Clinical Publications

Peer-reviewed publications scientifically demonstrate that the CogniFit programs can significantly improve a wide range of cognitive skills, regardless of the population and age

Population	University	Publication	References
Insomnia	The Max Stern Yezreel Valley College	Link	Haimov, I., Hanuka, E., & Horowitz, Y. (2008). Chronic Insomnia and Cognitive Functioning Among Older Adults. Behavioral Sleep Medicine, 6(1), 32–54. https://doi.org/10.1080/15402000701796080
Dyslexia	University of Haifa	Link	Kraus, T. H., & Breznitz, Z. (2009). Can the Error Detection Mechanism Benefit from Training the Working Memory? A Comparison between Dyslexics and Controls — An ERP Study. PLoS ONE, 4(9), e7141. https://doi.org/10.1371/journal.pone.0007141
Multiple Sclerosis	The Max Stern Yezreel Valley College	Link	Shatil, E., Metzer, A., Horvitz, O., & Miller, A. (2010). Home-based personalized cognitive training in MS patients: A study of adherence and cognitive performance. NeuroRehabilitation, 26(2), 143–153. https://doi.org/10.3233/nre-2010-0546
Mobility in seniors	Albert Einstein College of Medicine	Link	Verghese, J., Mahoney, J., Ambrose, A. F., Wang, C., & Holtzer, R. (2010). Effect of Cognitive Remediation on Gait in Sedentary Seniors. The Journals of Gerontology Series A: Biological Sciences and Medical Sciences, 65A(12), 1338–1343. https://doi.org/10.1093/gerona/glq127
Healthy seniors	Tel Aviv University	Link	Peretz, C., Korczyn, A. D., Shatil, E., Aharonson, V., Birnboim, S., & Giladi, N. (2011). Computer-Based, Personalized Cognitive Training versus Classical Computer Games: A Randomized Double-Blind Prospective Trial of Cognitive Stimulation. Neuroepidemiology, 36(2), 91–99. https://doi.org/10.1159/000323950
Healthy seniors	University of Washington - Seattle	Link	Thompson, H. J., Demiris, G., Rue, T., Shatil, E., Wilamowska, K., Zaslavsky, O., & Reeder, B. (2011). A Holistic Approach to Assess Older Adults' Wellness Using e-Health Technologies. Telemedicine and e-Health, 17(10), 794–800. https://doi.org/10.1089/tmj.2011.0059
Dyslexia	University of Haifa	Link	Mayseless, N. (2011). Can Intervention Programs Influence How the Dyslexic Brain Processes Low-Level Visual Stimuli? Developmental Neuropsychology, 36(7), 949–954. https://doi.org/10.1080/87565641.2011.606421
Depression	University of New York in Prague	Link	Preiss, M., Shatil, E., ČErmáková, R., Cimermanová, D., & Ram, I. (2013). Personalized Cognitive Training in Unipolar and Bipolar Disorder: A Study of Cognitive Functioning. Frontiers in Human Neuroscience, 7. https://doi.org/10.3389/fnhum.2013.00108
Insomnia	The Max Stern Yezreel Valley College	Link	Haimov I, Shatil E (2013) Cognitive Training Improves Sleep Quality and Cognitive Function among Older Adults with Insomnia. PLoS ONE 8(4): e61390. doi:10.1371/journal.pone.0061390
Healthy seniors	The Max Stern Yezreel Valley College	Link	Shatil, E. (2013). Does combined cognitive training and physical activity training enhance cognitive abilities more than either alone? A four-condition randomized controlled trial among healthy older adults. Front. Aging Neurosci. 5:8. doi: 10.3389/fnagi.2013.00008
US Navy Pilots	USA Navy	Link	Chandler, J. F., Arnold, R. D., Phillips, J. B., & Turnmire, A. E. (2013). Predicting Individual Differences in Response to Sleep Loss: Application of Current Techniques. Aviation, Space, and Environmental Medicine, 84(9), 927–937. https://doi.org/10.3357/asem.3581.2013

