

## **CONSUMER PERSPECTIVES ON THEIR COGNITIVE FUNCTIONING**

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### **Introduction:**

Despite increasing evidence for the prevalence of cognitive deficits in adult drug and alcohol populations, little is known about consumer perspectives or treatment wishes regarding their cognitive impairment. There has been limited dialogue with consumers around their perception of their cognitive functioning, their interest in engaging in targeted cognitive remediation interventions and their preferences for treatment format.

### **Method:**

33 consumers of The Langton Centre, an outpatient drug and alcohol service of NSW Health, completed a cross-sectional survey enquiring about their perceived cognitive functioning, whether they would be interested in engaging in a cognitive remediation program and what format they would be most amenable to.

### **Key Findings:**

100% of consumers surveyed indicated some degree of difficulty with remembering information, 83% reported a degree of difficulty with thinking clearly and 76 % endorsed a degree of difficulty with speaking clearly. 90% of consumers surveyed indicated an interest in engaging in a “brain training” intervention at the service. Further, over 60% of consumers were interested in and expressed that they would feel confident engaging in computer based activities as part of an intervention.

### **Discussions and Conclusions:**

Survey findings indicated high levels of concern with cognition and a high interest in engaging in a remediation intervention. Findings will be used to inform the development of a pilot cognitive remediation program for outpatient clients at The Langton Centre exploring feasibility and acceptability.

### **Disclosure of Interest Statement:**

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