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 reached 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%.

Continued....
Memory Study Results

Memorizing Image Cards
(auditory and visual)

Percent*

100

Memory Training and
Verbal All
NP-SL

Memory Training Only

Pre  3 Mo. Post  6 Mo. Post

* 100% = 30 Image Cards

Memorizing Image Cards
with Memory Training
(auditory and visual)

Percent

100

S. Boroomec, Turkey
Memory Study Results, continued

Memorizing Image Cards
A1T and Memory Training (auditory and visual)

Memorizing Words/Numbers (auditory)

S. Bursaand, Turkey

* 100% = 40 Words
Memory Study Results, continued

Memorizing Words/Numbers with Memory Training (auditory)

Memorizing Words/Numbers AIT and Memory Training (Auditory)
Memory Study Results, continued

Face Recognition with Names
(auditory and visual)

Percent *

Memory Training and Berard All N=33

Memory Training Only

S. Bontacq, Turkey

* 100% = 40 Names & Faces

Face Recognition with Names
with Memory Training
(auditory and visual)

Percent

S. Bontacq, Turkey

Subject ID

Pre = 3 Mo. Post = 6 Mo. Post
Face Recognition with Names
AIT and Memory Training
(auditory and visual)

Percent

Subject ID.

0 20 40 60 80 100

34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66

Pre 3 Mo. Post 6 Mo. Post

S. Borszenci, Turkey