Clinical Publications - Continued

Population	University	Publication	References
Healthy & MCI seniors	Northwestern University University of Notre Dame	Link	Gigler, K., Blomeke, K., Shatil, E., Weintraub, S., & Reber, P. (2013). Preliminary evidence for the feasibility of at-home online cognitive training with older adults. Gerontechnology, 12(1). https://doi.org/10.4017/gt.2013.12.1.007.00
ADHD	University of Haifa	Link	Horowitz-Kraus, T. (2013). Differential Effect of Cognitive Training on Executive Functions and Reading Abilities in Children With ADHD and in Children With ADHD Comorbid With Reading Difficulties. Journal of Attention Disorders, 19(6), 515–526. https://doi.org/10.1177/1087054713502079
Dementia	Gjøvik University College	Link	McCallum S., Boletsis C. (2013) A Taxonomy of Serious Games for Dementia. In: Schouten B., Fedtke S., Bekker T., Schijven M., Gekker A. (eds) Games for Health. Springer Vieweg, Wiesbaden; doi: 10.1007/978-3-658-02897-8_17
Intellectual & Developmental Disabilities	Misericordia University	Link	Siberski, J., Shatil, E., Siberski, C., Eckroth-Bucher, M., French, A., Horton, S., Loefflad, R. F., & Rouse, P. (2014). Computer-Based Cognitive Training for Individuals With Intellectual and Developmental Disabilities. American Journal of Alzheimer's Disease & Other Dementiasr, 30(1), 41–48. https://doi.org/10.1177/1533317514539376
Healthy seniors	Univerzita Hradec Králové	Link	Shatil, E., Mikulecká, J., Bellotti, F., & Bureš, V. (2014). Novel Television-Based Cognitive Training Improves Working Memory and Executive Function. PLoS ONE, 9(7), e101472. https://doi.org/10.1371/journal.pone.0101472
Healthy seniors	The University of Western Australia	Link	Shah, T. M., Weinborn, M., Verdile, G., Sohrabi, H. R., & Martins, R. N. (2017). Enhancing Cognitive Functioning in Healthly Older Adults: a Systematic Review of the Clinical Significance of Commercially Available Computerized Cognitive Training in Preventing Cognitive Decline. Neuropsychology Review, 27(1), 62–80. https://doi.org/10.1007/s11065-016-9338-9
Healthy young adults	Cairo University	Link	Mohamed, Z., el Halaby, M., Said, T., Shawky, D., & Badawi, A. (2018). Characterizing Focused Attention and Working Memory Using EEG. Sensors, 18(11), 3743. https://doi.org/10.3390/s18113743
Diabetic seniors	U. Melbourne, U. Bar-Ilan, U. Tel-Aviv, UCLA, Icahn School of Medicine at Mount Sinai	Link	Bahar-Fuchs, A., Barendse, M. E. A., Bloom, R., Ravona-Springer, R., Heymann, A., Dabush, H., Bar, L., Slater-Barkan, S., Rassovsky, Y., & Schnaider Beeri, M. (2019). Computerized Cognitive Training for Older Adults at Higher Dementia Risk due to Diabetes: Findings From a Randomized Controlled Trial. The Journals of Gerontology: Series A, 75(4), 747–754. https://doi.org/10.1093/gerona/glz073
Undergraduate students	U. Michigan, Pennsylvania State University & U. Florida	Link	Emihovich, B., Roque, N., & Mason, J. (2020). Can Video Gameplay Improve Undergraduates' Problem-Solving Skills? International Journal of Game-Based Learning, 10(2), 21–38. https://doi.org/10.4018/ijgbl.2020040102
Healthy children	U. Murcia, U. Nebrija, U. Norway	Link	Conesa, P. J., & Duñabeitia, J. A. (2021). Effects of computer-based training on children's executive functions and academic achievement. PREPRINT. https://doi.org/10.31234/osf.io/khm9d
Older Adults	Medical University Plovdiv	Link	Yaneva, A., Massaldjieva, R., & Mateva, N. (2021). Initial Adaptation of the General Cognitive Assessment Battery by CognifitTM for Bulgarian Older Adults. Experimental Aging Research, 48(4), 336–350. https://doi.org/10.1080/0361073x.2021.1981096

