ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

CogniFit

GENERAL COGNITIVE ASSESSMENT CAB

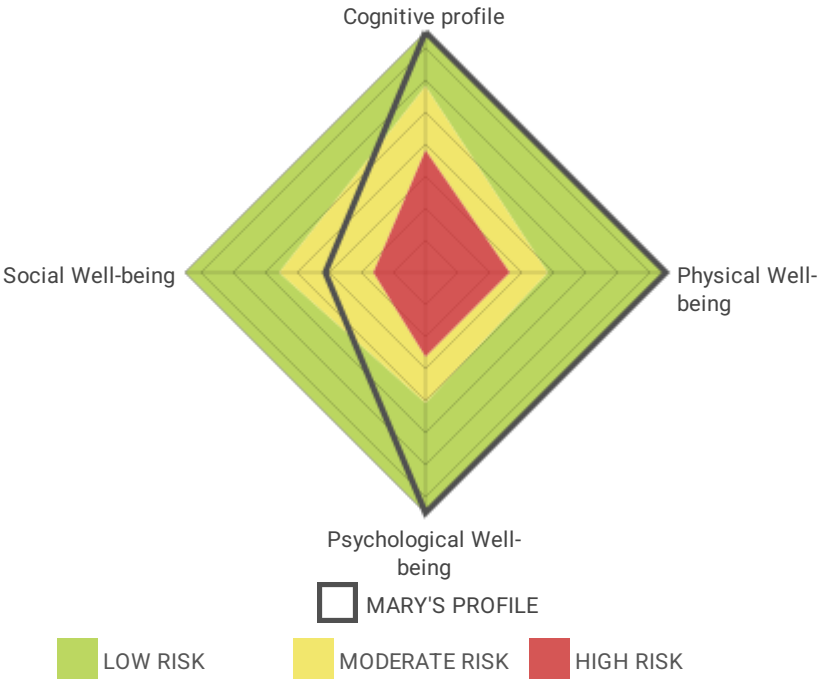
RESULTS REPORT

MARY SMITH

DATE OF ASSESSMENT: 11/13/20
DATE OF BIRTH: 08/12/50
AGE: 70

TEST SUPERVISED BY:

Dr. Taylor Morgan



ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

HIGH COGNITIVE PERFORMANCE

Mary Smith's Results

ASSESSMENT

WELL-BEING INDICATORS

23/26

High indices of general well-being have been detected.

Optimal range: 14-26
Score: 23

COGNITIVE PROFILE

22 /22

High indices of cognitive performance have been detected.

Optimal range: 17-22
Score: 22

EVALUATED INDICATORS	RESULTS
Physical well-being	High
Psychological well-being	High
Social well-being	Medium
Cognitive profile	High

CONCLUSIONS

- While Mary has shown to have good cognitive well-being, we recommend training weakened cognitive skills and continuing to practice healthy lifestyle habits.
- We recommend starting a personalized brain training program from CogniFit.

00 DESCRIPTION OF THE GENERAL COGNITIVE ASSESSMENT (CAB)

Mary took the General Cognitive Assessment (CAB) on 11/13/20 at 70 years-old.

The General Cognitive Assessment (CAB) from CogniFit is a complete cognitive test designed to help detect the cognitive state in people through online cognitive tests. This General Cognitive Assessment (CAB), which evaluates cognitive functions has been used by millions of users over the last 15 years.

This neurocognitive assessment tool helps evaluate a wide range of cognitive abilities and healthy habits that are closely related to correct cognitive functioning.

The automated report from this cognitive evaluation provides conclusions on the functioning of the different brain areas and functions.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

THE CAB REPORT HAS THREE MAIN PARTS:

01 WELL-BEING INDICATORS

The answers from the questionnaire will be focused on the following areas:

- Physical Well-being
- Psychological Well-being
- Social Well-being

02 COGNITIVE PROFILE

In this section, you will see a circular diagram next to each evaluated area, which will indicate the user's score based on their percentile and normalized for their age and gender. For example, a score of 63 would be calculated depending on the user's age group. CogniFit's values are calculated in percentiles but are shown adjusted on a scale of 0-100. As such, the higher score, the better.

