

## **Berard AIT Supports Memory Training Program The Mediterranean Project - 2013**

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**Objective:** The purpose of this study was to determine if memorizing can be enhanced when individuals complete a 10-hour program of Berard AIT before being trained in memorizing techniques.

**Method:** In this study 66 persons, age 6-65 years, of mixed gender, were divided in two groups: subjects 1-33 had memory training (MT) only, and subjects 34-66 had 10 hrs of the standard Berard AIT before memory training. Data was collected for both groups at baseline, before the memorizing training programs and Berard AIT commenced, and at 3 and 6 months when the MT programs were concluded.

MT was measured with one goal set at

1. memorizing image cards (auditory & visual), memorizing goal (100 %): 30 image cards
2. peg words (auditory), memorizing goal (100 %) words verbally in 40 steps
3. face recognition with names (auditory & visual), memorizing goal (100% 40 faces with corresponding names

### **Results:**

Charts show the results in 3 age groups displayed in pairs, MT only, and AIT+MT for each training mode.

#### **1. Age 6-11 years (MT ONLY: nos 1-11 and AIT+MT: nos 34-44)**

##### Image Cards

In **MT ONLY** no one achieved 100% of their goal, average improvement: 34,0%, whereas in **AIT+MT** two persons reached the target goal of 100%. Average improvement in this group: 66,8 %.

##### PegWords/Numbers

In **MT ONLY** one person reached the goal of 100%, average improvement: 35,0%, whereas in **AIT+MT** no one reached 100%, average improvement: 57,4%.

##### Face Recognition

**MT ONLY** no one achieved goal of 100%, average improvement in this group: 14,0%. In **AIT+MT** no one reached the goal of 100%, average improvement: 47,1 %.

#### **2. Age 11-14 years (MT ONLY: nos 12-22 and AIT + MT: nos 45-55)**

##### Image Cards

**MT ONLY:** no one reached 100%, average improvement: 44,5%. **AIT+MT:** 7 students achieved 100%, average improvement: 62,2%.

Peg Words/Numbers

**MT ONLY:** no one reached 100%, average improvement: 30,9%. **AIT+MT:** 4 achieved 100%, average improvement: 62,4%.

Face Recognition

**MT ONLY:** no one 100%, average improvement: 17,3%, **AIT+M:** No one achieved 100%, average improvement: 52,4%.

**3. Age 15-60 and 15-65** (MT ONLY: nos 23-33 and AIT + MT: nos 56-66)

Image Cards

**MT ONLY:** 2 achieved 100%, average improvement: 54,1%. **AIT+MT:** all 11 reached the goal of 100%, average improvement: 70,9%.

Peg Words/Numbers

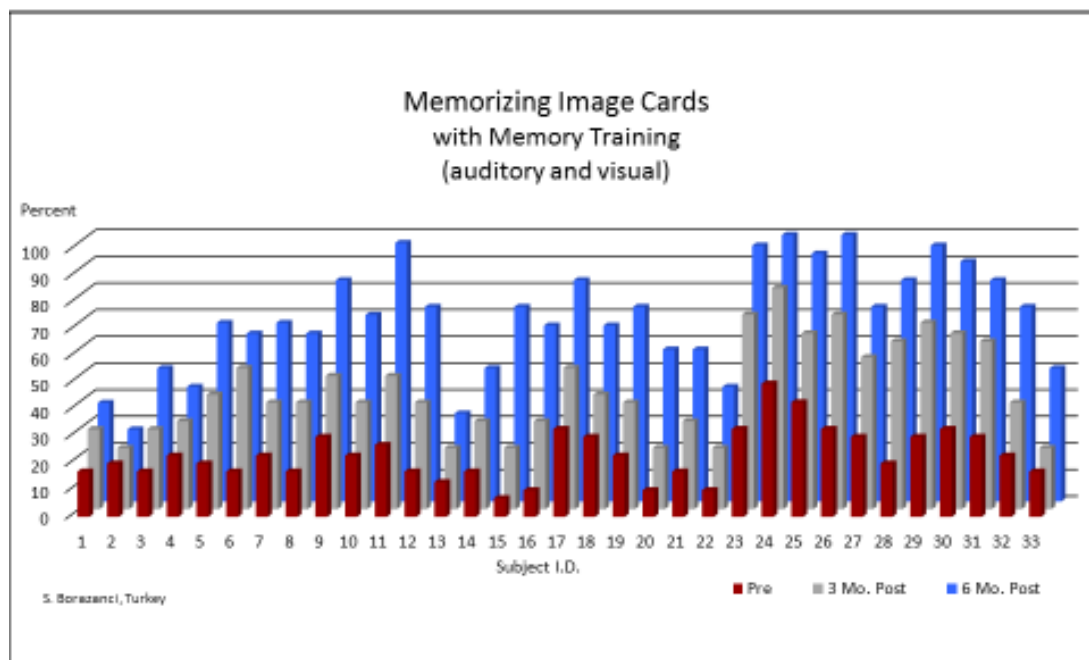
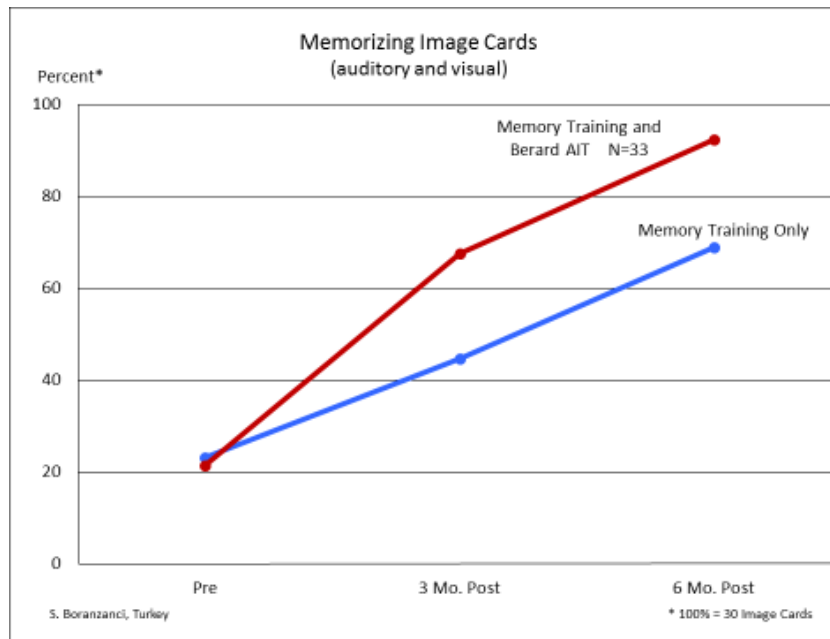
**MT ONLY:** no one reached 100%, average improvement: 40,6%. **AIT+MT:** 5 reached 100%, average improvement: 64,8%.

Face Recognition

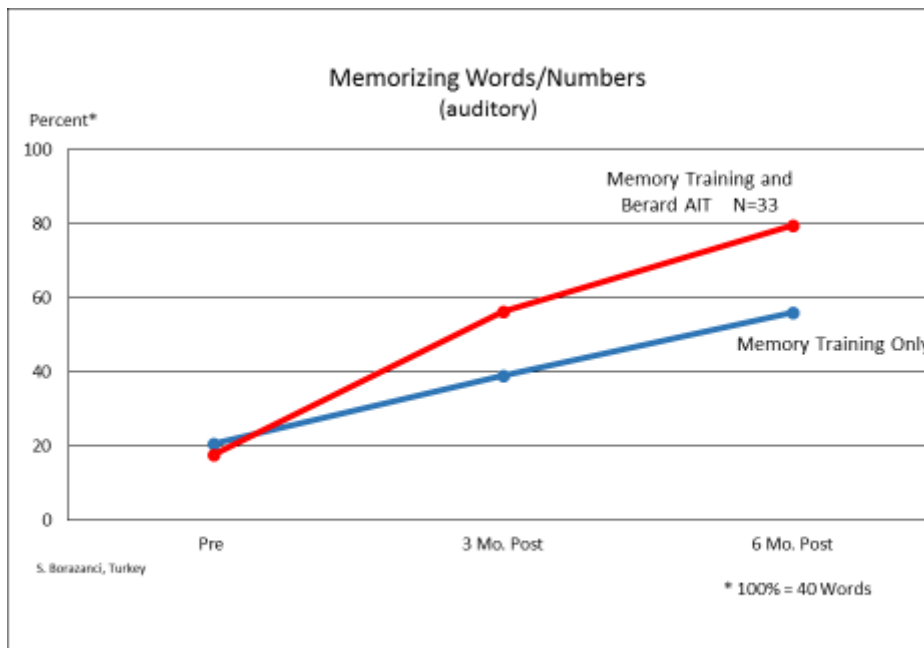
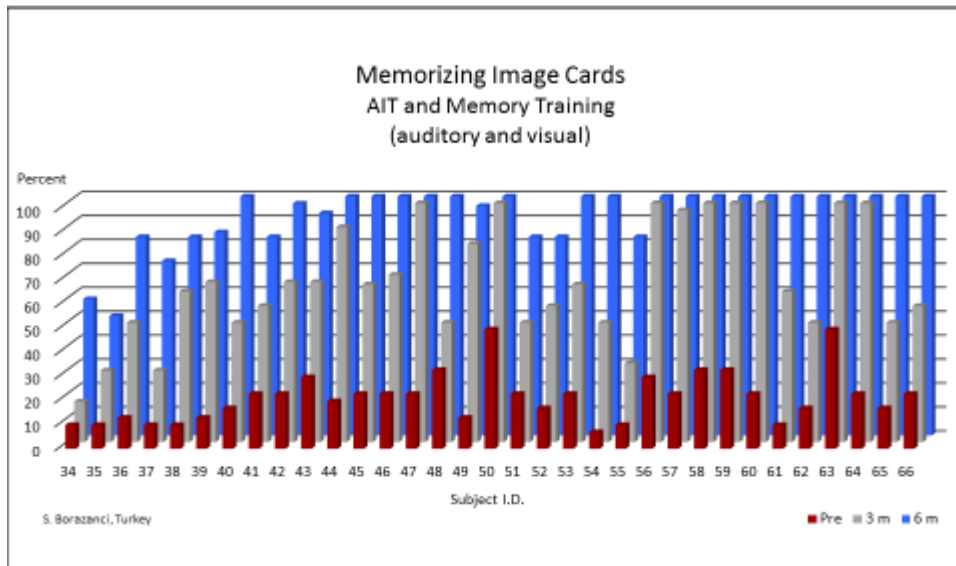
**MT ONLY:** no one reached 100%, average improvement: 20,0%. **AIT+MT:** no one achieved 100%, average improvement: 43,0%.

