Young gamers wanted

By NATHAN SIMPSON

Encouraging children to play a computer game for 15 minutes a day over four weeks is all in a day’s work for researchers from the University of Wollongong.

An innovative study focusing on improving impulse control, attention and memory in children - especially those with ADHD - is underway at the UOW.

The research team has clicked the start button and is eager to entice children to participate in the study.

The concept is simple.

It follows on from a pilot project carried out by Dr Stuart Johnstone and Dr Steven Roodenrys, and developed out of a need for alternative treatments for ADHD.

The new study extends the pilot by investigating the benefits of cognitive training to all children, and uses an updated computer training program with several new software and hardware features which the researchers believe will enhance the benefits.

“We’re looking for children aged between seven and 14 to participate,” Dr Johnstone said.

“They can have been professionally diagnosed with ADHD, or be children who don’t have ADHD.

“We do a 1.5 hour assessment session before and after the training, either at home or at the university, and the kids do four weeks of at-home training on their computer.

“The training involves playing two simple computer games for about 15 minutes a day.”

If you want to include your child in the project email sjohnsto@uow.edu.au or contact Dr Stuart Johnstone 4221 4495 or 0402 164 346.

University of Wollongong Associate Professor Steven Roodenrys is urging parents to sign their children up to a new study using computer games to improve impulse control, attention and memory.