Green: Cognitive strengths
Yellow: Below-average cognitive skills
Red: Cognitive weaknesses

03 CONCLUSIONS

At the end of the report, you will find:

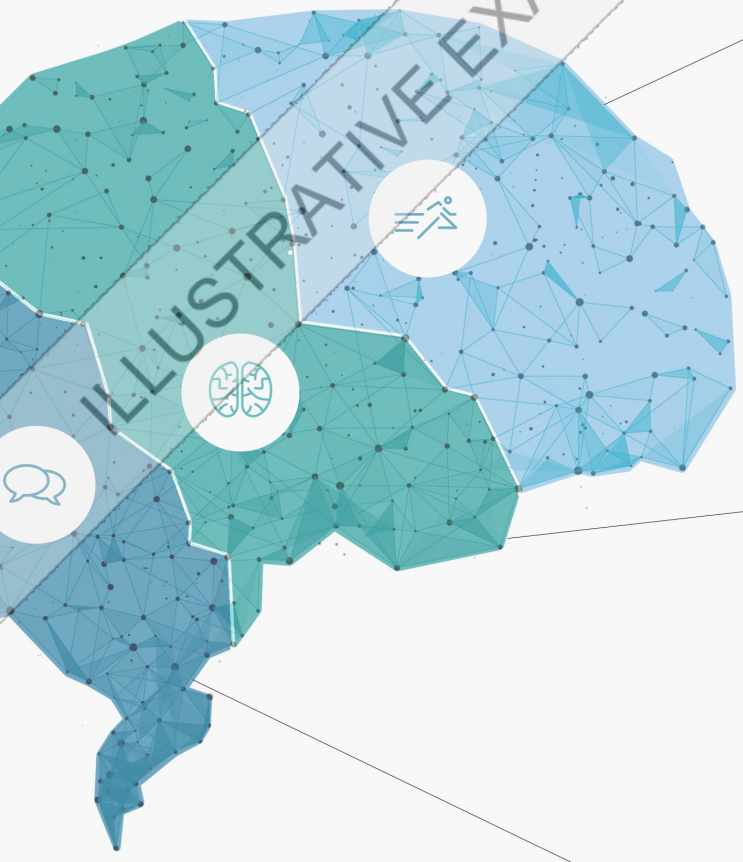
- A description of the user's physical well-being index, psychological well-being, and implications on the cognitive profile.
- Specific recommendations and a personalized plan of action.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

01 WELL-BEING INDICATORS

The concept of quality of life is a wide concept that encompasses physical, mental, social, material, emotional, and cognitive well-being. Proper functioning of cognitive performance is the product of a number of factors like nutrition, sleep, external stimuli, occupation, or studies. The WHO defines health as: "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." CogniFit is an online prevention and cognitive health instrument.

MARY IS IN GOOD PHYSICAL AND COGNITIVE HEALTH.



PHYSICAL WELL-BEING

6/6

GOOD WELL-BEING

Recent studies have provided valuable information to help us understand the close relationship between physical and mental well-being. Sleep, diet, and exercise are all factors that determine physical well-being and condition proper cognitive function.

PSYCHOLOGICAL WELL-BEING

15/15

GOOD WELL-BEING

Psychological well-being would include cognitive, affective and emotional aspects in the different areas of human life.

