

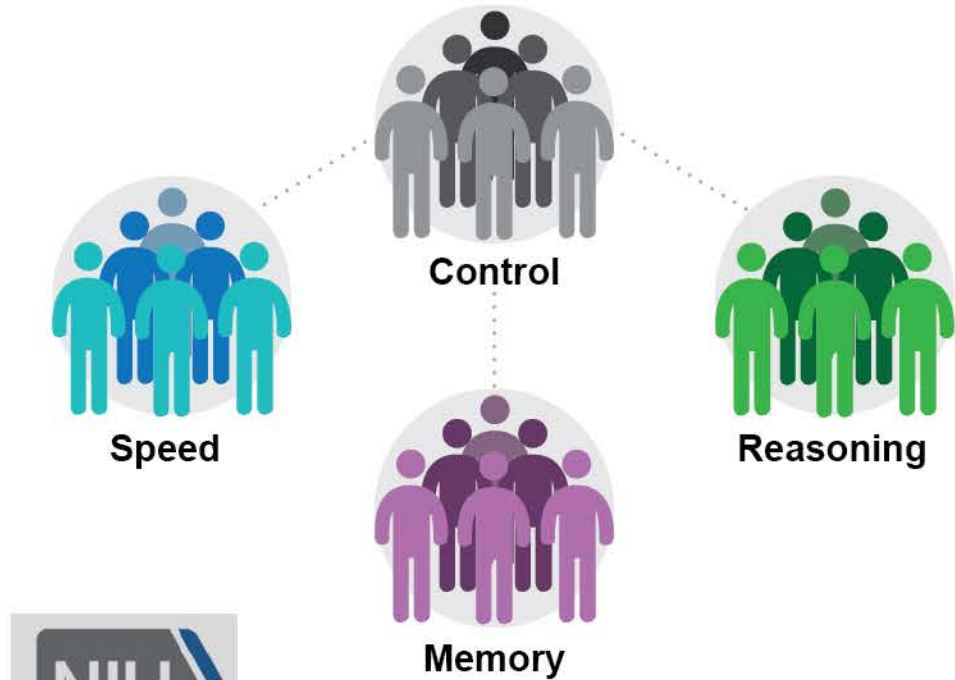
ACTIVE Study: Impact of Cognitive Training on Dementia Over 20 Years



THE STUDY DESIGN

2,832 older adults

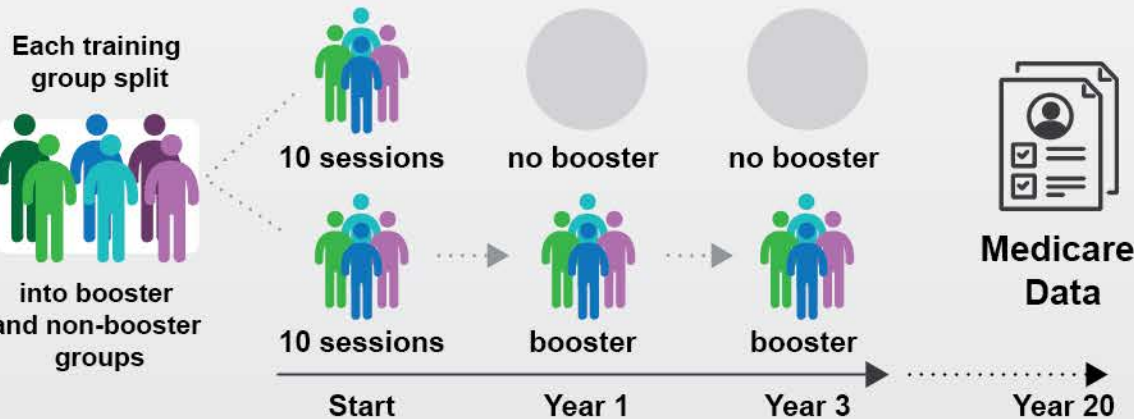
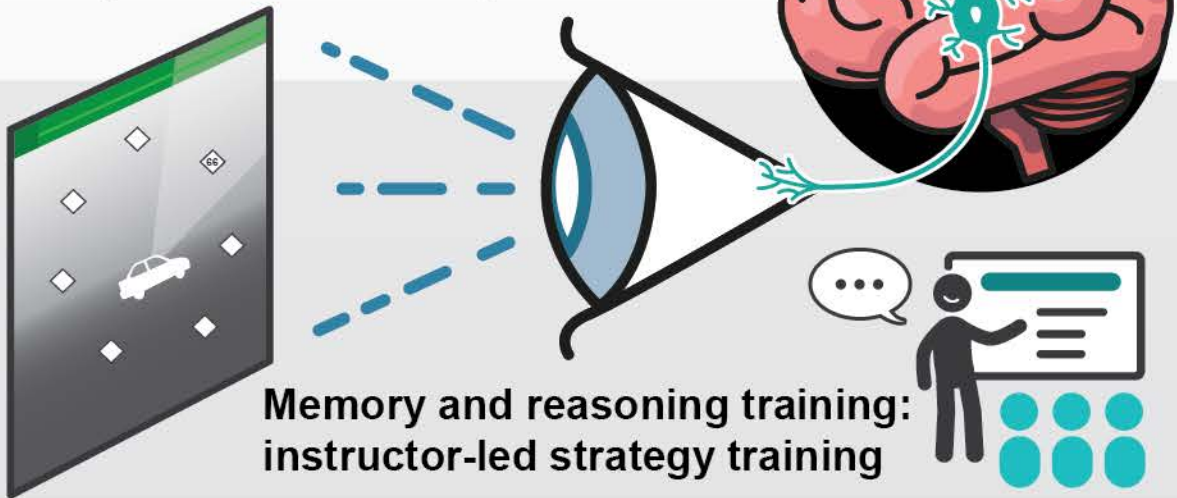
Randomized into three cognitive training groups (speed, memory, reasoning) and a control group:



NIH National Institute on Aging
R01AG056486

WHAT THEY DID

Speed training: adaptive computerized training



THE RESULTS

After 20 years researchers looked at the Medicare data and saw that only speed training with boosters reduced the risk of Alzheimer's disease and related dementias.



Coe et al (2026). Impact of Cognitive Training on Claims-Based Diagnosed Dementia Over 20 Years: Evidence from the ACTIVE Study.
Alzheimer's and Dementia: Translational Research and Clinical Interventions

The speed training exercise is available only at [BrainHQ.com](https://brainhq.com)