Clinical Publications - Continued

Population	University	Publication	References
HIV	University of Alicante	Link	Ruiz-Robledillo, N., Clement-Carbonell, V., Ferrer-Cascales, R., Portilla-Tamarit, I., Alcocer-Bruno, C., & Gabaldón-Bravo, E. (2021). Cognitive Functioning and Its Relationship with Self-Stigma in Men with HIV Who Have Sex with Men: The Mediating Role of Health-Related Quality of Life. Psychology Research and Behavior Management, Volume 14, 2103–2114. https://doi.org/10.2147/prbm.s332494
MCI	Griffith University	Link	Nguyen, L., Murphy, K., & Andrews, G. (2021). A Game a Day Keeps Cognitive Decline Away? A Systematic Review and Meta-Analysis of Commercially-Available Brain Training Programs in Healthy and Cognitively Impaired Older Adults. Neuropsychology Review. https://doi.org/10.1007/s11065-021-09515-2
Adults	U. Nebrija, U. Norway	Link	Tapia, J. L., Rocabado, F., & Duñabeitia, J. A. (2022). Cognitive estimation of speed, movement and time across the lifespan. Journal of Integrative Neuroscience, 21(1), 010. https://doi.org/10.31083/j.jin2101010
Mobility in seniors	Research Centre Koper, Alma Mater Erioaea, Albert Einstein College of Medicine	Link	Marusic, U., Verghese, J., & Mahoney, J. R. (2022). Does Cognitive Training Improve Mobility, Enhance Cognition, and Promote Neural Activation? Frontiers in Aging Neuroscience, 14. https://doi.org/10.3389/fnagi.2022.845825
Intelligence in adults	Universidad Nebrija & University of Norway	Link	Buades-Sitjar, F., & Duñabeitia, J. A. (2022). Intelligence subcomponents and their relationship to general knowledge. Journal of Cultural Cognitive Science. https://doi.org/10.1007/s41809-022-00113-z
Mobility in seniors	U. Haifa, Max Stern Yezreel Valley College, Clalit Health Services, Technion	Link	Embon-Magal, S., Krasovsky, T., Doron, I., Asraf, K., Haimov, I., Gil, E., & Agmon, M. (2022). The effect of co-dependent (thinking in motion [TIM]) versus single-modality (CogniFit) interventions on cognition and gait among community-dwelling older adults with cognitive impairment: a randomized controlled study. BMC Geriatrics, 22(1). https://doi.org/10.1186/s12877-022-03403-x
VR & learning	U. Nebrija, U. Norway	Link	Rocabado, F., González Alonso, J., & Duñabeitia, J. A. (2022). Environment Context Variability and Incidental Word Learning: A Virtual Reality Study. Brain Sciences, 12(11), 1516. https://doi.org/10.3390/brainsci12111516
VR	U. Nebrija, U. Norway	Link	Rocabado, F., Duñabeitia, J.A. (2022) Assessing Inhibitory Control in the Real World Is Virtually Possible: A Virtual Reality Demonstration. Behav. Sci., 12, 444. https://doi.org/10.3390/bs12110444
Reading in Children	U. Nebrija, U. Murcia & U. Norway	Link	Reina-Reina, C., Conesa, P. J., & Duñabeitia, J. A. (2023). Impact of a cognitive stimulation program on the reading comprehension of children in primary education. Front. Psychol., 13. https://doi.org/10.3389/fpsyg.2022.985790
Memory & weight	U. Alicante, Institute for Health and Biomedical Research (ISABIAL-FISABIO Foundation)	Link	Berbegal M, Tomé M, Sánchez-SanSegundo M, Zaragoza-Martí A and Hurtado-Sánchez JA (2022) Memory function performance in individuals classified as overweight, obese, and normal weight. Front. Nutr. 9:932323. doi: 10.3389/fnut.2022.932323