SOCIAL WELL-BEING

2/5

MODERATE WELL-BEING

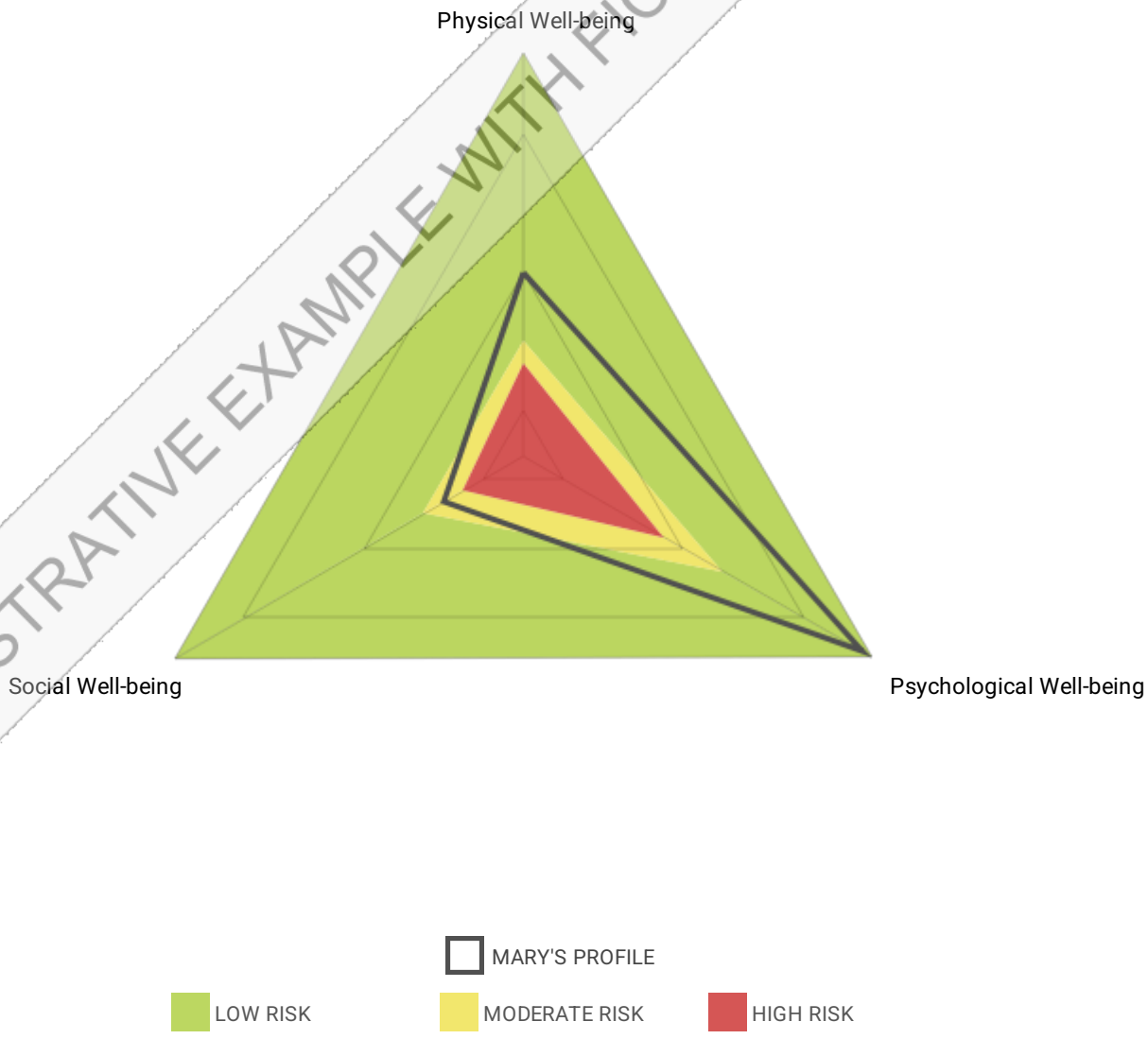
A rich and consistent social life can help cognitive and mental health. Being with other people causes us to learn to adapt to others, and implies empathy, downtime, fun, and sense of company and community.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

GOOD WELL-BEING

COMPLETE WELL-BEING REPORT FOR MARY

According to the results, Mary shows an index of social well-being that could be improved. It would be a good idea to bring this information to a professional.



ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

IN DETAIL:

PHYSICAL WELL-BEING

GOOD WELL-BEING

Mary shows a good index in the area of physical well-being. Studies have related physical well-being with the absence of diseases and as a prevention mechanism, which makes it possible to enjoy good physical and mental health.

