Are You an Individual Living with Parkinson’s Disease?

- Are you over 40 years of age?
- Have you noticed any changes in your thinking in recent years?
- Are you interested in participating in an intervention study for Parkinson’s disease and cognitive problems?
- Are you interested in research to help those with Parkinson’s disease?

You may be eligible to participate in this exciting research study!

This Study at a Glance

- Participate in one of two (or both) interventions for Parkinson’s disease, at no charge
- You may experience positive changes in symptoms associated with PD
- We will not ask you to change any part of your medication routine
- You will receive compensation for your participation
- Call us today to speak to a research associate and to see if you are eligible

Study Location
VA San Diego
3350 La Jolla Village Drive
San Diego, CA 92161

Directions
- Take the La Jolla Village Drive exit from Interstate 5
- Proceed west
- Turn right on Villa La Jolla Drive
- Turn right into the VA grounds
- Park in Visitor/Patient Parking on your right. Complimentary valet parking is available

Intervention Study for Parkinson’s Disease and Cognitive Impairment

Principal Investigator: Dawn Schiehser, Ph.D.
Cognition and Movement Lab
VA San Diego Healthcare System
3350 La Jolla Village Drive
San Diego, CA 92161
Phone: (858) 552-8585 ext. 5593
What is this Study’s Purpose?
Dr. Dawn Schiehser, Ph.D., is interested in examining the effectiveness of two different interventions for Parkinson’s disease. Each intervention program is in a group format, meeting for about 1.5 hours once a week over the course of 10 weeks. The groups are led by a licensed psychologist.

More about the Interventions
CogSMART-PD
CogSMART-PD (Cognitive Symptom Management and Rehabilitation Therapy for Parkinson’s disease) is a cognitive rehabilitation program that teaches individuals with Parkinson’s disease strategies that may improve their thinking abilities, such as memory and concentration.

Supportive Care
The Supportive Care intervention involves a supportive environment that allows participants to discuss concerns with other adults living with Parkinson’s disease. In this small group setting, you will be able to meet with other individuals along with a group facilitator to discuss issues and obtain social support.

- Both interventions are held in a group format and led by a licensed psychologist
- Participants are randomly assigned to one of the groups

What Will Happen if I Participate?
You will be asked to schedule an initial appointment at the VA San Diego, where a research assistant will test your cognition, such as your memory and attention, and will ask you some questions about your mood and other symptoms. These are mostly pencil and paper tasks that we will ask you to do.

After the initial appointment, we will randomly assign you to either the 10-week CogSMART-PD or the 10-week Supportive Care group. After the program concludes, we will schedule you three more testing appointments. The results of these tests will help tell us how well the intervention is working. All group meetings and appointments are scheduled at the VA San Diego.

What’s In It for Me?
- You will be able to participate in a novel cognitive intervention group specifically developed for individuals with Parkinson’s Disease, at no cost to you
- You may experience improvements in your thinking
- You may experience improvements in your mood
- You may earn up to $160 for your participation
- You will help us learn about helpful interventions for Parkinson’s disease

What If I Don’t Like the Group?
Your participation in this study is entirely voluntary; therefore, you may drop out or refuse to participate at any time, at no consequence to you.

For More Information
For more information about this study, please contact:
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