

A computerized program for increasing attention in the elderly (pp. 179-186)

José I. Navarro Guzmán, Concepción Alcalde Cuevas, Esperanza Marchena Consejero,
and Manuel Aguilar Villagrán
University of Cadiz (Spain)

Attention processes seem cognitive resources particularly sensitive to aging impairment. A better attention would reduce this damage, which is one of the main sources of elderly low self-esteem. On the other hand, new technology allows easier access to cognitive self-training programs that aged people would follow at home settings. This paper presents computer software applied for training in cognitive processes using a computer assisted instruction (CAI) approach. Participants were 30 men and women, aged 57 to 80, from the province of Cadiz. They received ten 40-minute sessions using “How to improve your mental skills” software. The target of this software is to give training in attention, concentration and relaxation processes, using visual discrimination and manual precision tasks. Performances on three computer tasks were recorded for each session. Learning achievement by tasks, and comparisons between sessions were calculated. Significant improvement differences in performance across sessions were found.