P-508 - THE EFFECT OF COGNITIVE REMEDIATION WITH BIOTIC DESIGNED COMPUTER BASED TRAINING (CBT) VS. NON BIOTIC DESIGNED CBT ON GLOBAL WORKING MEMORY OF DEPRESSIVE PATIENTS

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Introduction: Cognitive impairments like deficits in attention and memory can occur as a part of depressive disorders (Beblo & Herrmann, 2000). Therefore computer based trainings (CBTs) are used to improve cognitive performance in these areas.

Objectives: Well-established CBTs e.g. Cogpack (Marker, 2010), are criticized because of their out-of-date design (Schwarz, Christ, Ohlmes & Rapp 2011). Hence, a new CBT was developed (Christ, Schwarz, Ohlmes & Berger, 2011), which differs in its "biotic", i.e. realistic, design.

Aims: The effect of a biotic CBT (BG) on depressive patients´ global working memory (gwm) was evaluated in comparison to non biotic CBT (NBG) and waiting list control (CG).

Methods: 13 depressive patients were tested (ICD diagnoses F31.4, F32.1, F32.2, F33.1, F33.2). To examine whether BG or NBG enhances GWM participants were tested before and after a ten day training period with the LGT (Bäumler,1974).

Results: In the BG values between pre- and post- LGT measures show a marginal significant improvements ($p = .099$). In contrast, the NBG $(p = .297)$ and CG $(p = 1.000)$ don't show significant differences.

Figure 1. Comparison of average LGT pre- and post-values in the different test conditions.
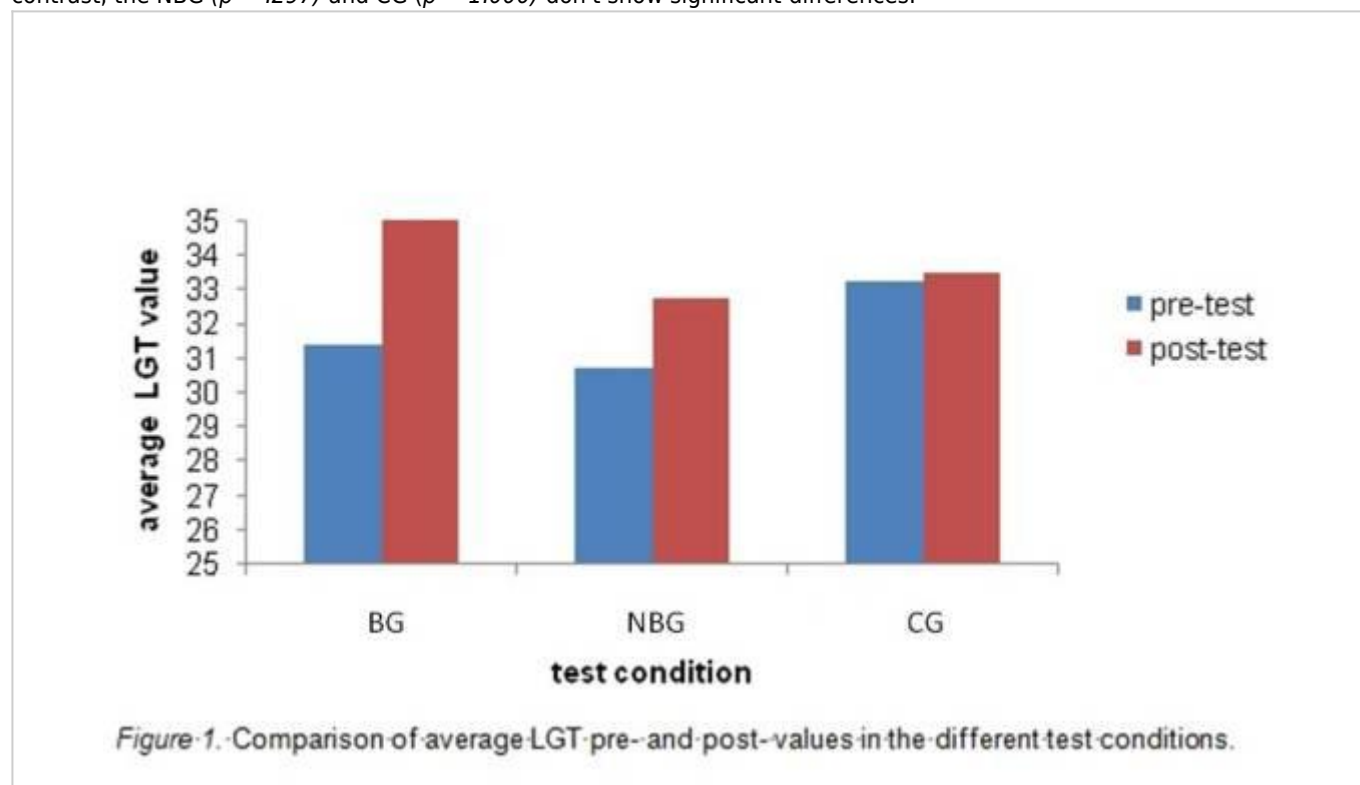
[fig. 1]

Conclusions: These results indicate that a biotic designed training may increase global cognitive functions in depressive patients. Limitations of this study (e.g. sample size, interfering variables) are discussed.