

Effectiveness of Working Memory Training on Cognitive Flexibility

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Abstract : The aim of this study was to investigate the effectiveness of memory training exercise on cognitive flexibility. The method of this study was experimental. The statistical population selected 40 students 14 years old, samples were chosen by available sampling method and then they were replaced in experimental (training program) group and control group randomly and answered to Wisconsin Card Sorting Test; covariance test results indicated that there were a significant in post-test scores of experimental group ($p < 0.005$).

Keywords : cognitive flexibility, working memory exercises, problem solving, reaction time

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