Clinical Publications - Continued

Population	University	Publication	References
COVID	U. Nebrija, UiT, Arctic U. Norway Blue Health Care	Link	Duñabeitia, J.A., Mera, F., Baro, Ó., Jadad-Garcia, T., Jadad, A.R. (2023). Personalized Computerized Training for Cognitive Dysfunction after COVID-19: A Before-and-After Feasibility Pilot Study. *Int. J. Environ. Res. Public Health*, 20, 3100. https://doi.org/10.3390/ijerph20043100
Indoor air quality	U. College London, China Academy Building Research, NERCBT	Link	Zhou, J., Wang, H., Huebner, G., Zeng, Y., Pei, Z., & Ucci, M. (2023). Short-term exposure to indoor PM2.5 in office buildings and cognitive performance in adults: An intervention study. *Building and Environment*, 110078. https://doi.org/10.1016/j.buildenv.2023.110078
Insomnia	U. Nebrija, Hospital Ribera-FISABIO, U. Católica de Valencia, Arctic U. Norway	Link	Tapia, J.L., Puertas, F.J., & Duñabeitia, J.A. (2023). Digital Therapeutics for Insomnia: Assessing the Effectiveness of a Computerized Home-Based Cognitive Stimulation Program. *J. Integr. Neurosci.* 22(2), 34 https://www.imrpress.com/journal/JIN/22/2/10.31083/j.jin2202034
Cancer	U. Nebrija, Hospital U. de la Ribera, Arctic U. Norway	Link	Tapia, J. L., Taberner-Bonastre, M. T., Collado-Martínez, D., Pouptsis, A., Núñez-Abad, M., & Duñabeitia, J. A. (2023). Effectiveness of a Computerized Home-Based Cognitive Stimulation Program for Treating Cancer-Related Cognitive Impairment. *International Journal of Environmental Research and Public Health*, 20, 4953. https://doi.org/10.3390/ijerph20064953
Depression	U. Autónoma Barcelona, Abat Oliba CEU U.	Link	Vicent-Gil, M., González-Simarro, S., Raventós, B., Vera, J. G., Martínez, E., Sabaté-Cao, C., Perez-Blanco, J., Puigdemont, D., De Diego-Adeliño, J., Alemany, C., Serra-Blasco, M., Cardoner, N., & Portella, M. J. (2022). Randomized clinical trial of integral cognitive remediation program for major depression (INCREM). *Journal of Affective Disorders*, 310, 189-197. https://doi.org/10.1016/j.jad.2022.05.016
MCI & Dementia	U. of Salamanca	Link	Irazoki, E., Contreras-Somoza, L. M., Toribio-Guzmán, J. M., Río, C. J., Moll, H. A., & Franco, M. (2020). Technologies for Cognitive Training and Cognitive Rehabilitation for People With Mild Cognitive Impairment and Dementia. A Systematic Review. *Frontiers in Psychology*, 11. https://doi.org/10.3389/fpsyg.2020.00648
MCI & mood-related neuropsychiatric symptoms	Australian National U., U. Melbourne, U. of Sydney, U. Exeter, Johns Hopkins U.	Link	Bahar-Fuchs, A., Webb, S. L., Bartsch, L., Clare, L., Rebok, G. W., Cherbuin, N., & Anstey, K. J. (2017). Tailored and adaptive computerized cognitive training in older adults at risk for dementia: a randomized controlled trial. *Journal of Alzheimer's Disease*, 60(3), 889-911. https://doi.org/10.3233/jad-170404
Diabetes (type 2)	Icahn Sch.Md. Mount Sinai, James J. Peters Veterans Affairs Md. Ctr., U. Michigan, City U. NY Sheba Md. Ctr.	Link	Silverman, J. M., Zhu, C. W., Schmeidler, J., Lee, P. G., Alexander, N. B., Guerrero-Berroa, E., Beeri, M. S., West, R. K., Sano, M., Nabozny, M., & Karran, M. (2022). Does computerized cognitive training improve diabetes self-management and cognition? A randomized control trial of middle-aged and older veterans with type 2 diabetes. *Diabetes Research and Clinical Practice*, 195, 110149. https://doi.org/10.1016/j.diabres.2022.110149

Clinical Publications - Continued

Population	University	Publication	References
Intellectual Giftedness	U. Nebrija	Link	Asensio, D., Fernández-Mera, A., & Duñabeitia, J. A. (2023). The Cognitive Profile of Intellectual Giftedness. International Journal of Educational Psychology, 1(1), 1–24. https://doi.org/10.17583/ijep.11828
Thermal strain in healthcare workers during COVID	University of Brighton	Link	Bonell, A., Nadjm, B., Samateh, T., Badjie, J., Perry-Thomas, R., Forrest, K., Prentice, A. M., & Maxwell, N. (2021). Impact of personal cooling on performance, comfort and heat strain of healthcare workers in PPE, a study from West Africa. Frontiers in Public Health, 9. https://doi.org/10.3389/fpubh.2021.712481
Healthy older adults	UNIBE, U. Nebrija, Arctic U. Norway	Link	Sánchez-Vincitore LV, Cubilla-Bonnetier D, Marte-Santana H and Duñabeitia JA (2023) Cognitive decline monitoring through a web-based application. Front. Aging Neurosci. 15:1212496. doi: 10.3389/fnagi.2023.1212496
Drivers	U. Nebrija, Arctic U. Norway	Link	Tapia & Duñabeitia (2023) Rethinking Driving Assessment: A Hypothesis-Driven Proposal for Cognitive Evaluation, *OBM Neurobiology*; 7(4): 187; doi:10.21926/obm.neurobiol.2304187.
Drivers	U. Nebrija, Arctic U. Norway	Link	Tapia, J. L., & Duñabeitia, J. A. (2023). Driving safety: Investigating the cognitive foundations of accident prevention. Heliyon, e21355. https://doi.org/10.1016/j.heliyon.2023.e21355
Drivers	U. Nebrija, U. Francisco de Vitoria	Link	Tapia, J. L., Sánchez-Borda, D., Iniesta, C., Badea, F., & Duñabeitia, J. A. (2023). Shifting perceptions and emotional responses to autonomous vehicles using simulated experiences. Behavioral sciences, 14(1), 29. https://doi.org/10.3390/bs14010029
University Students	Biruni University	Link	Öztürk, B., BüyükeriK, B. B. U., Akarsu, R. B. U., & ÇeliK, Y. B. Ü. (2022). Investigation of cognitive, psychological and physical factors affecting academic performance of university students by principal component analysis during the COVID-19 pandemic. Acıbadem Üniversitesi Sağlık Bilimleri Dergisi, 13(3). https://doi.org/10.31067/acusaglik.1091095
Obesity in Children	U. Barcelona	Link	Luis-Ruiz, S., Sánchez-Castañeda, C., Garolera, M., Miserachs-González, S., Ramón-Krauel, M., Lerín, C., Sánchez, C. T., Miró, N., Martínez, S. G., & Jurado, M. Á. (2023). Influence of executive function training on BMI, food choice, and cognition in children with obesity: results from the TOUCH study. Brain Sciences, 13(2), 346. https://doi.org/10.3390/brainsci13020346
Seniors	Institut Teknologi Bandung	Link	Damayanti, K. A., Widyanti, A., Sari, H., & Yassierli. (2023). Cognitive fitness of Post-Retirement employees in control room settings. Academic Journal of Interdisciplinary Studies, 12(5), 274. https://doi.org/10.36941/ajis-2023-0143
Epilepsy in Pediatric	U. Nebrija, Arctic U. Norway	Link	Tapia, J. L., Aras, L. M., & Duñabeitia, J. A. (2024). Enhancing Executive Functions in Pediatric Epilepsy: Feasibility and Efficacy of a Computerized Cognitive Training Program. Children, 11(4), 484. https://doi.org/10.3390/children11040484
Hemodialysis in Adults	Wroclaw Medical U.	Link	Olczyk, P., Jerzak, P., Letachowicz, K., Gołębiowski, T., Krajewska, M., & Kusztal, M. (2023). The Influence of Healthy Habits on Cognitive Functions in a Group of Hemodialysis Patients. Journal Of Clinical Medicine, 12(5), 2042. https://doi.org/10.3390/jcm12052042

