Cognitive working memory training (CWMT) in adolescents suffering from Attention-Deficit/Hyperactivity Disorder (ADHD): A controlled trial taking into account concomitant medication effects.

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Highlights

- CWMT allows obtaining working memory abilities similar to “control” adolescents.
- CWMT and medication allow the enhancement of executive aspects of WM.
- No transfer of these improvements to other cognitive abilities were observed.
- CWMT reduces hyperactivity / impulsivity symptoms at 2-month follow-up.
- The findings support multimodal interventions as effective in helping adolescents with ADHD.