

Key Research Findings to date

1. Working memory is **key to attention**, executive function
2. Working memory **can be improved by training**, using right tool/protocol
3. Working memory can be improved at **all age** levels
4. The improvement can be tracked by **on four levels**: fMRI/PET, neuropsych testing, rating scales and real life behavior.
5. Improved working memory **generalizes to behavioral improvement**
6. The behavioral improvement is **sustained**, at least six months
7. The effects of WM training are **specific**: WM and its derived functions are improved, but there is no across-the-board-improvement
8. Training effects are **pronounced in populations with a WM deficit**, but effects not constrained to ADHD