ISRCTN55164794 https://doi.org/10.1186/ISRCTN55164794

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

Registration date
27/07/2011

Overall study status
Completed

Last Edited
09/11/2017

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Dr Julie Hadwin

Contact details
Developmental Brain-Behaviour Laboratory
School of Psychology
University of Southampton
Highfield
Southampton
United Kingdom
SO17 1BJ

Additional identifiers

Protocol serial number
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

Study type(s)
Treatment

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(s)
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

Key secondary outcome(s))
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

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

Healthy volunteers allowed
No

Age group
Child

Lower age limit
12 years

Upper age limit
14 years

Sex
All

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
United Kingdom

England

Study participating centre

University of Southampton
Southampton
United Kingdom
SO17 1BJ

Sponsor information

Organisation
University of Southampton (UK)

ROR
https://ror.org/01ryk1543

Funder(s)

Funder type
Charity

Funder Name
Action Medical Research (UK) (ref: SP4598)

Alternative Name(s)
action medical research for children, actionmedres, The National Fund for Research into Crippling Diseases, AMR

Funding Body Type
Private sector organisation

Funding Body Subtype
Trusts, charities, foundations (both public and private)

Location
United Kingdom

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	02/02/2016		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes