

## Questions and Answers about the New APT-3 Attention Process Training Program

### **How is this different than APT-1 and APT-2?**

The primary modification with the APT-3 program is the delivery of the exercises via computer. A clinician interface allows the clinician to select exercises and associated parameters in order to create individual patient exercise profiles that are easily modifiable as the patient progresses. The computerized APT-3 assists with scoring and displaying performance data and facilitates systematic delivery of the attention training exercises. There is also an emphasis on pairing the attention training with strategy instruction and the support of self-regulation.

### **Is this program for persons with mild, moderate or severe brain injury?**

There are over 100 tasks with parameters that can be modified to increase or decrease the parameters including the number of stimuli and the speed. The program is designed to be used with a wide range of people including those who have severe attention deficits to those with concussion symptoms.

### **Does the APT-3 use the same hierarchy of attention as the APT-1 and Apt-2?**

The attention framework used to organize the tasks has been updated to reflect the expanded attention research and includes tasks targeting: Basic Sustained Attention as well as Executive Control Processes related to Working Memory, Selective Attention, Suppression and Alternating Attention

### **Should I still use the APT-Test with the APT-3 program?**

The APT-Test is not a normed psychometric test but an indicator of what types of attention may be targeted. This measure may be useful but the APT-3 manual details a number of standardized attention tests as well as rating scales that can provide a good indication of what attention areas to work on and offer an outcome measure.

### **Is there a research basis for the APT-3 Program?**

The literature base is the research evaluating the efficacy of direct attention training. A summary of the research is provided in the manual.

### **What age range can I use the APT-3 with ?**

It was designed for adolescents and adults.

### **How long and how often should the APT sessions be?**

One of the key therapy principles underlying direct attention training is provision of sufficient intensity of exercise. For patients who are able, based on the current research, and our own clinical work using APT-3 with people who have had brain injuries, we suggest APT-3 training sessions for a minimum of 40 minutes, three times a week. This includes time to work on strategies along with the direct attention exercises. The manual describes options for home practice.

### **Does the APT-3 have norms?**

No. The tasks by themselves are not functional. Improvement should be measured by re-administration of standardized unpracticed attention tests and by changes on functional activities requiring the target attention. A process for goal attainment scaling is outlined in the manual.

### **Who do I contact if I have trouble running it on my computer?**

If you have general questions or need to return an APT-3 USB drive, please call Lash and Associates at 919-556-0300. If you are experiencing technical issues with the APT-3 USB drive, please contact Personal Technologies at 800-716-9695 or [support@personaltechnologies.com](mailto:support@personaltechnologies.com)

### **Can you use this program on multiple computers or run it on a network?**

The program always runs from the USB drive, so you never have to install anything. Thus, you can use your APT-3 USB drive on any computer running Windows XP and higher or Mac OS 10.5 and higher. The files on the USB should not be copied from the USB drive, and the software is encrypted so that it will only run from the USB drive.

### **Is there a training demo I can watch to preview the program?**

We are working on it.