoundation.org or in the NeuroRehabilitation journal. Links are in the program notes. For more information about Kessler Foundation, go to kesslerfoundation.org. Follow us on Facebook, Twitter, and Instagram. Listen to us on Apple Podcast, Spotify, Soundcloud, or wherever you get your podcasts.