PSYCHOLOGICAL WELL-BEING

GOOD WELL-BEING

Mary shows a good index in the area of psychological well-being. Psychological well-being is how well our mental and emotional processes function, as well as the manner in which our cognition makes it possible to carry-out a number of tasks, like reading a book, shopping, remembering plans, having a conversation with friends, or solving every-day problems.

SOCIAL WELL-BEING

MODERATE WELL-BEING

Mary has shown a moderate social well-being index. Social well-being is the perception and relationship that we have with others. Rich and healthy relationships make it possible for the brain to adapt to different opinions, understand others, become more empathetic.

Mary has responded negatively to the following items that are related to high social well-being:

- They live with their family, friends, partners, or with a roommate.
- Has family or friends that they see often.
- Has friends and makes plans with them.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

02 COGNITIVE PROFILE

In this section, you will see a circular diagram next to each evaluated area, which will indicate the user's score based on their percentile and normalized for their age and gender. For example, a score of 63 would be calculated depending on the user's age group. CogniFit's values are calculated in percentiles but are shown adjusted on a scale of 0-100. As such, the higher score, the better.

MARY'S RESULTS FROM THE EVALUATION SHOW A HIGH-PERFORMANCE COGNITIVE PROFILE.



ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

REASONING

53/100

Ability to efficiently use (organize, relate, etc.) acquired information.

MEMORY

52/100

Ability to retain and manipulate new information and recover past memories.

ATTENTION

52/100

The ability to filter distractions and concentrate on relevant information.

COORDINATION

46/100

The ability to efficiently and precisely carry out organized movements.

PERCEPTION

56/100

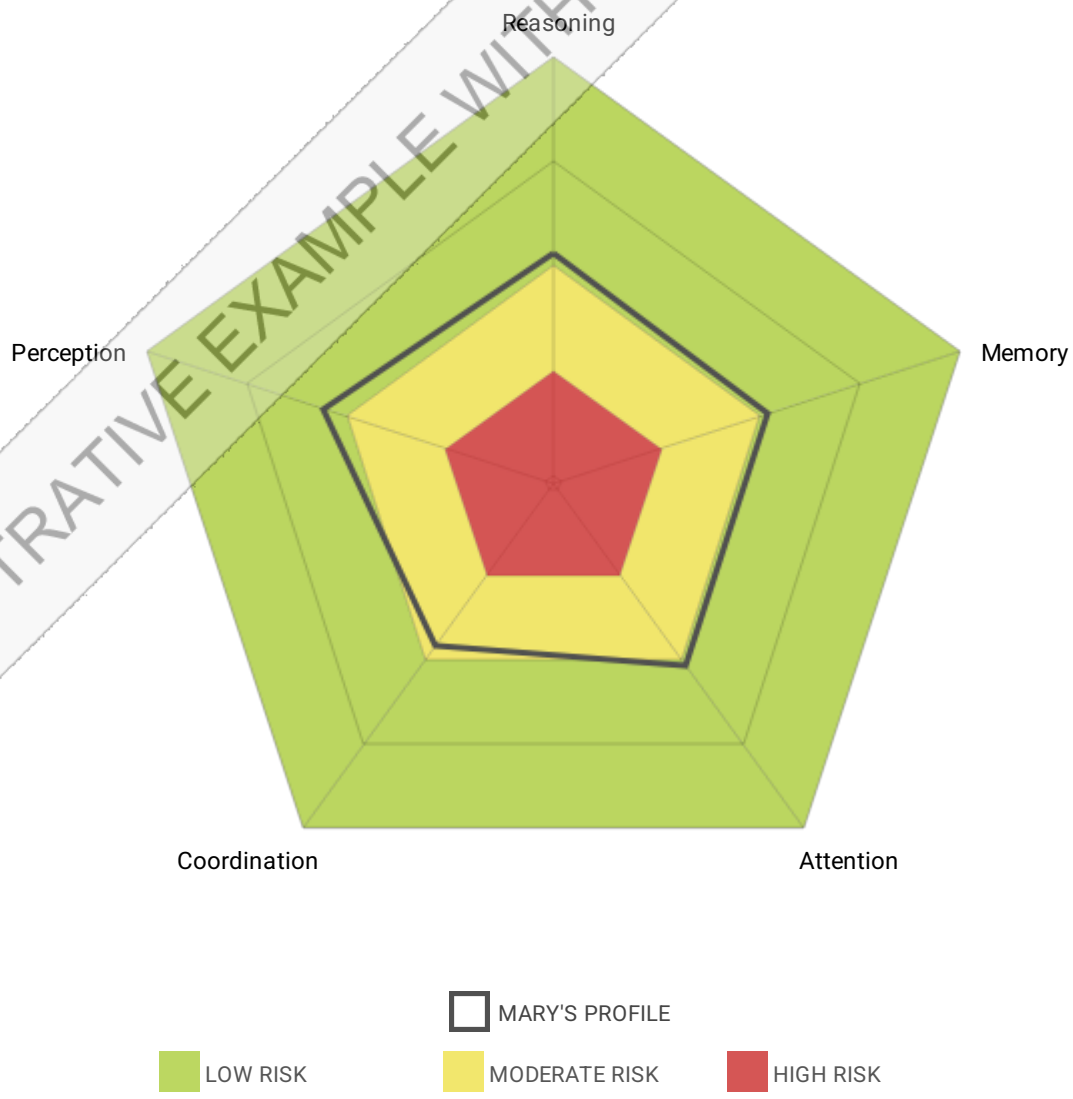
Ability to interpret stimuli from the environment.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

