

# **The effect of physical presence of the examiner on memory task performance through video teleconferencing**

Master thesis Neuropsychology

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## **Abstract**

The demand for digital and remote neuropsychological assessment is increasing. Before reliable remote and digital neuropsychological assessment through video teleconferencing (VTC) is possible, it is important to know whether the norms that are currently used for interpreting the test results (which are obtained in face-to-face (FTF) assessment) are appropriate for digital and remote testing as well. Physical presence is one of the differences between FTF and VTC assessment that might contribute to differences in outcome measures. The current study was conducted to investigate the influence of physical presence of the examiner on clinically relevant outcome measures of an online version of a widely used verbal memory task in the Netherlands: the Dutch Auditory Verbal Learning Task (AVLT). Scores on immediate recall, delayed recall and delayed recognition of the AVLT were compared within participants (N=40) with the examiner physically present and with the examiner physically absent. No significant differences were found between both ways of administration on any of the outcome measures. This might suggest that currently available norms don't have to be adjusted. Nevertheless, further studies investigating the effect of examiner presence in a larger sample and studies investigating other possible interfering factors will be necessary.

## **Introduction**

The outbreak of the coronavirus has far-reaching consequences for providing psychological care. There has been an enormous increase in the demand for psychological assessment and treatment by video conferencing (VTC). This also concerns neuropsychological assessment. Besides reducing virus transmitting, assessing neuropsychological functioning by VTC has other advantages in comparison to traditional face-to-face (FTF) assessment as well. It can provide convenience, reduce costs and enable access to assessment services when they are otherwise unavailable (Luxton et al., 2014). The use of computers in cognitive assessment has been found to be more efficient and better standardized than FTF assessment (Bauer et al., 2012). Despite several challenges, digital biomarkers (such as neuropsychological data) collected remotely have significant potential for diagnosis and symptom management in older adults (Owens et al., 2020).

Several studies showed good agreement between VTC- and FTF assessment. In a review and meta-analysis, Brearly et al. (2017) found that overall, videoconference administration of tests did not yield a significant change in test scores on adult neurocognitive tests. Marra et al. (2020) build on the work of Brearly et al. In general, they found that the validity of neuropsychological assessment by video connection is good. Neuropsychological tests relying upon verbal instructions and responses are considered most suitable for assessment by VTC (Cullum, 2014).

Looking specifically at memory tasks, Marra et al. (2020) reviewed five studies that investigated a widely used verbal memory task, the Hopkins Verbal Learning Test – Revised (HVLT-R). Concerning the total amount of words recalled immediately, different results were found. Four of the five studies found no differences between both ways of administration (Wadsworth et al., 2016; Cullum et al., 2006; Vahia et al., 2015; Wadsworth et al., 2018). One study did find a significant difference in the advantage of VTC-administration (Cullum et al., 2014). Possible explanations for this difference are that the investigators spoke more clearly or presented the stimuli at a slightly different rate in the VTC-condition (Cullum et al., 2014), or that the patients were better concentrated (Brearly et al., 2017). Of the studies reviewed by Marra et al. (2020) that investigated the HVLT-R, only three investigated the delayed recall (Cullum et al., 2006; Wadsworth et al., 2016;

Wadsworth et al., 2018); none of which found a significant difference between both conditions. Only one study (Cullum et al., 2006) also looked at the delayed recognition. They found a slight, but not significant, higher score for the FTF condition.

As there are multiple differences between FTF assessment and VTC assessment, it is not easy to determine why a significant difference in the advantage of VTC-administration has been found (Cullum et al., 2014). Historically, neuropsychological testing has implicitly assumed that the examinee responds to test stimuli exclusive of other stimuli. Nevertheless, a large body of research has found that environmental conditions, such as the presence of another person, influences neuropsychological test performance (Barnett et al., 2018). Social facilitation refers to the impact of another person on an individual's performance. Social facilitation in the form of mere presence of another individual is enough to cause changes in behavioral outcomes (Barnett et al., 2018). Specifically in neuropsychological testing, social facilitation has been found to lead to poorer performances on the Stroop task, digit span, the Paced Auditory Serial Addition Test and the Controlled Oral Word Association Test (Horwitz & McCaffrey, 2008; Huguet et al., 1999). Memory assessment shows a particular vulnerability (Constantinou et al., 2005; Gavett & McCaffrey, 2007), meaning that the presence of the examiner can negatively influence memory task performance.