Clinical Publications - Continued

Population	University	Publication	References
Burnout in nurses	U. Guanajuato, U. Popular Autónoma del Estado de Puebla	Link	Cortés-Álvarez, N. Y., Lara-Morales, A., Bautista-Rodríguez, E., Marmolejo-Murillo, L. G., Jiménez, A. D., Hernández, L. a. V., Moya, M. F., & Vuelvas-Olmos, C. R. (2024). Job burnout, cognitive functioning, and Brain-derived neurotrophic factor expression among hospital Mexican nurses. PloS One, 19(5), e0304092. https://doi.org/10.1371/journal.pone.0304092
University Students	U. Autónoma Chile, U. Católica Temuco	Link	Caamaño-Navarrete, F., Arriagada-Hernández, C., Fuentes-Vilugrón, G., Jara-Tomckowiack, L., Levin-Catrilao, A., Del Val Martín, P., Muñoz-Troncoso, F., & Delgado-Floody, P. (2024). Healthy lifestyle related to executive Functions in Chilean University Students: a pilot study. Healthcare, 12(10), 1022. https://doi.org/10.3390/healthcare12101022
Healthy Young Adults	European U. Applied Sciences	Link	Alt, P. S., Hamacher, D., Anetzberger, H., & Becker, R. (2024). Movement‐based cognitive training does not significantly shorten the learning curve for acquiring arthroscopic basic skills. Knee Surgery, Sports Traumatology, Arthroscopy. https://doi.org/10.1002/ksa.12351
Cardiac patients	Kemerovo State U.	Link	Solodukhin, A. V., Yanitskii, M. S., & Seryi, A. V. (2020) Towards a Choice of Correctional Computer Programs for Cognitive Rehabilitation in Cardiac Patients. Russian Psychological Journal, Vol. 17, No. 1, 5–14. doi:10.21702/rpj.2020.1.1
Long-COVID in Adults	Bar-Ilan U.	Link	Gorenshtein, A., Liba, T., Leibovitch, L., Stern, S., & Stern, Y. (2024). Intervention modalities for brain fog caused by long-COVID: systematic review of the literature. Neurological Sciences. https://doi.org/10.1007/s10072-024-07566-w
Healthy 6-year-old children	Universidad Nebrija, Mondragon University, Arctic University Norway	Link	Reina-Reina, C., Antón, E., & Duñabeitia, J. A. (2024). Impact of a cognitive training on reading of 6-year-old children. International Journal of Serious Games, 11(3), 45–69. https://doi.org/10.17083/ijsg.v11i3.754
8–9-year-old children	Poznan University of Physical Education	Link	Korcz, A., Krzysztoszek, J., Bojkowski, Ł., Koszałka-Silska, A., Khorkova, M., Gomołysek, A., & Bronikowski, M. (2024). The effects of the 'active before school' programme on the academic skills of 8–9-year-old children: a physically and cognitively engaging intervention. Frontiers in Public Health, 12. https://doi.org/10.3389/fpubh.2024.1402901
Female athletes	Panskura Banamali College	Link	Ghosal, A., & Kabi, S. (2024). Effect of Trataka on selected psychomotor abilities of FemaleAthletes. International Research Journal of Ayurveda & Yoga, 7(8), 1–7. https://doi.org/10.48165/irjay.2024.70801
Post COVID Patient	University of Campania "Luigi Vanvitelli", University of Messina	Link	Melillo, A., Perrottelli, A., Caporusso, E., Coltorti, A., Giordano, G. M., Giuliani, L., Pezzella, P., Bucci, P., Mucci, A., Galderisi, S., & Maj, M. (2024). Research evidence on the management of the cognitive impairment component of the post-COVID condition: a qualitative systematic review. European Psychiatry, 67(1). https://doi.org/10.1192/j.eurpsy.2024.1770
Adults	University College London	Link	Zhou, J., Huebner, G., Liu, K. Y., & Ucci, M. (2024). Heart rate variability, electrodermal activity and cognition in adults: Association with short-term indoor PM2.5 exposure in a real-world intervention study. Environmental Research, 120245. https://doi.org/10.1016/j.envres.2024.120245
Adults	Universidad Nebrija, Arctic University Norway	Link	Tapia, J. L., Sánchez-Borda, D., & Duñabeitia, J. A. (2024). The effects of cognitive training on driving performance. Cognitive Processing. https://doi.org/10.1007/s10339-024-01245-6