GOOD WELL-BEING

COMPLETE COGNITIVE REPORT FOR MARY

Mary shows an **excellent cognitive profile**. The results from the evaluation show that Mary's **strengths** are reasoning, memory, attention and perception, while coordination is an **area of improvement**. No cognitive weaknesses have been found in Mary's cognitive profile.

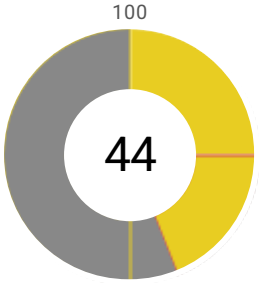


ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

IN DETAIL: COGNITIVE AREAS

REASONING

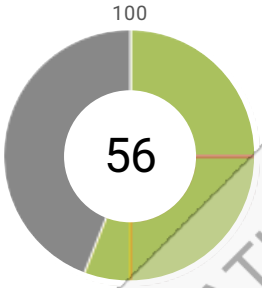
53/100



PLANNING

Score Received: 44

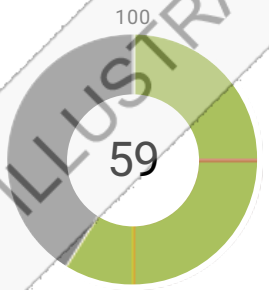
Mary has received a moderate score in the area of planning. It is the ability to "think into future" and mentally anticipate the best way to carry-out a task. Example: You're going to have a busy day, so you'll have to plan your time to make sure you're able to make it to work, to the gym, the bank, and your family dinner.



SHIFTING

Score Received: 56

Mary has received a high score in the area of shifting. It's the ability to redirect attention from one information channel to another. For example, you're taking care of a baby. He is sound asleep and you start reading an interesting article in the newspaper. When you hear the baby cry, you immediately switch from reading to attending to the baby.



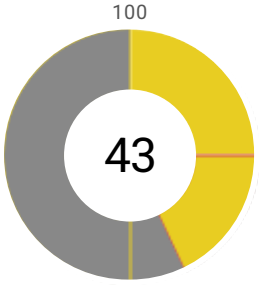
PROCESSING SPEED

Score Received: 59

Mary has received a high score in processing speed. Processing speed can be defined as the time it takes a person to do a mental task. Example: recognizing simple visual patterns in visual exploration tasks, judging which tests will require decision making, doing mental math, or perform reasoning tasks under pressure.

