

Client name: _____

Cogmed Coach: _____

User ID: _____

Initial interview template

General information

Date:

Interviewer:

Client name:

Client gender:

Client age:

Client date of birth:

Home phone number:

Cell phone number:

Work phone number:

Mailing address:

E-mail address:

May we contact you via e-mail?

How did you hear about Cogmed Working Memory Training?

What is working memory?

The Cogmed Coach explains what working memory is and in what way we are using it in our daily life.

Working memory is a key cognitive function used in daily life that allows individuals to hold information in their mind for brief periods of time, typically a few seconds. Working memory can be described as active attention. As human beings, we are constantly interacting with other people and performing tasks. The quality of what we do is highly dependent on how well our working memory is functioning. Some examples of working memory demanding tasks are:

- Remembering instructions and remembering what the next step is while working with a sequence of activities.
- Learning new things.
- Reading, understanding what you are reading and selecting information.
- Organizing your life, remembering what to bring along, remembering where and when meetings occur.
- Listening to other people and responding appropriately.
- Time planning and having a sense of time.

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- Holding back your impulses.

How does Cogmed Working Memory Training work?

The Cogmed Coach explains to the client the essence of the Cogmed Working Memory Training.

Cogmed QM is a software program that is done in your home. It uses different exercises over a period of five weeks to train working memory in 25 training sessions. Training is cumulative and follows the user in a way that makes things simpler when an exercise gets too difficult. When the user advances, the exercises automatically get more difficult. A lot of the training is about repeating different sequences over and over again. A good training environment and motivation are critical. The Cogmed Coach will be in contact with you regularly to motivate and give you feedback on how you are proceeding in the program.

Practical information

Do you have Internet access in your home?

Do you have a PC with Microsoft Windows 2000, XP or Vista?

Does your computer have a well functioning mouse?

Can you manage a mouse?

How do you cope when playing computer or videogames?

Training is about 30-45 minutes per day, preferably 5 days a week for 5 weeks. Plan an hour to accommodate set up and breaks. Can you set a side an hour per day, 5 days per week for 5 weeks?

Training environment needs to be a quiet, private room with a computer. Do you have the possibility to create a good training environment?

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Background questions

I will now ask you some questions about how you are coping in daily life. The point is not to make a diagnosis but rather for us to consider together whether Cogmed Working Memory Training might benefit you.

Can you start by describing yourself (interests, strengths, characteristics)?

What is difficult for you?

In which situations are things hard for you?

How long have things been like this?

What is your own view of your difficulties?

Have you gone through any previous assessment?

If so, by whom?

What conclusions were drawn from the testing?

Was intelligence assessed? If so, results?

Cogmed Working Memory Training is not properly evaluated for users with an IQ below 70.

Was working memory assessed? If so, results?

Do you have any diagnoses? If so, which?

Are you taking any type of medicine? If so, which?

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What does your family situation look like? Spouse? Children?

What do you do right now? School, work, other?

How is that working for you?

What are your plans for the future?

How was school for you? How did you do in different subjects? How was your attention at school, stamina, could you stay seated, could you remember what your teacher said?

Have you studied at college or university? How was that?

How are you coping socially?

Questions about attention

I want you to answer yes to the following questions if you think you find things much harder in these areas than your peers, that is, to an exaggerated extent.

Do you find it hard to stay concentrated on various tasks such as chores, work, and/or other things?

Do you think that you miss things or are careless when doing various tasks at home or at work?

Do you find it hard to listen to others? For example during a meeting or a conversation?

Do you find it hard to follow instructions?

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Do you have difficulty with chores/tasks that have more than one step?

Are you easily distracted by things going on around you?

How good are you at getting started on activities you have to do?

Is it difficult for you to complete tasks you are doing?

Do you find it hard to organize yourself?

Do you often forget what you are doing?

Do you often lose things, and leave things in places you don't remember?

Do you have trouble remembering what you have read?

Questions about hypoactivity

Do you do things slowly?

Do you daydream a lot?

Do you get stuck doing different activities?

Questions about hyperactivity and impulsiveness

Do you often find it hard to be still? Do you need to move hands and feet when seated?

Do you often feel worried or restless? Do you have a constant need to find new things to do, new perspectives, and new stimuli?

Do you think that you have a tendency to talk too much, so that others might have trouble getting oneself heard?

Do you often answer a question before the person has finished asking?

Do you often interrupt others?

Do you often start on one thing and then switch to another activity before finishing the first one?

Do you talk excessively, making it hard for others to get a word in edgewise?

Do you often lose your temper? If so, in what situations?

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Questions about other problem areas

The following questions are about possible problem areas that can affect concentration and/or make the training difficult. If you get a positive answer, follow up with questions to make sure that training is appropriate. Discuss complex cases with your clinic's Quality Assurance person.

Have you ever had an epileptic fit? If so, has there ever been a problem while watching TV or playing computer games?

Cogmed's guidelines are not to offer training for people with photosensitive epilepsy.

Have you ever had tics?

If so, inform that we in a few cases have seen increased tics during the training period and that we would like the user to observe this.

Have you had periods of depression?

If so, when?

For how long?

To what extent?

What is it like now?

Have you had periods of strong fears or anxiety?

If so, when?

For how long?

To what extent?

What is it like now?

Do you have problems with your sleep, appetite, headaches, other pains or stress?

Do you have low vision or hearing?

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Is there anything else that you think is a problem that I have not asked about?

Do you use alcohol or drugs? To what extent?

Planning training

What date would you like to start the training?

Is there a holiday or any other natural break coming up during the five week training period?

It is ok to schedule a break during the training period, but it should not be longer than 10 days.

What will be a good time for training?

Where will the training take place?

Do you have enough time scheduled (1 hour) per day?

Will there be any big changes for you during the training period?

Are you willing to not change course of treatment during the working memory training period?

It is important not to change medication, residence, work-place, etc. during the training.

Who else resides in the home?

What work schedule and outside commitments do you have?

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Expectations on training and motivation

What do you expect from working memory training?

What goals do you have?

Inform that results are presented on a group level. On an individual basis one can never guarantee results.

Are you motivated?

How can you motivate yourself if a setback occurs?

Discuss reward system.

Interviewer summary

Is Cogmed Working Memory Training recommended?

If yes, schedule a time for a Start-up session.

If no, reasons?