Clinical Publications - Continued

Population	University	Publication	References
University students	King's College London, University of East Anglia	Link	Kamarunzaman, N. N. Z., Sayec, M. L., Li, Y., Wu, H., Mesnage, R., Dalrymple, K., Halket, J., Caldwell, A., Borsini, A., Pariante, C., Vauzour, D., Gall, G. L., Bajka, B., & Rodriguez-Mateos, A. (2024). Effects of cranberry (poly)phenols on mental health in university students: the CRANMOOD randomized controlled trial. Proceedings Of The Nutrition Society, 83(OCE4). https://doi.org/10.1017/s0029665124005172
Chilean children & adolescents	Universidad Autónoma de Chile, Universidad Católica de Temuco, …	Link	Caamaño-Navarrete, F., Arriagada-Hernández, C., Jara-Tomckowiack, L., Hernandez-Martinez, J., Valdés-Badilla, P., Contreras-Díaz, G., Del-Cuerpo, I., & Delgado-Floody, P. (2024). Association Between Screen Time and Lifestyle Parameters with Executive Functions in Chilean Children and Adolescents: Potential Mediating Role of Health-Related Quality of Life. Children, 12(1), 2. https://doi.org/10.3390/children12010002
Humans	Kokand State Pedagogical Institute	Link	Арипова, Д. В. (2024) ФАЗЫ ПАМЯТИ: ПРОЦЕСС ЗАПОМИНАНИЯ И ВОСПОМИНАНИЯ. Oriental Art and Culture, 5(6), 622-626.
Chilean children & adolescents	Universidad Autónoma de Chile, Universidad Católica de Temuco, …	Link	Caamaño-Navarrete, F., del-Cuerpo, I., Arriagada-Hernández, C., Cresp-Barria, M., Hernández-Mosqueira, C., Contreras-Díaz, G., Valdés-Badilla, P., Jerez-Mayorga, D., & Delgado-Floody, P. (2025). Association Between Food Habits with Mental Health and Executive Function in Chilean Children and Adolescents. Children, 12(3), 268. https://doi.org/10.3390/children12030268
ASD	University of Macedonia	Link	Georgoula, E., Koustriava, E., & Papadopoulos, K. (2025). Technology‐enhanced cognitive training for individuals with autism spectrum disorder and intellectual disability. British Journal of Special Education. https://doi.org/10.1111/1467-8578.70026
Postoperative Brain Tumor Patients	Alfraganus University	Link	Sharopov, S. (2025). The impact of neuropsychological rehabilitation on postoperative cognitive impairments. International Scientific Journal Modern Science And Research, 4(5), 8.2. https://doi.org/10.5281/zenodo.15367740
University students	U. Nebrija, U. Kaiserslautern-Landau	Link	Rocabado, F., Muntini, L., Jubran, O. F., Lachmann, T., & Duñabeitia, J. A. (2025). Transforming language research from classic desktops to virtual environments. Scientific Reports, 15(1). https://doi.org/10.1038/s41598-025-08319-1
Adults with anxiety and depression	King's College London, U. of Western States	Link	Jamail, J., & Fuller, L. (2025) Transcranial Photobiomodulation as an Adjunctive Therapy for Persistent Anxiety and Depression in Patients Undergoing Psychotherapy, EMDR, and/or SSRI Treatment: A Case Series. EXPLORE. https://doi.org/10.1016/j.explore.2025.103228
15-18 years old	U. Federal do Rio Grande, U. Federal de Pelotas, U. Federal do Rio Grande do Norte	Link	Oleiro, V., Alexandrino, E. G., Rodrigues, Y. G., Almeida, B. P., Freitas, M. P. S., Volz, P. M., Castro, Y. M., Zabisky, C., Corrêa, L. Q., Rodrigues, R., Silva, M. P., Costa, E. C., Del Vecchio, F. B., & Dumith, S. C. (2025). Effects of high-intensity interval training on different health outcomes among high school students in southern Brazil: Protocol for a cluster-randomized trial. Revista Brasileira de Atividade Física & Saúde, 30, e0393. https://doi.org/10.12820/rbafs.30e0393i
Older adults	Krupanidhi Col. of Physiotherapy, Harsha Inst. Physiotherapy.	Link	Ali, Z., Janarthanan, J., & Mohan, P. (2024). Understanding Digital Dementia and Cognitive Impact in the Current Era of the Internet: A Review. Cureus. https://doi.org/10.7759/cureus.70029

