

Milligan, D.T., McKay, A., Wong, D, Radford, K., Thayer, Z. and Stolwyk, R.J. A phase 1 evaluation of the Making Everyday Memory Optimal (MEMOREhab) telehealth-based group memory rehabilitation program. (2024). Poster presented at Australasian Society for Study of Brain Impairment (ASSBI) Conference, Sydney Australia (May).

Background and Objectives: Group compensatory-based memory rehabilitation has demonstrated efficacy post-ABI, but is often difficult to access. MEMOREhab is a novel six-week memory program designed within a more accessible, purpose-built web application. This study aimed to explore the feasibility, preliminary effectiveness, and patient and clinician experience of MEMOREhab.

Methods: 12 participants with a neurological diagnosis (6 epilepsy, 3 stroke, 3 other), reporting memory difficulties, were recruited from the community (4 male, 8 female, Mage = 54.0 years). Each set memory goals, and completed measures of memory at baseline, program completion, and follow-up. Semi-structured interviews explored patient and clinician perspectives of MEMOREhab.

Results: Nine of 12 participants successfully completed the program, and eight fully completed data collection. Excluding withdrawn patients, group session attendance averaged 83%, partly due to initial issues with automated reminders. Seven of eight participants reported achieving at least one memory goal, with six maintaining this change at follow-up. Preliminary repeated measures ANOVA analyses suggested improvement in measures of learning ($\eta^2 = .574$), memory ($\eta^2 = .559$), memory self-efficacy ($\eta^2 = .135$), and the frequency of everyday memory failures ($\eta^2 = .060$). Framework analysis of participant and clinician interview data identified several barriers to online memory rehabilitation, including technical difficulties, distractibility at home, and the challenge of group sessions relying on engagement with pre-session material that not all participants view prior. Facilitating factors included greater accessibility, reduced time and resource burdens compared to in-person group sessions, and the benefits of using group sessions to prioritise discussion and practical psychoeducation.

Conclusions: These results support the feasibility of MEMOREhab to deliver telehealth-based memory rehabilitation, and offer preliminary evidence for memory improvements. However, further investigation on a larger scale is needed. These findings are being used to inform the ongoing development of the MEMOREhab program.