Do practices of learning activities improve the cognitive functioning of healthy elderly adults?:
From the viewpoint of a transfer effect

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The present study examined influences of reading aloud and performing simple calculation on the
cognitive functioning of healthy elderly adults, based on the findings that these tasks activated the
prefrontal lobe. The elderly adults’ memory and inhibitory functions were assessed by Short-Term
memory, CST, Stroop, and SRC tasks, before and after intervention for 18 months. The study found
that the learning group had significant improvement from the pre- to the post-test for the short-term
memory, STM, CST, and Stroop tasks. On the other hand, there was significant decline over the 18
months in the control group which was given only the assessment tasks. These results are discussed
in terms of the effectiveness of cognitive training.

Keywords: healthy elderly adult, learning activity, memory, inhibitory function.