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CHECKMATE TO ADHD: A PROSPECTIVE, OPEN LABEL STUDY

H. Blasco-Fontecilla[1,2], *M. González*[1], *R. García-López*[1], *B. Poza*[1], *J. Otero*[1], *L. Blasco-de la Cruz*[3]

[1]Department of Psychiatry, MHC Villalba, Puerta de Hierro Hospital, [2]CIBERSAM, [3]Club 64 Villalba, Madrid, Spain

Objective: The objective of the present study was to examine the short-term effectiveness of a 11-week chess training course for children with ADHD. This is a naturalistic, descriptive clinical intervention study.
Methods: Sample and procedure: Parents of 44 children between 6 and 17 of age with a primary diagnosis of ADHD consented to take part into the present study. Parents completed the Spanish version of the Swanson, Nolan and Pelham Scale for parents (SNAP-IV) and the the Abbreviated Conners Rating Scales for parents (CPRS-HI) prior to 11-week chess training course. Statistical Analyses: We used a paired t test statistic to compare pre- to post- intervention outcomes, and Cohen-d calculations to measure the magnitude of the effect. Statistical significance was set at $p< 0.05$.
Results: After 11 weeks of these pilot programme, more than 80% of children showed improvement in the severity of ADHD. T-test revealed that children with ADHD improved in both the SNAP-IV ($t=6.23$; $d.f.=41$; $p< 0.001$) and the CPRS-HI (5.39; $d.f.=33$; $p< 0.001$). Our results suggest a large effect in decreasing the severity of ADHD as measured by the SNAP-IV ($d=0.96$) and the CPRS-HI ($d=0.92$).

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