MEMORY

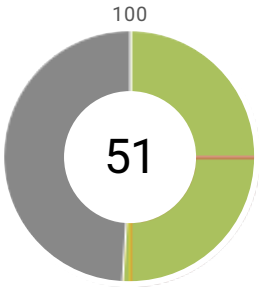
52/100



NON-VERBAL MEMORY

Score Received: 43

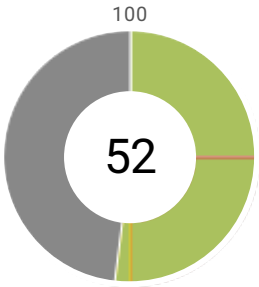
Mary has received a moderate score in non-verbal memory, which is the ability to code, store, and recover information about faces, shapes, images, songs, sounds, smells, tastes, and feelings. Example: Remembering the melody of a classical piece of music requires our non-verbal memory.



VISUAL SHORT-TERM MEMORY

Score Received: 51

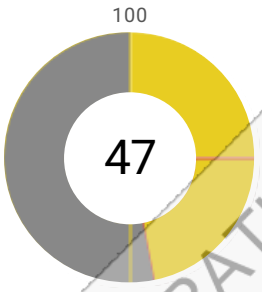
Mary has received a high score in the area of visual short-term memory, which is the ability to temporarily remember a small amount of visual information. Example: While you're driving on the highway, you pass a sign with the 4 closest destinations. After a few seconds, you try to remember the distance to each of the destinations.



SHORT-TERM MEMORY

Score Received: 52

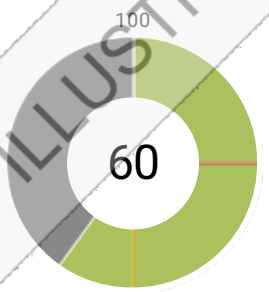
Mary has received a high score in short-term memory. Short-term memory is the ability to remember a small amount of information that will be used in a short period of time. Example: It's commonly accepted that we are able to store 7±2 elements in our short-term memory, like a phone number, street number, or someone's name who you have just met.



WORKING MEMORY

Score Received: 47

Mary has received a moderate score in the area of working memory, which refers to the temporary storage and manipulation of the information necessary for complex cognitive tasks. Example: When you're at the grocery store, you realize that you left your credit card at home and only have $50 in cash. You look at your cart and add up the price of all of the items that you have and remember the total. You then realize that you can't buy anything else and go to check out.

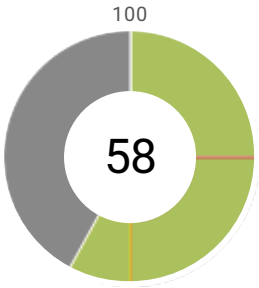


NAMING

Score Received: 60

Mary has received a high score in naming. It is the ability to remember and recover a word from our vocabulary, people's names, animals, objects, etc. Example, you're walking down the street and see someone you went to school with. You have to remember their name quickly and without hesitation.

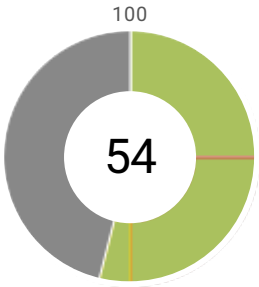
ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS



CONTEXTUAL MEMORY

Score Received: 58

Mary has received a high score in the area of contextual memory, which is the ability to memorize and recognize the real source of a specific memory. Example: Someone tells you a story and you realize that you've heard it before. You think about it and remember that your grandma told you years ago on a rainy afternoon.



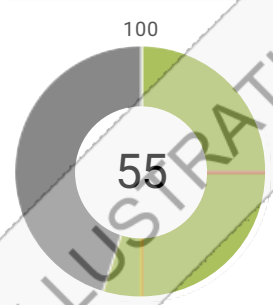
PHONOLOGICAL SHORT-TERM MEMORY

Score Received: 54

Mary has received a high score in phonological short-term memory. It is the ability to remember phonological information over a short period of time. Example: As you listen to the radio, you hear an ad that catches your attention. You memorize the store's phone number and hurry to write it down.

