

P01-360 - TRAINING IN COGNITIVE REASONING FOR ELDERLY: IS MORE BETTER?

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Objectives: Increasing evidence suggests that training in complex reasoning skills may delay the onset of cognitive impairment. A key challenge is to develop cost effective brief interventions which lead to optimal performance.

Aims: Hence the major aims of this research were to examine the benefits of a brief intervention for elders, and to compare any improvements with those achieved after more training is provided.

Methods: A fully randomised controlled trial was conducted with 30 healthy older adults ($M = 64$ years). Participants completed measures of the WASI Matrix Reasoning subtest before and after the brief intervention, and again after the extended intervention. Those allocated to training were asked to complete a two week program of sudoku problems of increasing difficulty using tactics demonstrated in guidelines provided. This was followed by an advanced sudoku program with harder problems and more sophisticated tactics.

Results: A 2×3 (Training \times Time) mixed ANOVA on WASI scores was conducted. This showed a significant interaction between Training and Time ($F(2,56) = 4.18, p < .05$, partial eta squared = .13). Further ANOVAs were conducted to examine this interaction. These showed that the training group improved over time but that the control group did not. Furthermore the training group improved significantly after the brief intervention, and improved more after the extended intervention.

Conclusions: A brief two week training program in sudoku enhanced cognitive reasoning in older adults as assessed by the WASI reasoning subtest. A further two week advanced program in sudoku further improved cognitive reasoning.