

## **ABSTRACT**

**Background:** This study was designed to evaluate the improvement in cognitive functioning in students using a cognitive therapy program delivered in a video-game format in a non-clinical setting. A secondary goal was to compare the progress of students using the program to a control group that did not use the program.

**Methods:** The 38 student participants were volunteers from the Christian Heritage Academy in Northfield, Illinois. The study participants were divided into two groups: study and control. Both groups were tested with the Woodcock-Johnson® III Cognitive Battery before the study began and at the end of the study.

**Results:** Students in the study group showed an average of 4 years and 3 months improvement on tests of cognitive skills, compared to 4 months improvement for the control group and showed an average of 1 year and 11 months improvement on tests of achievement compared to 1 month for the control group.

**Conclusions:** The improvement by students using the program in a home-based setting was comparable to previous results with precursor paper-based products in a clinical setting. It is suggested that future research incorporate randomized assignment of participants to the study and control groups and a larger sample size.

## **KEY WORDS**

optometric vision therapy, cognitive development, software, cognitive therapy, cognitive skills, BrainWare Safari

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