

Computerized cognitive training for working memory in older adults: A review

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Abstract

Computerized cognitive training for working memory has become increasingly popular in recent years. Given the tendency towards the aging of the population and the cognitive decline associated with aging, older adults are one of the groups in which such interventions have been implemented and evaluated. The purpose of this paper is to review studies investigating the efficacy of computerized cognitive training for working memory in both healthy and impaired older individuals. Thirty-two eligible studies were identified. These studies evaluated the efficacy of computerized cognitive trainings in pre-post test designs or in comparison with control groups, both passive and active. Overall, findings provide support for the efficacy of these interventions in healthy elders, although many studies found no transfer to non-trained tasks. There is a very small number of studies conducted on impaired individuals and their results show improvements from pre to post-test. Implications for research and practice are discussed.

Keywords

computerized cognitive training, working memory, older adults, aging, executive functions