Background

- Maintaining cognitive functioning is a noteworthy concern of aging adults, and is important in promoting independence, good mood and quality of life.
- The general goal of cognitive training is to practice computerized tasks and have that activity transfer to improvements in daily life.
- Whether or not cognitive training enhances untrained cognitive functioning in healthy adults is a contentious area of investigation.

Material & Methods

- 18 adults aged 65 years or older whose Mini-Mental State Examination (MMSE) scores were ≥23, and who were living independent of formal care were enrolled in the trial.
- The intervention was administered individually.
- Participants received 60-minute trainings over 6 weeks.
- Memory was evaluated using the California Verbal Learning test.

Results

- Effect of cognitive training was corroborated by a moderate effect size on common clinical measures of memory (California Learning test) but also of instrumental activities.
- Participants improved on tests related to the domain of memory in which they were trained.
- Participants in intervention group reported less difficulty with Self-reported instrumental activities of daily living.
- Participants in cognitive training group improved significantly over the intervention period but there are still insufficient data to determine whether training gains can be maintained over the long-term without further training.
- Our results are consistent with a theoretical base that assumes various areas of the brain can be trained to perform better.
- Cognitive training could be potentially efficient method to postpone cognitive decline in persons with mild cognitive impairment.
- Further investigations in large samples with long follow up period are now warranted to verify the role of cognitive interventions as reliable tool to prevent cognitive functions and wellbeing.

Conclusion