

https://dspace.org/

A sequential exploratory study of the CogMed working memory training program

Barberis, Tyler

2015-08-21
http://hdl.handle.net/10539/18308

Downloaded from a DSpace repository. https://dspace.org/

Abstract

Working memory training remains a contentious issue in the general literature. This study aims to determine the effectiveness of CogMed™ Working Memory Training Program on the rehabilitation of working memory in outpatients with a diagnosis of paranoid schizophrenia in remission. It also seeks to explore participants' subjective experiences of the CogMed™ Working Memory Training Program; both in terms of content as well as logistical and contextual difficulties. The design for this program is a mixed method sequential exploratory study (Barnes, 2012) where an element of ethnographic observation was added as a means of enriching the evaluation. The sample consisted of four individuals who were obtained via convenience purposive sampling. Quantitative results of the study indicated a heterogenous trend in the selected measures of cognitive functioning. CogMed indices indicated a general upward trend in performance, but were not valid indicators of working memory. In terms of qualitative results, resources, material and psychological, played a significant role in facilitating or hampering the implementation and adherance to the program, accordingly. Psychological variables that impacted on performance were a second major theme, which included salience of cognitive deficits and motivation. Finally, particulars to the program were covered, which consisted of participants experiences of tasks, the program and the research aid. The discussion highlighted the impact of social support on attrition in rehabilitation programs. It also pointed to the sparsity in literature in the area of working memory training. Limitations of the study were also discussed.

Keywords: Sequential, Exploratory, CogMed, Working Memory, Schizophrenia