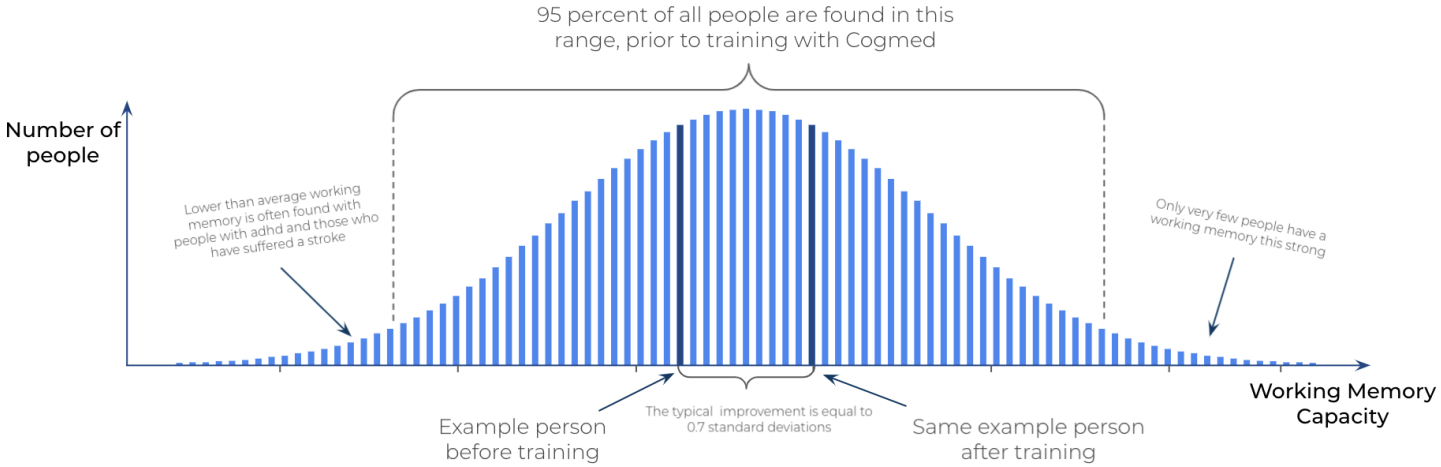
Overtake 27 percent of your peers



When someone considers taking on the Cogmed programme, spending the time and effort required, they often wonder what to expect – *how much* will my attention improve? This is an important question, and like all medical and therapeutic treatments, the short answer is "it depends". But that answer is not very helpful on its own, so here is a longer and more nuanced answer.

Cogmed is primarily affecting your **working memory**, which means this is the first aspect where a change will take place. Based on several large scale research studies over the last decades, it has been shown that five weeks of training with Cogmed typically leads to an improved working memory capacity of 0.7 standard deviations[1]. Most of us do not have an intuitive understanding of what to make of that number, so let's put that into perspective.

Imagine we round up 100 people randomly, and measure their working memory capability. Then we sort them, based on those measurements: small groups of people with very high working memory to the far right, and equally small groups with very low to the far left. Most people would end up near the middle, as values close to the average are most common by far.

Now, if you pick person number 36, starting from left, they would have a working memory that is stronger than 35 people, and weaker than 64. Guide them through five weeks of Cogmed working memory training, and they are likely to improve so much that they can move to the right, passing by about 27 people, and place themselves somewhere near 36th place from the top instead! That's quite a jump in performance – going from 65th place and going to 36th – and that is what 0.7 standard deviations means.

Of course, not everyone who trains with Cogmed improves the same amount. Talk to your Cogmed coach about how you can plan your training, to get the most out of it. One thing is certain though: **the only training that has an effect, is the one that gets done**.

[1] Median value from five scientific studies evaluating the efficacy of Cogmed on symptoms of adhd. Detailed references and comments found here: https://download.cogmed.com/claims_and_evidence (see page 3)

COGMED