In the Netherlands, not much research has been done to investigate neuropsychological assessment by VTC. The current professional standard states that neuropsychological assessment should take place face-to-face (NIP sectie Neuropsychologie, 2020). Findings so far suggest that it is possible to conduct neuropsychological assessment by VTC, but more research is needed to reach further conclusions about reliability and validity (van den Heuvel et al., 2020). A commonly used verbal memory test in the Netherlands is the Dutch version of the Auditory Verbal Learning Test, the so called 15-woordentest (Brand & Jolles, 1985). This test is designed to examine episodic memory; it is used to examine whether a person is capable of learning verbal information and recalling and recognizing it over a longer period (Bouma et al., 2012). Age, gender and education level of the examinee are known to influence performance on this test (Bouma et al., 2012; van der Elst et al., 2005; van der Elst et al., 2008). Van der Elst et al. (2008) found that, with the

visual version of this test, the retest effect in the immediate recall and the delayed recall conditions was almost half a standard deviation, despite a time-interval of three years and the use of parallel tests. It has been investigated whether a digital tablet assessment of cognitive performance obtains the same results as a paper and pencil assessment of these same tasks in a memory clinic patient population (Schreurs, 2014). For the 15-woordentest, trends to significant improvement of the total recall and the delayed recall between the first and second administration were found. However, this improvement can be declared by a learning effect: in both conditions the investigators used the same set of words.

Altogether, it can be concluded that Dutch research on memory assessment by VTC is limited. Internationally, different results have been found in studies investigating differences between FTF and VTC memory assessment. Different explanations have been suggested for a better performance in a VTC situation. Because there are multiple differences between FTF and VTC assessment, it is hard to decide what the reason might be. There is evidence that the presence of the examiner might contribute to the differences.

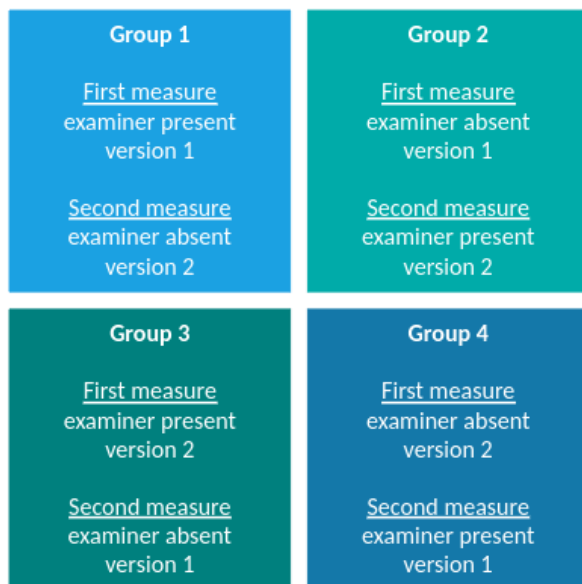
This leads to the following research question: does the physical presence of the examiner influence outcome measures of the Dutch version of the Auditory Verbal Learning Task through VTC? It is hypothesized that the physical absence of the examiner will lead to a higher score on the immediate recall. As the delayed recall and the delayed recognition are relevant measures in clinical memory assessment, these scores will be looked at as well. Not much research has been done on these topics. Nevertheless, based on the same theoretical arguments as for the immediate recall, it is hypothesized that physical absence of the examiner will lead to higher scores on these measures as well.

## Methods

### *Design*

The hypothesis was tested with a within-subjects design. Every participant was tested twice: once with the examiner physically present and once with the examiner physically absent. Besides, every participant was assessed with version 1 on one occasion and version 2 on the other occasion. The dependent variables were the scores on the selected outcome measures. The presence of the examiner was the independent variable. To make sure no sequence effect (of both the test version and absence or presence of the examiner) would take place, subjects (men and women apart) were randomly assigned to one of four experimental groups. This way, the retest effect demonstrated by van der Elst *et al.* (2008) was similar for the absent and present condition and so, controlled for. The experimental groups are shown in figure 1. Forty-two people agreed upon participating in the study. Two participants couldn't come for a first appointment, they were excluded. This resulted in a skewed distribution of number of men and women included in the different groups, therefore it was decided to assign one subject to another group to attain an equal number of 3 men and 7 women in each group.

**Figure 1.** The four experimental groups



## *Participants*

An a-priori power analysis was conducted using G\*Power 3.1.9.7 for Windows<sup>1</sup> (Faul et al., 2007) to determine the number of participants needed to find a statistically significant effect based on the findings by Cullum et al. (2014). Expected effect size ( $d_z$ ) was set at 0,13,  $\alpha$  at .05 and  $1-\beta$  at 0.95. It turned out that 642 participants were needed to find such an effect. Given the time limits of the current study, participants were 40 adults aged 18-65 years. They were recruited by the investigator and included family members, friends, neighbors, acquaintances and colleagues. Inclusion criteria were normal or corrected to normal vision and hearing, native Dutch speaker and mental competence to give an informed consent. Vision and hearing abilities were checked by asking the participants. Mental competence to give an informed consent was judged by the examiner in the first session: participants were asked whether they understood the aim of the study.

