

# Action for Positive Brain Health Now: Protocol for a Randomized Controlled Trial using Goal Management Training

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# Introduction

Lifestyle changes can protect or improve brain health in older adults

Goal management training (GMT) is a standardized cognitive rehabilitation program delivered over 9 weeks that targets executive dysfunction

Study purpose: Estimate the extent to which GMT among people living with HIV prior to a personalized healthy lifestyle program (HLP) is associated with greater uptake of health recommendations, achievement of health-related goals, better brain health, and general health outcomes compared to the HLP alone



# Methods

## Design

Single-blind, language stratified, parallel group randomized controlled trial

## Inclusion Criteria

Action for Brain Health Now cohort participants  $\geq$  age 45; HIV+ for at least 1 year

One or more indicators of cognitive frailty OR those that do not meet the criteria of successful aging  
( $<7$  subscales of SF-36 above Canadian norms)

## Confirmatory Outcomes

Physical activity weeks

Social activity weeks

## Explanatory Outcomes

Achievement of goals

Physical activity pattern

Visual analog health states

## Downstream Outcomes

Health-related quality of life

Cognitive ability

Cardiovascular disease risk

Social network size and quality

Cohort participants with indicators of cognitive frailty OR not aging successfully



**Ready, Set Workshop**

READY

Interpretation of *My Personal Brain Health Dashboard*



SET

Direction to community resources

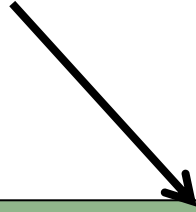
Learning to Use the Garmin vívofit 4 Activity Tracker and *MyHealth App*

GO

Learning SMART goals and the *Goal Setting* app for goal setting

R

**Goal Management Training Group**



**Healthy Lifestyle Program (HLP)**

Exercise program with weaning to community

Continuous monitoring and feedback of physical activity

Monitoring of social activities, goal attainment, and health states



Uptake of health promotion activities (Explanatory Outcomes)



Health outcomes (Downstream outcomes)

12 months

# Discussion and Acknowledgements



This project will be the first to test whether GMT can augment adherence to health recommendations among individuals with brain health challenges

If successful, GMT could be implemented as an adjunct to exercise interventions for other clinical populations

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