OLDER ADULTS AND POSIT SCIENCE: THE EFFECTIVENESS OF A COGNITIVE TRAINING PROGRAM ON ATTENTION AND REACTION TIME

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Objective: The purpose of this study is to investigate and determine if the computer brain fitness program, Posit Science, improves attention and reaction time in older adults.

Method: This study determined the effectiveness of Posit Science brain fitness program on the measure of the Test of Variables of Attention (TOVA). Four participants were assigned to the Posit Science group. Each participant completed the Posit Science brain fitness program and engaged in intervention for one hour, once a day, five days a week, for eight weeks. The participants were evaluated pre-intervention and post-intervention.

Results: The researchers predict that results will show an increase in attention and reaction time in older adults.

Implications: An increase in attention and reaction time in older adults is associated with an increase in independence of activities of daily living (ADLs) and quality of life.