## *Materials*

Participants used a Windows-operated Acer laptop with an Intel(R) Core(TM) i5 processor. The examiner used a Windows-operated Lenovo ThinkBook 15 G2 ITL with an Intel(R) Core(TM) i7 processor. A digital publisher for psychological tests, Metrisquare B.V., provided the software for the system. The tests were conducted and scored by means of DigiDiagweb version 4.3.0.4. An expansion module called 'Remote Testing' was used<sup>2</sup>. Participants used the browser version of Microsoft Teams in the 'absent-condition'. The examiner used the desktop version of Microsoft Teams. Two versions of the 15-woordentest (Brand & Jolles, 1985) were used to prevent for a learning effect to take place: the original version and a parallel-version. The complete word lists for both versions can be found in appendices 1 and 2.

## *Procedure*

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<sup>1</sup> this software is free available through Heinrich Heine Universität Düsseldorf (<https://www.psychologie.hhu.de/arbeitsgruppen/allgemeine-psychologie-und-arbeitspsychologie/gpower>)

<sup>2</sup> this software is available through Metrisquare B.V. ([www.metrisquare.nl](http://www.metrisquare.nl))

The study as described above was approved by the Ethical Review Board of the Faculty of Social and Behavioral Sciences of Utrecht University. Informed consent was asked prior to the first administration. Appointments for the administrations were made such that, if possible, there would be four weeks between both appointments. Both administrations took place in the same undisturbed office in a nursing home. In the 'present-condition', the examiner sat opposite the participant, like they would in face-to-face neuropsychological assessment. In the 'absent-condition', the examiner took place in an office nearby. All other circumstances were the same in both conditions.

The test instructions were read aloud by the examiner. Participants were instructed to listen carefully to a list of words that would be presented auditory because, immediately afterwards, they would be asked to recall all the words they could remember by saying them out loud. The words were presented by the software program five times and after each time ('trial') the participant was asked to recall all the words he or she remembered by saying them out loud. After twenty minutes, participants were asked which words they still remembered. Immediately after completing the delayed recall, a list of thirty words was presented auditory. The participant was asked to say 'yes' or 'no' after each word presented: 'yes' when the word was one of the words they had to remember and 'no' when it was another word.

To make sure that the participants would not do anything interfering and would be kept busy during the twenty minutes between the fifth trial of the immediate recall and the delayed recall, they were subjected to a non-verbal task that didn't contain any words in this mean time. This task was based on the Bourdon-Wiersma test.

### *Data-analysis*

Statistical analyses were conducted using IBM SPSS Statistics for Windows, version 28. Outcome measures that were looked at, were the immediate recall (the total number of correctly recalled words immediately throughout the five trials), the delayed recall (the number of



correctly recalled words after the 20-minute delay) and the delayed recognition (the number of correctly classified words as being one of the words that had to be remembered or not after the delay). Means and standard deviations were calculated for both conditions. Repeated measures ANOVA's were conducted to test whether the absence of the examiner yielded higher scores on the outcome measures than the presence of the examiner.

## Results

40 subjects, 11 men and 29 women, were included in the data analysis. Due to missing data as a result of a poor Internet connection at some moments during the assessments, not all subjects were included in the analyses of all dependent variables. The assessment process went undisturbed, but some data of some participants were not processed correctly while other scores of the same participant were processed correctly. As a result, 38 subjects were included in the analysis of the immediate recall, 40 subjects were included in the analysis of the delayed recall and 38 subjects were included in the analysis of the delayed recognition. Table 1 shows a description of the number of included subjects per dependent variable in terms of age and education level.

**Table 1.** The number of included subjects (N) per dependent variable by age group and education level (according to Verhage<sup>3</sup>)

Age	21-30 (N=4)		31-40 (N=12)			41-50 (N=10)		51-60 (N=8)		61-65 (N=6)		
Education level	5	6	5	6	7	5	6	5	6	2	5	6
Immediate recall	1	3	3	7	1	6	4	3	3	1	1	4
Delayed recall	1	3	3	8	1	6	4	5	3	1	1	4
Delayed recognition	1	3	3	7	1	6	4	5	3	1	1	4

Mean scores and standard deviation on the three dependent variables of the VTC- and FTF-testing conditions are presented in table 2. One-way repeated measures ANOVA's were conducted on the three dependent variables. There was no statistically significant difference between the two groups in any of the dependent variables: immediate recall  $F(1,37)=.007$ ,  $p=.932$ ; delayed recall  $F(1,39)=.457$ ,  $p=.503$ ; delayed recognition  $F(1,37)=1.606$ ,  $p=.213$ .

