

A research summary from the School of Psychology and the Brain & Behaviour Research Institute at the University of Wollongong (visit www.uow.edu.au/health/psyc/research/bbri)

The School of Psychology at the University of Wollongong would like to thank those involved in our 2007 Cognitive Training for ADHD study. Here is some information about the results:

- The cognitive training aimed to improve each child's ability to pay attention, control their impulses and use their memory.
- Twenty nine children with ADHD completed the 5-week at-home training as well as the pre and post-training assessment sessions.
- Half of the children did low-intensity training, while the other half did high-intensity training.
- Regardless of which training they did, parents indicated that their child's ADHD symptoms had reduced after training.
- Ratings completed by a 'significant other' (i.e. aunt, uncle, grandparent) indicated improvement for children who did the high-intensity training only. This is shown in the graph below.

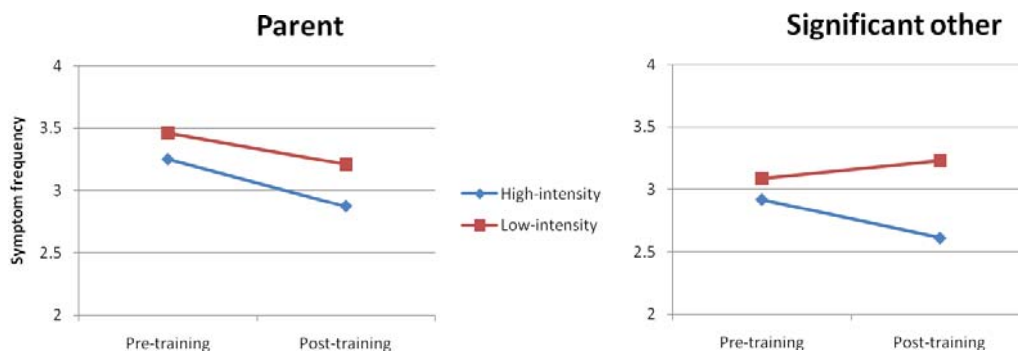


Figure 1. AD/HD symptom frequency ratings pre- and post-training as rated by a parent and a significant other for both conditions.

Observable behaviour was not the only thing to change after training. Brain electrical activity was more typical of those without ADHD after training, and the children were more activated during cognitive tasks, leading to better task performance – these results were stronger for those in the high-intensity condition.

These exciting results have been presented at an international conference and have been submitted for publication in a leading international scientific journal!

Thank you again for your participation – this research would not happen without your help!

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