Exploring N-Back Cognitive Training for Children With ADHD

Jones MR, Katz B, Buschkuehl M, Jaeggi SM, Shah P.

J Atten Disord. 2018 Jun 1;1087054718779230.

Abstract

OBJECTIVE:
The efficacy of n-back training for children with attention deficit hyperactivity disorder (ADHD) was tested in a randomized controlled trial.

METHOD:
41 children aged 7 to 14 years with ADHD were trained on an n-back task, and their performance was compared with that of an active control group (n = 39) who were trained on a general knowledge and vocabulary task.

RESULTS:
The experimental group demonstrated transfer of training to a nontrained n-back task as well as to a measure of inhibitory control. These effects were correlated with the magnitude of training gains.

CONCLUSION:
Our results suggest that n-back training may be useful in addressing some of the cognitive and behavioral issues associated with ADHD.