G2.3: Improving Speed of Processing Functioning in Adults with HIV: A Pilot Study

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**Abstract:**

**Introduction:** Speed of processing (SOP) decreases as a normal part of aging, affecting performance on neuropsychological measures. Within HIV, there are SOP declines independent of aging. Previous studies of SOP training have been effective at increasing processing in nonpathological older adults (Ball et al., 2002). The purpose of the current study is to evaluate SOP training among HIV-positive adults and examine its affect on SOP.

**Method(s):** Twenty-six adults with HIV (26-70 years old; mean age = 46.27 (SD=9.14)) were assigned to either no-contact control (n=9) or SOP training groups (n=17). Pre-test assessment included background/covariate information in addition to the Useful Field of View (UFOV®), a measure of processing speed and attention. Using the Posit Science Insight software, the SOP training group completed 10 hours of self-administered training. Post-test assessment was conducted 4 to 6 weeks following training. Intent-to-treat analyses were used to examine the effects of SOP training.

**Results:** Those in the SOP training group had significantly greater improvement in UFOV® scores (M=209.65 milliseconds (ms), SD=161.11) than the control group (M=14.67ms, SD=189.08), F(1,25)=7.66, p=.01. While older adults typically performed worse on the UFOV® (r=.33, p=.02), this was not significantly related to treatment gains (r=.22, p=.40).

**Discussion & Conclusions:** Results suggest that SOP training is effective in adults with HIV, regardless of age. This is an important preliminary finding, given that SOP underlies other cognitive and functional abilities and it is responsive to intervention. Future studies should examine factors maximizing durability of treatment gains.

**Abstract History:**
This abstract has not been presented or accepted for presentation in whole or in part at the SNRS or other scientific meeting.

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