

EDITOR'S PICK



Does brain training really help ADHD?

From Sebastiaan Døvis, Joost Agelink van Rentergem and Hilde Huizenga, Department of Developmental Psychology, University of Amsterdam

You wrote that “brain training may help people with ADHD to focus”, reporting a meta-analysis by Megan Spencer-Smith and Torkel Klingberg which claims to show that a working memory training programme called Cogmed reduces inattentiveness in people with attention-deficit hyperactivity disorder and other problems related to attentiveness (28 March, p 18).

This claim cannot be sustained. We found that data combined from the various studies had been wrongly coded, for example with positive numbers entered as negative. Reanalysing the data, we found that the effects of Cogmed training were no longer significant for people with ADHD. Also, the differences in inattention between the Cogmed and control groups were analysed by comparing the levels of inattention after treatment only. To measure a reduction of inattention, post-treatment inattention needs to be compared with pre-treatment inattention. Claims of “reductions”, “benefits” or “improvements” cannot therefore be made and it cannot be concluded that the Cogmed programme reduces inattentiveness in people with ADHD. For details see *PLoS One*, DOI: 10.1371/journal.pone.0119522 (bit.ly/NS-ADHD).
Amsterdam, The Netherlands