Clinical Publications - Continued

Population	University	Publication	References
Older Adults	Inst. Politécnico Nacional, U. of California	Link	Kamarunzaman, N. N. Z., Sayec, M. L., Li, Y., Wu, H., Mesnage, R., Dalrymple, K., Halket, J., Caldwell, A., Borsini, A., Pariante, C., Vauzour, D., Gall, G. L., Bajka, B., & Rodriguez-Mateos, A. (2024). Effects of cranberry (poly)phenols on mental health in university students: the CRANMOOD randomized controlled trial. Proceedings Of The Nutrition Society, 83(OCE4). https://doi.org/10.1017/s0029665124005172
Young Adults	Universidad Nebrija	Link	Lira-Delcore, A., Tapia, J. L., & Duñabeitia, J. A. (2025). Assessing the Stability of Cognitive and Attentional Computerized Tests: A Test-Retest Reliability Study. Psychologica, 68, e068007. https://doi.org/10.14195/1647-8606_68_7
Chilean children & adolescents	Universidad Autónoma de Chile, Universidad Católica de Temuco, …	Link	Caamaño-Navarrete, F., Arriagada-Hernández, C., Lagos-Hernández, R., Fuentes-Vilugrón, G., Jara-Tomckowiack, L., Sandoval-Obando, E., Contreras-Díaz, G., Jerez-Mayorga, D., Hernández-Mosqueira, C., & Delgado-Floody, P. (2025). The Potential Mediating Role of Good Mental Health on the Relationship Between Low Physical Activity and High Screen Time with Executive Functions in Chilean Children and Adolescents. Children, 12(10), 1402. https://doi.org/10.3390/children12101402
University Students	Princess Nourah bint Abdulrahman University	Link	Alahmed, E., Almalik, L., Almutair, L., Aldael, S., Almuzaini, M., & Eldeen, A. S. S. (2025). The Effect of Video Games on Cognitive Functions among Students at Princess Nourah University in Saudi Arabia: A Cross-Sectional Study. Scientia. Technology, Science and Society, 2(11), 71-83. https://doi.org/10.59324/stss.2025.2(11).07
Older adults with hearing loss	University of Zurich, University Hospital of Psychiatry Zurich, Sonova AG, …	Link	Ockelmann, J., Scherpiet, S., Stropahl, M. & Giroud, N. (2025). Personalized and gamified auditory-cognitive training improves naturalistic speech-in-noise comprehension in older adults with hearing loss. *npj Sci. Learn.* 10, 80. https://doi.org/10.1038/s41539-025-00369-4
Young male football athletes	National U. of Physical Ed. & Sport, Bucharest U. of Economic Studies	Link	Tudor, V., Galaman, A. M., Predoiu, A., Mănescu, D. C., Vărzaru, C., & Mujea, A. M. (2025). Development of balance and inhibition of return in football: Theoretical and practical insights. *Discobolul Phys. Educ. Sport Kinetotherapy J.*, 64(3), 165-182. https://doi.org/10.35189/dpeskj.2025.64.3.2
Medical Students with depressive symptoms	National Autonomous U. of Mexico, Anahuac U.	Link	Martínez-Tapia, R. J., Martínez-Zarraluqui, A., Guízar-Sánchez, D., & Sampieri-Cabrera, R. (2025). Cognitive Dysfunction and Learning Implications in Medical Students With Depressive Symptoms: Electrophysiological Evidence From P300 Event-Related Potentials. Cureus, 17(12), e99806. https://doi.org/10.7759/cureus.99806
Adults with insomnia	U. Valencia, U. Nebrija, U. Catolica Valencia San Vicente Martir, …	Link	Tapia, J. L., Duñabeitia, J. A., & Puertas, F. J. (2026). Cognitive training at home for clinically defined insomnia: Effects on sleep and psychological functioning. Frontiers in Digital Health, 8, 1725773. https://doi.org/10.3389/fdgth.2026.1725773
Competitive Athletes	Lokman Hekim U., Sinop U., Ankara U., Muş Alparslan U., …	Link	Tuncer, S. Y., Ozdenk, S., Yildirim, U. C., Erkan, D., Sari, C., Gundem, M. C., Sar, H., Yilmaz, B., Karakulak, I., & Akca, F. (2026). Acute effects of combined and isolated caffeine and theanine supplementation on physical and cognitive performance in competitive athletes: a randomized, double-blind, placebo-controlled crossover study. Frontiers in Nutrition, 12. https://doi.org/10.3389/fnut.2025.1751673

