

A Pilot Study Combining Cognitive Training and Exergaming for Adolescents with Psychosis

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Introduction

Prior studies have looked at the independent and synergistic benefits of physical exercise (PE) and cognitive training (CT) in adults with schizophrenia. There is no research to date, investigating these potential cognitive improvements in adolescents with psychosis (AWP).

Aim

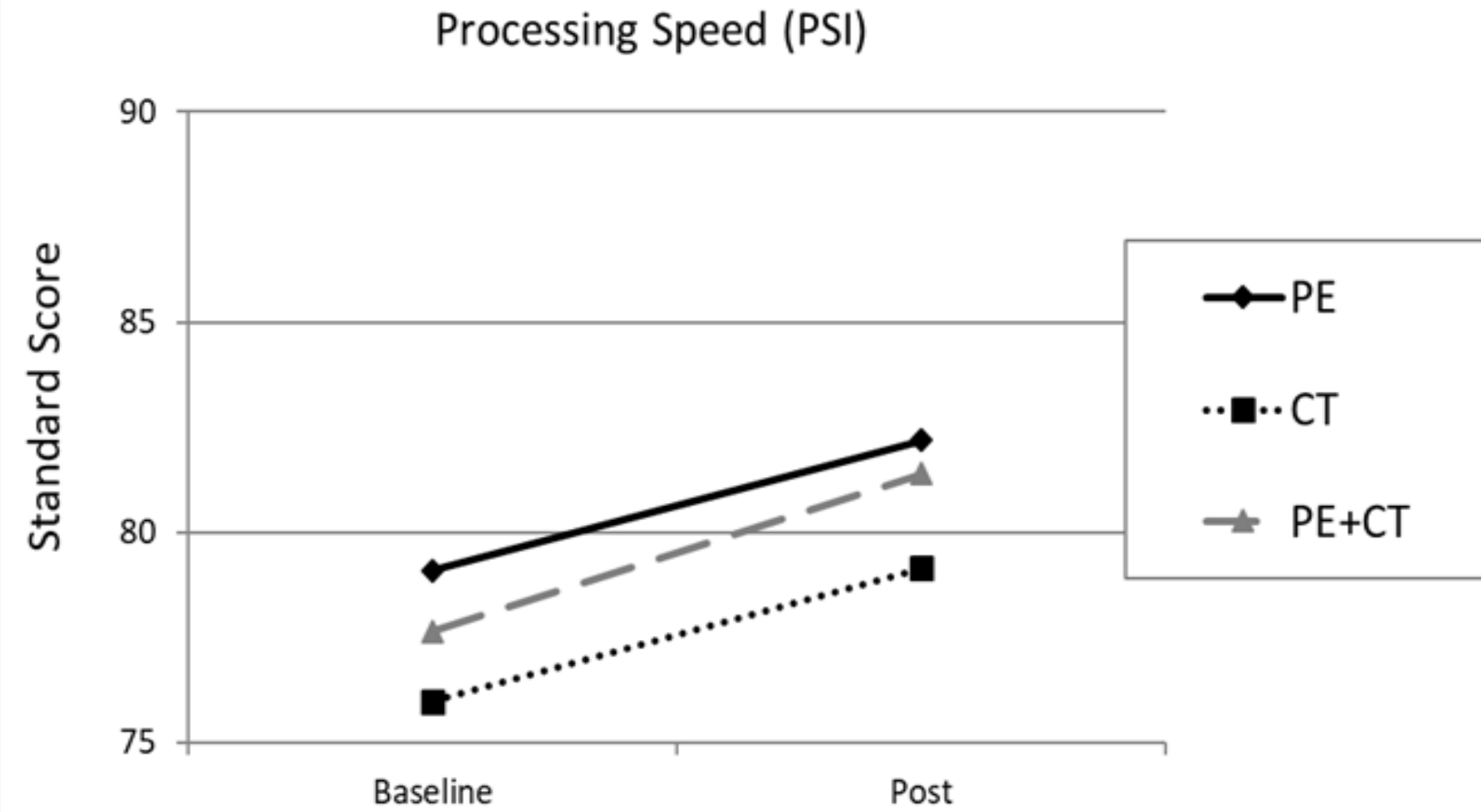
Study goal to examine cognitive benefits of the following interventions in AWP: PE, CT and combined treatment (PE+CT).

Methods

29 AWP were randomly assigned to 18 hrs of either:

- (a) Exergaming (tWall)
- (b) Processing speed neurofeedback CT
- (c) Time-matched combination PE+CT

Results



- Findings suggest PE+CT interventions can improve cognitive skills beyond either intervention alone.
- All groups improved in attention and processing speed from baseline to post (p 's < 0.039) with highest cognition gains in PE+CT group.
- Only PE+CT group improved in test-taking speed ($F=7.01$, $p=0.026$).

Test-taking Speed: Columbia Teacher's College Arithmetic and Reading Comprehension Test