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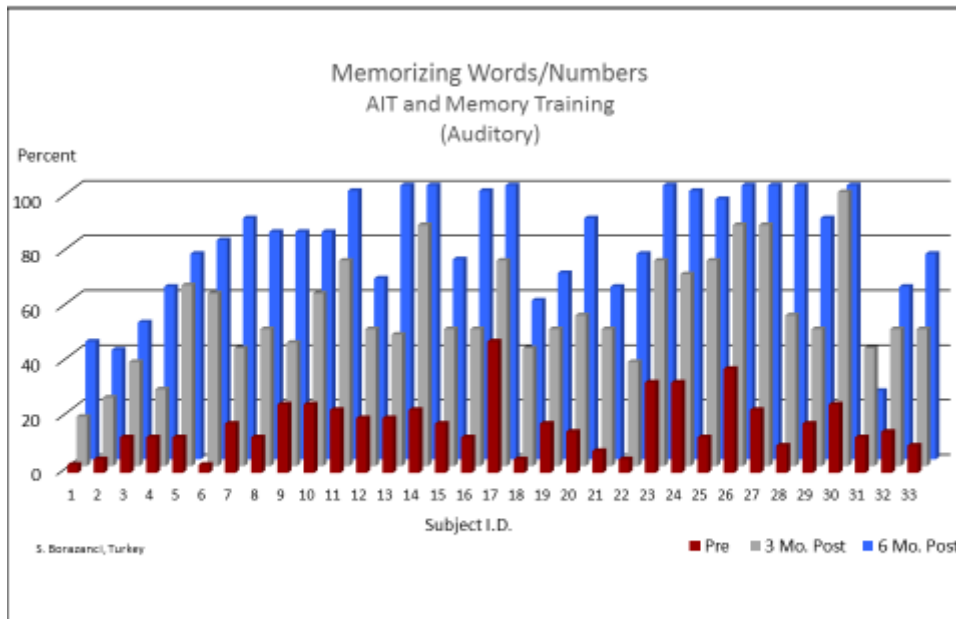
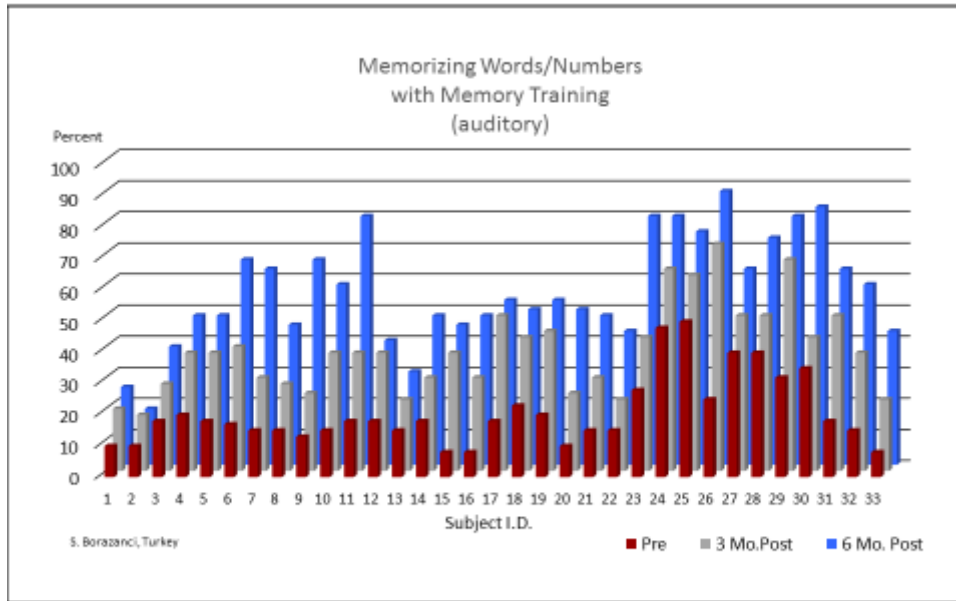
## Memory Study Results



