



FaithWorks Counseling

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MOBILE APPS, GAMES & OTHER www.ADDitudeMag.com					
PROGRAM	WHAT IT IS	HOW IT WORKS	RESEARCH	CONDITIONS OR SYMPTOMS TREATED	COST
Brain Age: Learn more or purchase Brain Age at brainage.nintendo.com	For adults and children (parents should exercise caution and restrict 3D mode for children under the age of 6) Brain Age: Concentration Training is a game for Nintendo 3DS that uses math and logic activities to exercise working memory and other cognitive skills.	Nintendo recommends training for 5 or more minutes each day using one or more of the 8 main types of games, which all train different skills. Users can only play each type of game once daily to prevent over-training. Difficulty levels change in real time based on correct and incorrect answers.	Two studies, conducted by the neuroscientist who designed Brain Age, claimed that people who played it experienced greater improvement in processing speed and executive function than people who played Tetris. In 2014, however, a group of researchers concluded that there was insufficient evidence to claim that Brain Age's benefits translated to life outside the game.	General concentration- and memory-related challenges	\$29.99; players must have a Nintendo 3DS handheld console to play (\$199.99)
Brain Fitness Pro: Go to mindsparke.com to learn more or start a free trial	For children ages 6 and up Brain Fitness Pro is a video game, developed by MindSparke, designed to improve IQ, academic performance, and impulse control. It comes in a	Users follow a pre-defined set of exercises designed to improve focus, problem-solving, and memory. The difficulty increases over time, and the game adjusts based on your "personality,"	Brain Fitness Pro is based off the Jaeggi/Buschkuhl training method. One study, published in 2008, found that subjects who trained with this method showed significant gains when compared to control subjects. Another	Academic- and impulse-related challenges	Two weeks free; subscriptions start at \$19.95/month

	variety of forms, including “Jr.” (for children 6 to 11) and “IC” to help with impulse control.	according to MindSparke’s website. It recommends playing 4 to 5 times a week for at least 2 months, starting with 15 minutes a day and increasing in duration to 30 minutes.	study, published in 2011, concluded that the method increases IQ over the long term. However, both studies were conducted by the researchers who designed the method.		
CogniFit: Go to cognifit.com to download the app or learn more	For children and adults CogniFit is a mobile app that uses personalized activities to challenge key cognitive skills like focus, memory, and attention.	CogniFit consists of an unspecified number of games focusing on spatial perception, memory, coordination, and more. The app’s makers recommend playing the games for 20 minutes a day, 3 times a week, for best results.	CogniFit lists more than a dozen studies on its website, each supporting its claims of cognitive fitness. Most of these studies were extremely small.	ADHD, mood disorders, dyscalculia, dyslexia, general cognitive challenges	Free for basic version; Premium version starts at \$19.99/month
Elevate: Go to elevateapp.com to learn more	For children and adults Elevate is an app for iOS and Android that claims to improve cognitive skills — like memory, processing speed, or comprehension — through regular training sessions.	Elevate consists of more than 40 games that focus on different cognitive skills. The app tracks users’ progress and designs personalized workouts to help users improve their most deficient skills. Elevate recommends training at least 3 times a week.	One study, conducted under the supervision of Elevate, found that Elevate users improved in four key cognitive skills, 69 percent more than a control group. No independent studies are listed on Elevate’s website.	Focus, speaking abilities, processing speed, math skills, memory	Free for basic version; \$39.99/year for Pro
NeuroNation: Go to neuronation.com to learn more or sign up	For children and adults NeuroNation is a website and app that utilizes brain games to improve attention, working memory, processing speed, and decision-making. It’s used	NeuroNation consists of more than 50 games, divided into 5 categories. It’s recommended that you play NeuroNation games for ten minutes a day.	Ongoing research is being conducted on NeuroNation worldwide. Currently, the German health insurance provider Deutsche BKK offers clients reimbursement for	Concentration, attention, math and reading skills, general cognitive challenges	Free to download; Premium starts at \$5.99/month

	by more than 10 million users worldwide, according to the company's website.		NeuroNation subscriptions, based on the results of this research.		
Lumosity: Learn more or sign up at lumosity.com	For children over age 13 and adults Lumosity is a brain-training program, available online or as a mobile app, with more than 50 games based on cognitive psychology, such as the Eriksen flanker task and Corsi block-tapping test.	After establishing baseline scores through a Fit Test, Lumosity creates a personalized training program of games designed to challenge each user in the five core areas of his or her highest-priority cognitive abilities.	One study, funded by Lumos Labs, found greater cognitive functioning improvements in participants who used Lumosity for at least 15 minutes, 5 times a week, for 10 weeks, when compared to a control group. Five of the seven authors are employees of Lumosity. An independent study examined more than 130 existing studies on the efficacy of brain training and found that much of the positive evidence Lumosity references on its website comprises non-peer-reviewed studies.	Cognitive challenges	Memberships start at \$11.99/month
Peak: Learn more or download the app at peak.net	For children and adults Peak is a popular brain-training app developed in conjunction with an advisory panel comprising experts in neuroscience, cognitive science, and education from Yale University, University of Cambridge, and University College London.	Peak consists of more than 40 games targeting areas like emotional control, coordination, or creativity. A feature, known as Coach, tracks your progress and identifies areas where you can improve.	One small study, conducted by Peak's developers, found that 22 adults with schizophrenia improved their memory after 4 weeks of using the app. The study's small size and connection to the company may call its results into question.	ADHD, schizophrenia, learning disabilities, Alzheimer's, general cognitive challenges	Free to download; upgrade to Pro starting at \$4.99/month