Clinical Publications - Continued

Population	University	Publication	References
Older adults	U. Castilla-La Mancha	Link	Carmona-Torres, J. M., Mazoteras-Pardo, V., Santacruz-Salas, E., Cobo-Cuenca, A. I., Barroso-Corroto, E., Rodríguez-Cañamero, S., & Laredo-Aguilera, J. A. (2026). Improvements in cognitive and health assessment in people older than 60 years through cognitive training with the CogniFit app. SAGE Open, 16(1). https://doi.org/10.1177/21582440251405342
Children with dyscalculia	U.Ed. Paulino Milán Herrera Milagro, U.Ed. Lumbaqui Sucumbíos, ...	Link	Gonzales Santos, L. E., Córdova Hernández , S. J., Villagómez Vargas, C. M., Mora Vergara, I. del R., & Villamar Salazar, K. U. (2026). Estrategias Educativas para Superar la Discalculia en Estudiantes de Educación Básica: Un Estudio de Caso en la Unidad Educativa Ibraila Wonsang de Asan. Imperium Académico Multidisciplinary Journal, 3(1), 1-13. https://doi.org/10.63969/vzdgb442
Adults	U. Alicante	Link	Tomé-Fernández, M., Martín-Manchado, L., Sánchez-Sansegundo, M., Zaragoza-Martí, A., Azorín-López, J., & Hurtado-Sánchez, J. A. (2026). Association Between Mineral Intake and Cognitive Performance in Spanish Adults with Overweight and Obesity: A Cross-Sectional Study. Nutrients, 18(7), 1129. https://doi.org/10.3390/nu18071129
Older adults	U. Almería	Link	Olmos, J. C. C., Hernández, M. M., Garrido, Á. A., Salinas, J. A., & Díaz-Pérez, M. (2026). Effects of a Mediterranean Diet-Based Program on Cognitive Decline: Non-Blinded Non-Randomized controlled Trial of the CESPORT Program. Nutrients, 18(7), 1073. https://doi.org/10.3390/nu18071073
Healthy university students	Mahidol U.	Link	Ajjimaporn, A., Buaprapahn, P., Senwandee, P., Sirisoonthorn, N., Chalermthamrong, P., & Ramyarangsi, P. (2026). How Long Is Too Long? Effects of Mobile Game Duration on Stress and Cognitive Function by Gender. International Journal Of Exercise Science, 19(5), 5003. https://doi.org/10.70252/ijes2026503
University students	King's College London, U. East Anglia	Link	Kamarunzaman, N. N. Z., Le Sayec, M., Li, Y., Cheok, A., Wu, H., Zhang, Z., Xu, Y., Mesnage, R., Dalrymple, K., Pariante, C. M., Borsini, A., Vauzour, D., Bajka, B., & Rodriguez-Mateos, A. (2026). Effects of (poly)phenol-rich cranberry on mental health in university students: The CRANMOOD randomised controlled trial. Clinical Nutrition. https://doi.org/10.1016/j.clnu.2026.106677
School-aged Children	U. Children's Hospital Zurich, King's College London, U. California Berkeley, U. Zurich, U. Lausanne	Link	Schmid, A. S., Ehrler, M., Bunge, S. A., Kretschmar, O., Landolt, M. A., Rousson, V., Tuura, R. O., Wehrle, F. M., & Latal, B. (2026). Multimodal personalised executive function intervention (E-Fit) for school-aged children with complex congenital heart disease in Switzerland: a randomised controlled feasibility study. BMJ Open, 16(5), e107681. https://doi.org/10.1136/bmjopen-2025-107681