

## عنوان مقاله:

The effect of a helmet weight on cognitive performance and mental work load: a controlled laboratory study

## محل انتشار:

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تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

Background: The weight of the helmet may result in fatigue in the neck and shoulders. Given the direct relationship between physical load and cognitive workload, heavy helmets may reduce mental performance among riders  
Objective: This study sought to examine the effect of helmet weight on cognitive performance and mental workload.  
Methods: Twenty participants were studied in three 1-hour sessions. The participants were asked to read and work with computer under three conditions: while wearing no helmets, while wearing a helmet that weighed 800 g, and while wearing a helmet weighing 1500 g. At the end of the treatment sessions, perceived mental workload as well as thermal comfort and fatigue in the head were measured. Moreover, the participants' cognitive performance was gauged before and after the sessions.  
Results: The findings revealed that the helmet weight had a significant impact on cognitive performance ( $p = .057557$ )

## کلمات کلیدی:

Helmet, Cognitive performance, Mental workload

## لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1014677>