ATTENTION

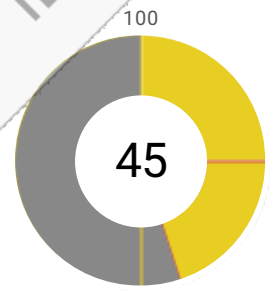
52/100



DIVIDED ATTENTION

Score Received: 55

Mary has received a high score in the area of divided attention, which is the ability to do more than one action at a time, paying attention to a few different stimuli at a time. Example: You're watching TV with a friend and they put on a movie that you've already seen, so you divide your attention between the movie and your phone.

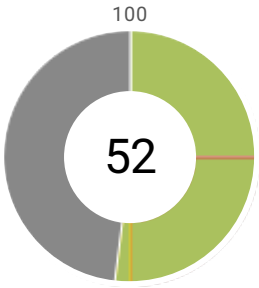


UPDATING

Score Received: 45

Mary has received a moderate score in the area of updating, which is the ability to supervise the action that is being carried out in order to ensure that it is being properly completed. Example: If we are on our way to an important meeting, we must make sure we are taking the correct route. We will use updating to check that we are on the right track, especially if there are any streets cut or if you have to take a detour.

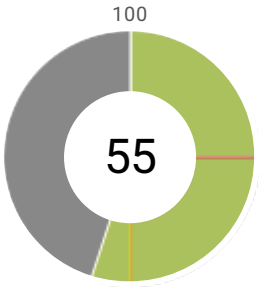
ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS



INHIBITION

Score Received: 52

Mary has received a high score in the area of inhibition, which is the ability control impulsive (or automatic) responses, and create responses by using attention and reasoning. Example: When we are working, inhibition helps us to avoid the temptation to use the mobile phone, to doodle, to get up, and so on.



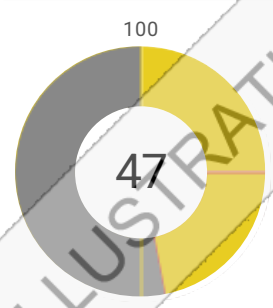
FOCUSED ATTENTION

Score Received: 55

Mary has received a high score in the area of focused attention, which is the ability to manage different visual and auditory stimuli over a period of time in order to prioritize actions. Example: In our day-to-day lives, we constantly use focus, such as when something falls on the floor, when making food or when cleaning up breadcrumbs from the table.

COORDINATION

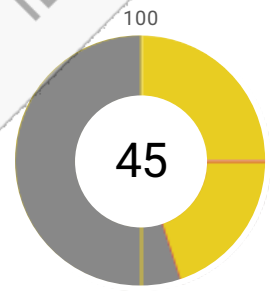
46/100



RESPONSE TIME

Score Received: 47

Mary has received a moderate score in the area of response time, which is the ability to perceive and respond to a simple stimulus. Example: You're driving on the road and see that the car in front of you starts breaking suddenly. You need to respond quickly in order to avoid a crash.



HAND-EYE COORDINATION

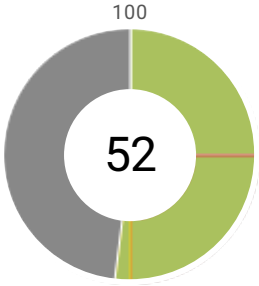
Score Received: 45

Mary has received a moderate score in the area of hand-eye coordination, which is the ability to do activities that require the simultaneous use of our hands and eyes. Example: When you realize that you need to take out money from an ATM, you need to coordinate your hands and eyes in order to hit the right buttons on the screen.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

PERCEPTION

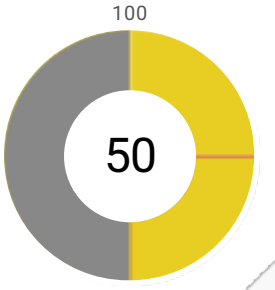
56/100



SPATIAL PERCEPTION

Score Received: 52

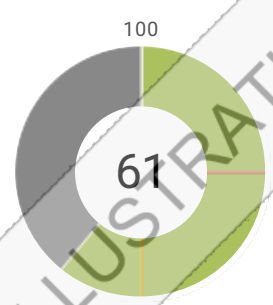
Mary has received a high score in the area of spatial perception, which is the ability to evaluate how things are organized in space, and understand their relationship to their environment. Example: You decide to visit the new cafeteria at the mall. When you arrive, take a look at the map, locate the cafeteria in question and follow the right path to get there.