**Table 2.** mean scores (SD) per dependent variable in the VTC- and FTF-conditions

	VTC	FTF
immediate recall	51.62 (7.103)	51.79 (6.940)

<sup>3</sup> an overview of education level coding can be found in appendix 3

delayed recall	11.2 (2.244)	11.43 (2.037)
delayed recognition	29.65 (.622)	29.47 (.893)

## **Discussion**

The aim of the present study was to investigate whether the presence of the examiner influences clinically relevant outcome measures of an online version of a widely used verbal memory task in the Netherlands: the Dutch Auditory Verbal Learning Task (AVLT). As far as known, this is the first study to investigate whether the mere presence or absence of the investigator influences task performance in VTC-based testing. It was hypothesized that physical absence of the examiner would yield higher scores on all clinically relevant outcome measures of this test; the immediate recall, the delayed recall and the delayed recognition. Results show that the presence of the examiner did not have any significant influence on the performance on any of the outcome measures. Against expectations, mean scores on the immediate recall and delayed recall were slightly (but not significantly) higher in the FTF condition while the mean scores on the delayed recognition were slightly higher in the VTC-condition.

These results are not consistent with results from another study comparing VTC- and face-to-face-testing. (Cullum *et al.*, 2014), who did find a significantly higher score in the VTC-condition. In their discussion, it was mentioned that it was possible that the examiners may have enunciated more clearly or presented stimuli at a slightly different rate to adapt to the VTC condition, resulting in slightly higher scores. In the present study, adaptation of the way the stimuli were presented was not possible because the stimuli were presented by a software program and, as a result, similar in the VTC and FTF condition. This might explain why the expected effect was not found in this study. Nevertheless, the found lack of a significant difference between FTF- and VTC-testing is consistent with other previous studies (Wadsworth *et al.*, 2016; Cullum *et al.*, 2006; Vahia *et al.*, 2015; Wadsworth *et al.*, 2018).

Several methodological limitations may have contributed to the lack of significant results. In the first place, the sample size might just have been too small to find an existing significant effect in the population. As calculated a-priori, to find the same-sized effect as Cullum *et al.* (2014), over 600 participants had to be included in the sample. This was not possible in the current master thesis research project as it would take way too much time to assess so many people.

Besides, when comparing the current study to the one by Cullum *et al.* (2014), it shows that the sample was considerably different. The current sample consisted of 40 healthy adults with a mean age of 45 years while the Cullum sample consisted of 202 healthy controls and patients with MCI or Alzheimer's disease with a mean age of 69 years. Although the ALVT is primarily a memory task, selective attention and executive functioning are prerequisites for a good performance on this task. It is plausible that contact through VTC appeals for more executive functioning than FTF contact and that a memory task through VTC might ask for less selective attention, because there is no distraction by the physical presence of the examiner. From literature, there is evidence that increased chronological age is associated with significantly poorer executive functioning (Mahoney *et al.*, 2010; Verhaeghen & Cerella, 2002). Therefore, it is plausible that lower ALVT-scores will be obtained by older participants in a VTC setting compared to a FTF setting, especially if they have executive functioning deficits.

In future research, a larger sample should be investigated to find out whether there is an effect of examiner presence on task performance of this specific test. Besides, it would be interesting to find out whether there are differences in the effect of physical presence of the examiner on test scores between different age groups and various levels of cognitive health or impairment. Sex seems less interesting for further examination; van Hooren *et al.* (2007) found no evident sex difference for neuropsychological tasks other than verbal memory tasks.

## **Conclusion**

Before reliable remote and digital memory assessment with this widely used verbal memory test is possible, it is important to know whether the norms that are currently used for interpreting the outcome measures (which are obtained in FTF-assessment) are appropriate for VTC-assessment as well. This study focused specifically on the effect of the physical absence of the examiner during neuropsychological memory assessment by an online version of the Dutch Auditory Verbal Learning Task (ALVT). As far as known, this was the first study to investigate this specific difference in this test in a controlled setting. Results showed that there were no significant differences for any of outcome measures (the immediate recall, the delayed recall and the delayed recognition) between a setting in which the examiner was physically present and a setting where the examiner was physically absent. These results might suggest that the currently available norms can be used in VTC assessment. It is, however, important to note that the sample size was rather small and that the participants were solely cognitively healthy and relatively young and highly educated adults. Future studies should investigate the effect in a larger sample. Also, it would be interesting to discover whether there are differences in the effect of physical presence or absence of the examiner between different age and education groups and various levels of cognitive health.

