

# Brain Exercises Don't Live Up to the Hype, Researchers Say

October 11, 2016

## **The Wall Street Journal:**

Computerized brain-training exercises and games, touted for their ability to improve overall cognitive function, may actually only help you get better at the specific game you're playing.

That's the conclusion of a wide-ranging review of nearly 400 studies of brain training published last week in the journal *Psychological Science in the Public Interest*. The review found that none of the studies followed scientific best practices for comparing a group of people practicing an intervention against a control group not getting the intervention.

"What we found is that there's really no compelling evidence that these sorts of interventions lead to objectively measured real-world improvements," says Daniel Simons, a professor of psychology at the University of Illinois at Urbana-Champaign and first author of the review.

Read the whole story: [\*The Wall Street Journal\*](#)