



# Efficacy of Cognitive Rehabilitation Therapy on Poststroke Depression among Survivors of Stroke; A Systematic Review

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Article Info	ABSTRACT
<b>Article type:</b> Review article	<b>Background and Aim:</b> Poststroke depression (PSD) is a common complication after stroke. Poststroke depression adversely affects a patient's chance (and rate) of recovery, particularly those with major depressive disorder who have been found to be less compliant with rehabilitation, more irritable, and demanding and may experience personality change. Cognitive rehabilitation therapy is a nonmedicinal treatment that involves individually tailored cognitive exercises developed by a neuropsychologist to retrain and/or improve cognition through correction of neurocognitive deficits such as attention; visual, spatial memory; and also depressive symptoms. Therefore, the purpose of the present study is to evaluate Efficacy of Cognitive Rehabilitation Therapy on Poststroke Depression among Survivors of stroke.
<b>Article History:</b> Received: 20 January 2020 Revised: 04 March 2020 Accepted: 14 May 2020	<b>Materials and Methods:</b> In this study, a systematic review of the databases google scholar, pubmed, science direct, Elsevier between the years 2015 and 2019 with the keywords cognitive rehabilitation therapy, post stroke, depression Search is done. In this process, studies that examined the Efficacy of Cognitive Rehabilitation Therapy on Poststroke Depression among Survivors of stroke were included in the study.
<b>Keywords:</b> Depression Rehabilitation Stroke	<b>Results:</b> Inclusion criteria were full text availability, interventional study, and non-review articles. There was a significant difference between the articles in terms of the indices studied, sample number, method of implementation, and so on. Reviews of studies have shown that cognitive rehabilitation therapy has a significant role in reducing the symptoms of post-stroke depression. The use of these interventions is also effective in improving problem-solving skills, improving memory, and improving attention and concentration. <b>Conclusion:</b> This study emphasizes on the development of efficient and flexible adaptive skills through cognitive processes and its effect on reducing depression in patients after stroke.

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