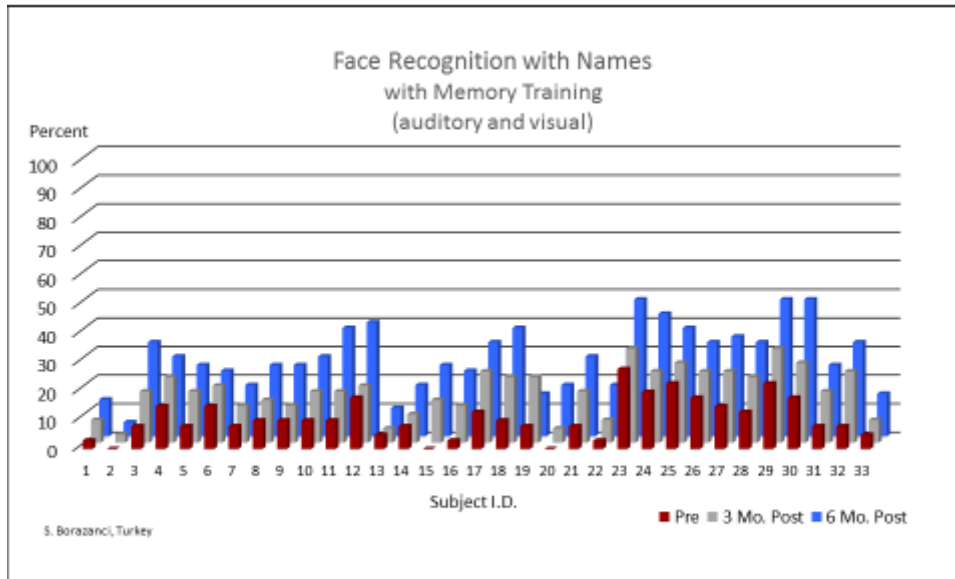
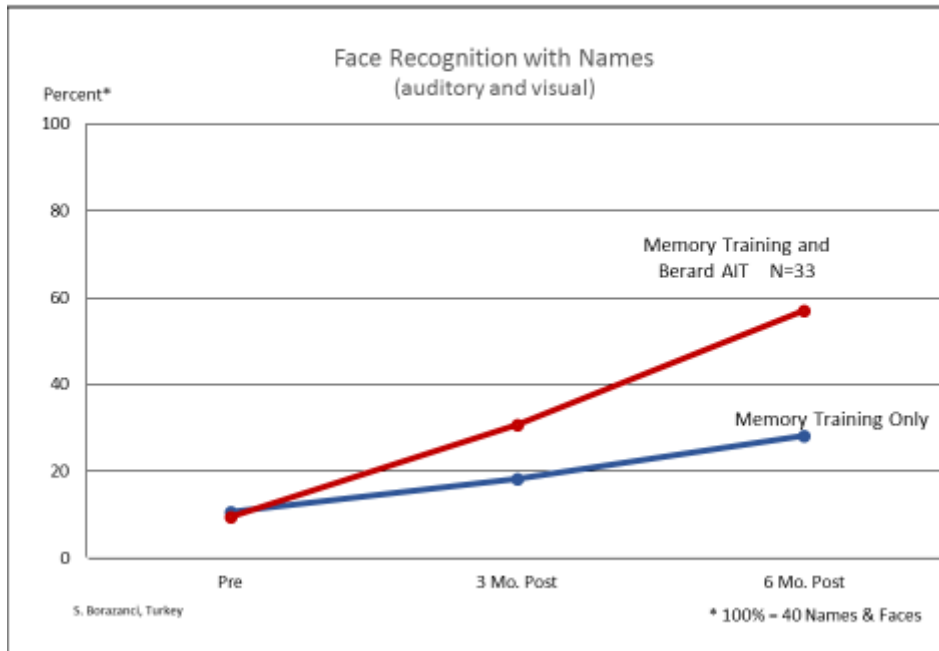
## Memory Study Results, continued



## Memory Study Results, continued



## Memory Study Results, continued



## Memory Study Results, continued