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## Appendices

## Appendix 1:

### Stimuli Auditory Verbal Learning Test – Dutch Version - version 1

Recall	Recognition	
BLOEM	BROOD	BEER
SNOR	KAR	GOOT
KROON	BEUK	TAS
BEER	PAN	DUIM
LAP	ZWAAN	BOEF
KLOK	NET	LAP
ZWAAN	KLOK	KROON
REK	MAAG	FILM
TAS	HAK	HOEN
BERG	BLOEM	BERG
KRUIK	NAR	HAAN
HOEN	VOS	REK
GOOT	KEEL	KOE
MAAG	SNOR	ROK
KAR	POMP	KRUIK

## Appendix 2:

### Stimuli Auditory Verbal Learning Test – Dutch Version - version 2

<b>Recall</b>	<b>Recognition</b>	
KAAS	BOOM	HERT
HERT	GRAS	BAL
STOEL	STRUIK	DIEF
MAST	KNOOP	RIET
BED	DOEK	PLANK
STRUIK	MAST	STER
BAARD	VOET	KALF
LEEUEW	TREIN	WIND
PLANK	LEEUEW	BED
ROK	MOS	SLAAF
DIEF	PAARD	BUIK
TREIN	KAAS	BAARD
VLAM	VLAM	ROK
KIST	ZEIL	STOEL
BOOM	KIST	HEK

### **Appendix 3: coding education level (Verhage, 1964; CBS, 2004)**

#### **1. Minder dan 6 klassen lager onderwijs**

- Minder dan 8 groepen basisonderwijs
- ZMLK-school

#### **2. Zes klassen lager onderwijs**

- Diverse vormen van gewoon lager onderwijs (6 klassen) of basisonderwijs (8 groepen), alsmede buitengewone vormen van lager en basisonderwijs die toegang geven tot het voortgezet onderwijs.
- LOM-school
- MLK-school

#### **3. Meer dan 6 klassen lager onderwijs zonder verder afgesloten speciale opleiding**

- Het vroegere 8-klassen lager onderwijs
- Niet-voltooid middelbare schoolopleiding (1 jaar MULO, 2 jaar HAVO etc.)
- VBO
- VGLO

#### **4. Gediplomeerde schoolopleiding lager dan MULO**

- LTS (A- en B-niveau)
- LEAO
- LHNO (A en B-niveau)
- Lagere Landbouw- en Tuinbouwschool
- VMBO-b • “Lagere” beroepsgerichte opleidingen (Kinderbescherming A en B, kinderverzorger, zwakzinnigenverzorger, bloemist, baggeraar, banketbakker, textielvakdiploma, slijterdiploma etc)
- Leerlingwezen
- ITO, IHNO
- Drie achtereenvolgende jaren onderwijs van code 5 met overgangsrapport naar de vierde klas (3 jaar MULO, MTS, MEAO, VMBO-t etc.)

## **5. MULO**

- MAVO
- MBO-opleidingen (MTS, MEAO, Middelbare Detailhandelschool, Middelbare landbouwschool, etc.)
- KJV-opleiding, opleiding tot verpleger, zwakzinnigenverzorger (opleiding na 1977)
- LTS en LHNO op C-niveau
- VMBO-t • Drie achtereenvolgende jaren onderwijs van code 6 met overgangsrapport naar de vierde klas (3 jaar HAVO, VWO, HSB etc.)

## **6. VHMO**

- HAVO
- Atheneum, Gymnasium, Lyceum, VWO
- HBS, MMS • HBO-opleidingen (HTS, HEAO, Hogere Landbouwschool, Hogere Textielschool, Pedagogische Academie, Hogere Laboratoriumschool etc.)
- Post-HBO-onderwijs
- Officiersopleiding
- Opleiding tot leraar middelbaar onderwijs (MO-akte)
- Behaald propedeutisch examen of kandidaatsexamen WO

## **7. Wetenschappelijk onderwijs**

- Universitaire opleiding (doctoraal)
- Universitaire opleiding (bachelor- en/of master-niveau)
- Technische Hogeschool (voor 1986)
- Landbouwhogeschool (voor 1986)