

Brain Game Claims Fail A Big Scientific Test

October 05, 2016

NPR:

Want to be smarter? More focused? Free of memory problems as you age?

If so, don't count on brain games to help you.

That's the conclusion of an exhaustive evaluation of the scientific literature on brain training games and programs. It was published Monday in the journal *Psychological Science in the Public Interest*.

"It's disappointing that the evidence isn't stronger," says Daniel Simons, an author of the article and a psychology professor at the University of Illinois at Urbana-Champaign.

"It would be really nice if you could play some games and have it radically change your cognitive abilities," Simons says. "But the studies don't show that on objectively measured real-world outcomes."

...

"The evaluation was very even-handed and raised many excellent points," says George Rebok, a psychologist at Johns Hopkins University who has been involved in brain training research for the past 20 years. "It really helped raise the bar in terms of the level of science that we must aspire to."

Read the whole story: [NPR](#)