



Department of Psychology  
The University of Hong Kong

香港大學心理學系

## Departmental Seminar

# Multicomponent Interventions for Mild Cognitive Impairment

3:00 p.m. – 4:00 p.m. | December 18, 2023 (Monday)

CPD-3.04, 3/F, The Jockey Club Tower | Centennial Campus | The University of Hong Kong



### Prof. Glenn SMITH

Professor

Department of Clinical and Health Psychology

University of Florida

### Abstract

Mild cognitive impairment (MCI) is a condition where cognitive concerns and measurable cognitive impairment are present in the absence of substantial functional decline. MCI is often the first clinical phase of a progressive neurodegenerative disease. This presentation will review evidence that multi-component, behavioral interventions can slow the progression of impairment and improve patient and partner adjustment in persons with MCI. The evidence reviewed will focus on outcomes from the HABIT®:Healthy Action to Benefit Independence and Thinking program as well as findings from a recent meta-analysis. The data reviewed will suggest that the impact of multicomponent interventions on cognition and function are at least as great as those of the new anti-amyloid medications.

### About the Speaker

Dr. Glenn E. Smith is Professor and former Chair of the Department of Clinical and Health Psychology at the University of Florida. He is Director of the Florida Alzheimer's Disease Research Center. He is co-creator of the HABIT® Healthy Action to Benefit Independence and Thinking program designed to benefit people diagnosed with Mild Cognitive Impairment (MCI). A board-certified neuropsychologist, Dr. Smith has authored or co-authored over 250 original articles, 14 book chapters, and 2 books on the neuropsychology of cognitive aging and dementia. He is past president of the American Psychological Association's (APA) Society of Clinical Neuropsychology, and the American Board of Clinical Neuropsychology, and past Chair of the APA Committee on Aging. He is Professor Emeritus of Psychology at the Mayo Clinic College of Medicine.

### Zoom Meeting (For participants who couldn't attend the Seminar in person)

<https://hku.zoom.us/j/3951550048?pwd=SncvL3RYakEycUtpL29vdDJEEdlEwdz09>

Meeting ID: 395 155 0048 | Password: psyc



~All are Welcome~

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