

Can playing World of Warcraft make you smarter?

February 27, 2012

Los Angeles Times:

World of Warcraft, the world's most popular multiplayer role-playing game, can definitely help you kill time, but can it also make your brain work better if you are of relatively advanced age?

That was the suspicion of Anne McLaughlin and Jason Allaire, psychology professors at North Carolina State University. They run the Gains Through Gaming Lab, which examines how the playing of video games improves cognitive ability in older adults.

To test their theory, the researchers asked 39 adults ages 60 to 77 to play World of Warcraft for roughly two hours a day over a two-week period. They gave the test group a cognitive exam before the two-week period began, and again after the two weeks were up. They also had a control group of adults who did not play the game.

Read the whole story: [*Los Angeles Times*](#)