

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

☒ Results

☐ 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

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

Primary study design

Interventional

Study design

Randomised controlled trial

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