VISUAL PERCEPTION

Score Received: 50

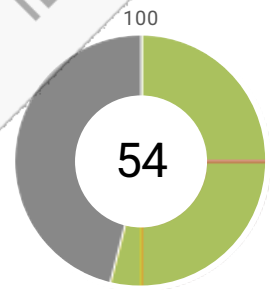
Mary has received a moderate score in the area of visual perception, which is the ability to interpret the information that the eye perceives from the visual stimuli in the environment. Example: You walk down a street looking at a bus. As you approach it, its image on the retina of your eye becomes larger and larger. Certain proportions also change. However, your brain does not interpret these changes as real changes in the bus itself. You keep "seeing" the bus as the same object, no matter how close or how far away you are from it.



ESTIMATION

Score Received: 61

Mary has received a high score in the area of estimation, which is the ability to estimate the future location of an object based on speed and distance. Example: You're driving your car and have to move lanes in order to pass another car. To do this, you have to look around and estimate the speed and distance of the other card on the road in order to avoid an accident.

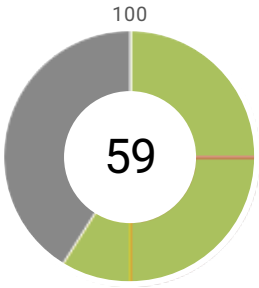


RECOGNITION

Score Received: 54

Mary has received a high score in the area of recognition, which is the ability to identify stimuli, like situations, places, people, objects, etc. that you have seen before. This makes it possible to recognize people, places, and things. Example: If someone greets you on the street, you use recognition to find out if the person's face or voice is familiar to you and identify who they are.

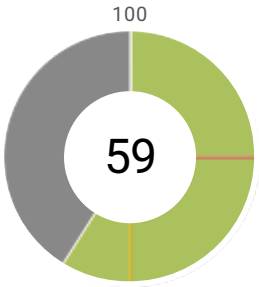
ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS



VISUAL SCANNING

Score Received: 59

Mary has received a high score in the area of visual scanning, which is the ability to recognize pertinent information from your environment quickly and efficiently. Example: A wide variety of sports require agile and precise detection of relevant stimuli (team-mates, rivals, a ball, a goal). If we want to pass the ball to a team-mate we will have to do a visual search to find them on the playing field, taking into account that every second is important.



AUDITORY PERCEPTION

Score Received: 59

Mary has received a high score in the area of auditory perception, which is the ability to perceive the difference between sounds. Example: You hear a car honking, your friend talking, and a phone ringing.

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS

03 CONCLUSIONS

Mary has shown good scores in the area of physical, cognitive, and social well-being. This means that we recommend continuing with enjoying a healthy lifestyle, social relations, and training cognitive skills.

In addition to the interpretation of the areas and cognitive profile assessed, the following criteria must be taken into account by a qualified professional:

General criteria from the questionnaire that Mary responded YES to:

Frequently uses a tablet or touchscreen.
Frequently uses a computer mouse.
Uses glasses or contact lenses.
Is right-handed.

General criteria from the questionnaire that Mary responded NO to:

Uses hearing aids.

CONCLUSIONS

According to the data, Mary has good physical, social, and/or cognitive well-being, but Mary may have some kind of difficulty that hasn't been evaluated. We recommend bringing this information to a professional.

Start a cognitive training program to keep cognitive strengths in good condition and improve the weaker skills. At CogniFit, we have a series of games to train executive functions and other cognitive abilities.

Please make sure that all of the questions have been answered carefully and correctly and that the assessment was completed in a quiet room free from distractions, as this may alter results. The data in this report corresponds to a specific time in Mary's life and may vary over time.

COMMENTS

ILLUSTRATIVE EXAMPLE WITH FICTITIOUS RESULTS