Title:
Determination of effect of working memory training on cognition defect (working memory/attention) and depression in elderly aged 60 years and more in nursing house in Esfahan

Abstract:
Abstract Background: Aging and the consequence or gainated from it, is manly one of the rampant problems of populatation in the world. and it is aslo a sensitive period of humans life in wich people are on the verge of potential menances madading affliction of physical/psychogical research has shown that medical and rehabilitation involving can help improve and procrastination such problems.

Objective : It is aimed to examine the effects of training the technics resulted in increasing working memory on cognition defect (memory and attention) and the depression of elderly people aged 60 years and more in nursing house in Esfahan.

Patients and Methods: This study is a subcategory of semi-exprients methods in terms of pre-test and post-test with control group done on elderly people aged 60 or more in nursing house in Esfahan ib 1396.30 elderly ones were choosen as assailable samples and were taken randomly assigned to intervention experiment and control group. elderly people in both groups completed the attention sub-scale of MMSE, Depression questionnarire of elderly people, active memory questionnarire. in pre-test and post-test the intervention group received 12 session each 20 minutes along with the therapist software(N-BACK) twice a week. the data was analyzed using SPSS 17 and indicated specifying index of descriptive statistics and inferential (MANCOVA) statistics were analyzed.

Result: The results of covariance revealed that both groups studied in all variances in post-test compared with pre-test have significant diffrences the average grade of the group which did the software training of N-BACK in attention to achieve memory variance and depression in post-test had a significant decrese.

Conclusions: The result of this study suggested that interference with N-BACK software is an effective and affordable treatment in approving working memory and attention and decreasing the psychological symptoms like depression.

Keywords:
Elderly, Working memory, Attention, Depression, N-BACK software