

## **Effectiveness of "pqrst" strategy in the rehabilitation of story recall disorders.**

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The PQRST strategy is a specific treatment procedure for story recall disorders; it is divided into 5 phases (Preview, Question, Read, State, Test), and was first suggested by Glasgow e al. (1977), and later by Wilson (1987). Although the PQRST strategy is often mentioned as an effective cognitive strategy for the rehabilitation of memory, little has been published on its effectiveness, and results from previous studies showed some limits in the applicability of the procedure.

This research investigated the effectiveness of PQRST strategy in the rehabilitation of story recall disorders; a major effort was done in order to by-pass a few of the limits that were reported in previous studies, and namely, memory and executive functions in story recalling were assessed, and selective improvement in story recalling exclusively was controlled for as well. A group of ten amnesic patients, aged 24 to 72, who suffered from mild to serious memory problems and presented with different neurological diseases, received 16 treatment sessions using the PQRST strategy, after a no-treatment baseline period. Results showed a significant increase in story recall, with regard to both the number of correctly recalled items and the quality of story reporting. Furthermore, the PQRST strategy was found to have a selective effectiveness on the story recalling only; indeed, other memory functions, such as verbal and spatial short-term memory, were not affected by the treatment. Following the baseline period, no significant modifications in memory functions were evidenced.

It was then suggested that PQRST strategy is effective in producing an improvement both in storing and retrieval processes as well as in executive functions for logical and sequential organization of verbal information. Repetition and recall of structured verbal information in the form a story is a crucial cognitive function in daily life. Therefore, the main objective of a neuropsychological rehabilitation program is to recover such a function in amnesic patients.

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