

Investigating the effectiveness of a working memory training intervention to increase educational achievement and reduce anxiety in young people

Submission date 06/06/2011	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
Registration date 27/07/2011	Overall study status Completed	<input type="checkbox"/> Protocol
Last Edited 09/11/2017	Condition category Mental and Behavioural Disorders	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Contact details

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

SP4598

Study information

Scientific Title

Investigating the effectiveness of a working memory training intervention to increase educational achievement and reduce anxiety in young people: A randomised controlled trial

Study objectives

Working memory training will lead to improvements in attention and school-related academic achievement and reductions in anxiety

Ethics approval required

Old ethics approval format

Ethics approval(s)

Ethics Committee, School of Psychology, University of Southampton approved on 10th January 2011

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details below to request a patient information sheet

Health condition(s) or problem(s) studied

Anxiety

Interventions

Young people will be randomly allocated to one of two interventions:

1. Group A will receive the CogMed working memory training as a school-based intervention for 5 weeks
2. Group B will receive the FRIENDS CBT programme as a school-based intervention for 5 weeks

Intervention Type

Other

Phase

Not Applicable

Primary outcome measure

Performance on a non-trained working memory measure.

Evaluated immediately preceding intervention, immediately following intervention (5 weeks after pre-test) and 3 months after intervention

Secondary outcome measures

1. Measures of academic achievement

2. Anxiety and performance on broader measures of attention (inhibitory control in the presence and absence of threat-related stimuli)

Evaluated immediately preceding intervention, immediately following intervention (5 weeks after pre-test) and 3 months after intervention

Overall study start date

14/06/2011

Completion date

31/03/2013

Eligibility**Key inclusion criteria**

1. Males and females
2. Aged between 12 and 14 years
3. Reporting high levels of generalised anxiety

Participant type(s)

Patient

Age group

Child

Lower age limit

12 Years

Upper age limit

14 Years

Sex

Both

Target number of participants

54

Key exclusion criteria

1. English as a second language
2. Recognised learning difficulties

3. Childhood disorders such as Attention Deficit Hyperactivity Disorder (ADHD) or behavioural difficulties more generally

Date of first enrolment

14/06/2011

Date of final enrolment

31/03/2013

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

University of Southampton

Southampton

United Kingdom

SO17 1BJ

Sponsor information

Organisation

University of Southampton (UK)

Sponsor details

School of Psychology

Highfield

Southampton

England

United Kingdom

SO17 1BJ

Sponsor type

University/education

ROR

<https://ror.org/01ryk1543>

Funder(s)

Funder type

Charity

Funder Name

Action Medical Research (UK) (ref: SP4598)

Alternative Name(s)

actionmedres, action medical research for children, AMR

Funding Body Type

Private sector organisation

Funding Body Subtype

Trusts, charities, foundations (both public and private)

Location

United Kingdom

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan****IPD sharing plan summary**

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	02/02/2016		Yes	No