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

Submission date	Recruitment status	<ul><li>Prospectively registered</li></ul>		
06/06/2011	No longer recruiting	☐ Protocol		
Registration date	Overall study status	Statistical analysis plan		
27/07/2011	Completed	[X] Results		
<b>Last Edited</b> 09/11/2017	Condition category  Mental and Behavioural Disorders	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