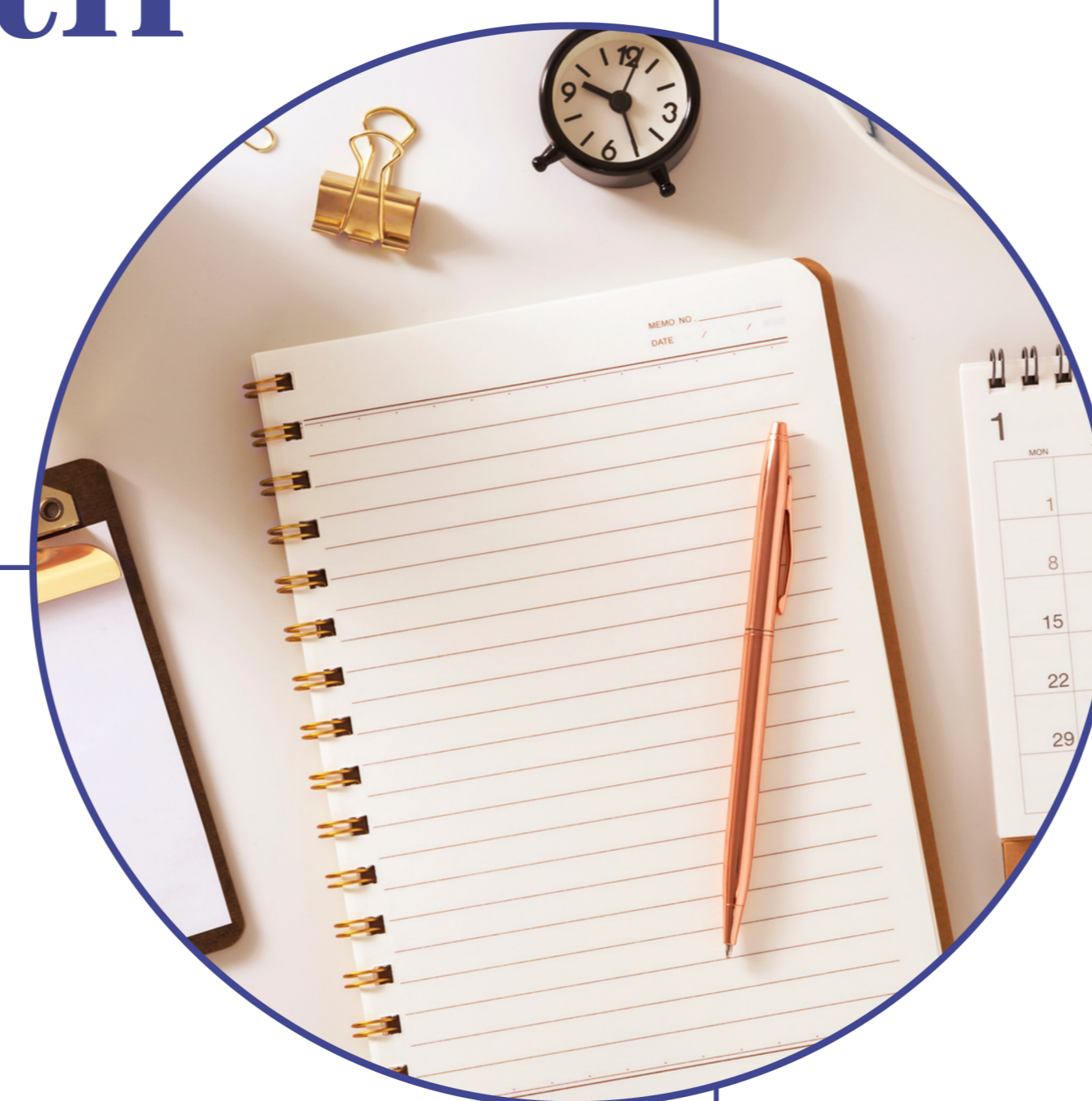


# Cognitive Training for Women's Mental Health (COGtrain)



## 1. INTRODUCTION

- Women experience mood and complex trauma disorders at higher rates than men.
- They often present with cognitive symptoms in depression or trauma disorders, such as difficulties in attention, organization, and memory.
- These cognitive impairments adversely affect work, relationships, and well-being.
- There's a distinct link between cognitive symptoms and a decline in daily life functionality.
- Enhancing cognition is crucial for functional recovery.

## 3. METHODS

### 1. Development Phase

- Creation of COGtrain to address:
  - Compensatory strategy training.
  - "Top-down" strategy targeting memory, concentration, decision-making, and goal-directed behaviour.
  - Psychoeducation about cognition's role in mood and trauma.

### 2. Open-label Feasibility Trial (n = 20 in COGtrain, n = 20 in treatment as usual)

- Evaluate COGtrain's feasibility in women with mood and trauma disorders.
- Investigate if COGtrain enhances perceived cognitive impairment, neuropsychological and psychological function, and individual goal setting.

## 2. OBJECTIVES

- Design and implementation of COGtrain: A tailored cognitive training program for women.
- Merge cognitive strategy training with psychoeducation on how sex hormones and reproductive life events impact mood and cognition.



## 4. OUTCOMES

### Primary:

- Alterations in perceived cognitive function via the Perceived Deficits Questionnaire - Depression (PDQ-D).

### Secondary:

- Neurocognitive changes (neuropsychological tasks).
- Mood symptom intensity (DASS scale).
- Emotion regulation (DERS evaluation).
- Experience of complex post-traumatic stress disorder symptoms (International Trauma Questionnaire).
- Functional achievement related to individual goals.

## 5. EXPECTED BENEFITS

- Enhance cognitive function and alleviate clinical symptoms in women with mood and trauma disorders.
- Provide support for women with mental health issues and their families.
- Contribute to gender diversification in the workforce.

## 6. CONCLUSION

This pilot trial will evaluate COGtrain's efficacy in bolstering cognitive skills and alleviating clinical symptoms in women diagnosed with mood and trauma disorders.