

Here's One More Reason To Play Video Games: Beating Dyslexia

February 20, 2014

NPR:

Most parents prefer that their children pick up a book rather than a game controller. But for kids with dyslexia, action video games may be just what the doctor ordered.

Dyslexia is one of the most common learning disabilities, affecting an estimated 5 to 10 percent of the world's population. Many approaches to help struggling readers focus on words and phonetics, but researchers at Oxford University say dyslexia is more of an attention issue.

So programs should emphasize training the brain's attention system, they say, something that video games do. "These video games require you to respond very quickly, to shift attention to one part of the screen to another," says Vanessa Harrar, an experimental psychologist and lead author of the study.

...

One explanation for this may be what psychologists call visual capture, says Jeffrey Gilger, an expert in language and learning disabilities at the University of California, Merced.

"As human beings we prefer visual stimuli," Gilger, who was not involved in the study, tells Shots. "When you're trying to listen to someone on TV and the sound doesn't match the mouth moving, it throws you off."

Read the whole story: [NPR](#)