

عنوان مقاله:

Can computerized cognitive training enhance executive functions in healthy young adults? A preliminary study

محل انتشار:

مجله شناخت عصبی تکاملی، دوره 3، شماره 1 (سال: 1402)

تعداد صفحات اصل مقاله: 9

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خلاصه مقاله:

Computerized cognitive training (CCT) is a computer-based intervention that targets cognitive functioning that has become increasingly popular in the recent decade. We examined the effectiveness of RehaCom as a standard computerized cognitive training on the executive functions of healthy adults in this preliminary study. The study was a quasi-experimental study using a pretest-posttest experimental design without a control group. The participants included ۱۰ healthy adults. The participants were evaluated before and after the intervention using the Trail Making Test (TMT), Intra-Extra Dimensional Set Shift (IED), and Stockings of Cambridge (SOC) computerized tasks. The subjects trained by RehaCom software for ۴۵ minutes per day, one day per week, for a total of four sessions over one month. Data were analyzed in the SPSS software (version ۲۶) using the paired t-test test. Results show significant enhancement in participants' central executive functioning ($p < .001$), shifting ($p < .005$), and planning ($p < .005$). A computerized cognitive training program can improve cognitive functions of healthy adults.

کلمات کلیدی:

Computerized cognitive training, Central executive, Shifting, Planning

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