

PURCHASE THIS ASSESSMENT



READING COMPREHENSION COGNITIVE ASSESSMENT (CAB- RC)

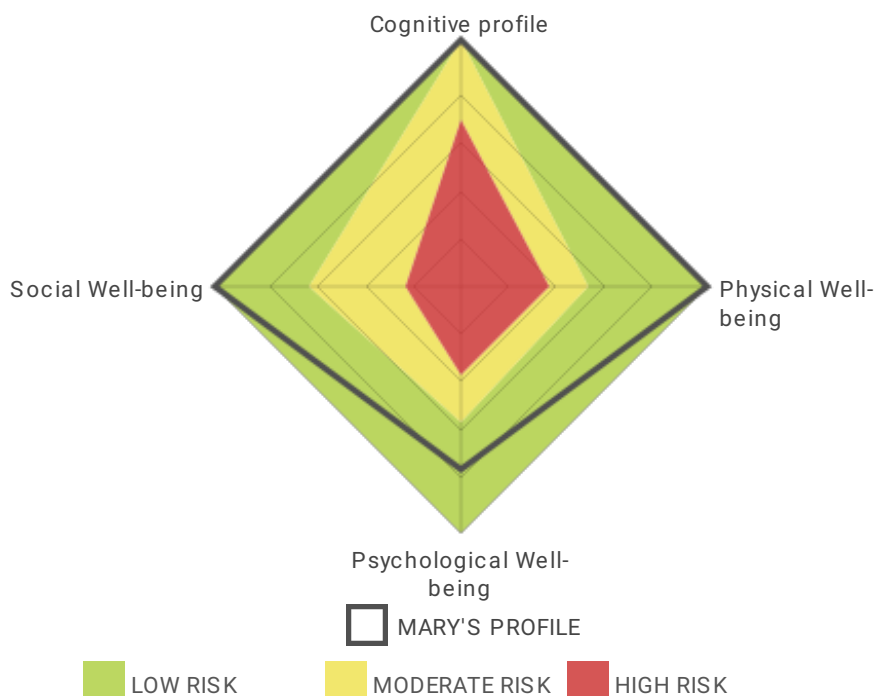
RESULTS REPORT

MARY SMITH

DATE OF ASSESSMENT: 16/10/23

DATE OF BIRTH: 08/12/50

AGE: 72





HIGH COGNITIVE PERFORMANCE

Mary Smith's Results



ASSESSMENT

WELL-BEING INDICATORS

22/26

High indices of general well-being have been detected.

Optimal range: 14-26

Score: 22

COGNITIVE PROFILE

3 /3

High indices of cognitive performance have been detected.

Optimal range: 3-3

Score: 3

EVALUATED INDICATORS	LOW WELL-BEING	MARY
Physical well-being	0-2	6
Psychological well-being	0-5	11
Social well-being	0-1	5
Cognitive profile	0-1	3



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 brain training program for Reading Comprehension from CogniFit.

00

DESCRIPTION OF THE READING COMPREHENSION COGNITIVE ASSESSMENT (CAB-RC)

Mary took the Reading Comprehension Cognitive Assessment (CAB-RC) on 16/10/23 at 72 years-old.

The Reading Comprehension Cognitive Assessment from CogniFit is a complete cognitive test designed to help detect the cognitive state of people through online cognitive tests.

This neurocognitive assessment tool helps evaluate 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.

THE READING COMPREHENSION COGNITIVE ASSESSMENT 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 500 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 0-800. As such, the higher score, the better.

Green: Cognitive strengths

Yellow: Below-average cognitive skills

Red: Cognitive weaknesses

03

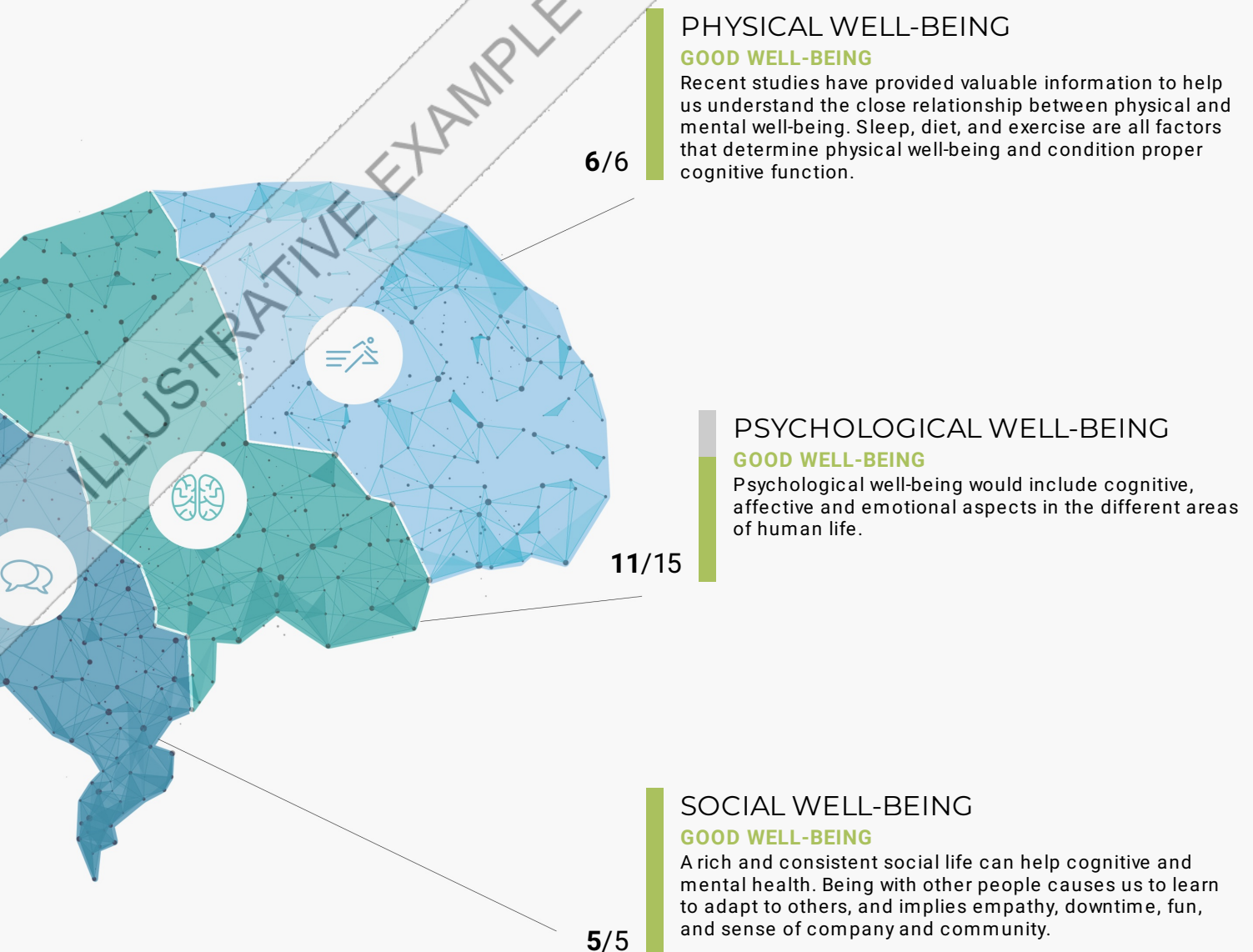
CONCLUSIONS

At the end of the report, you will find:

- A description of the risk index and the effects on cognitive profile.
- Specific recommendations and personalized plan of action.

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.

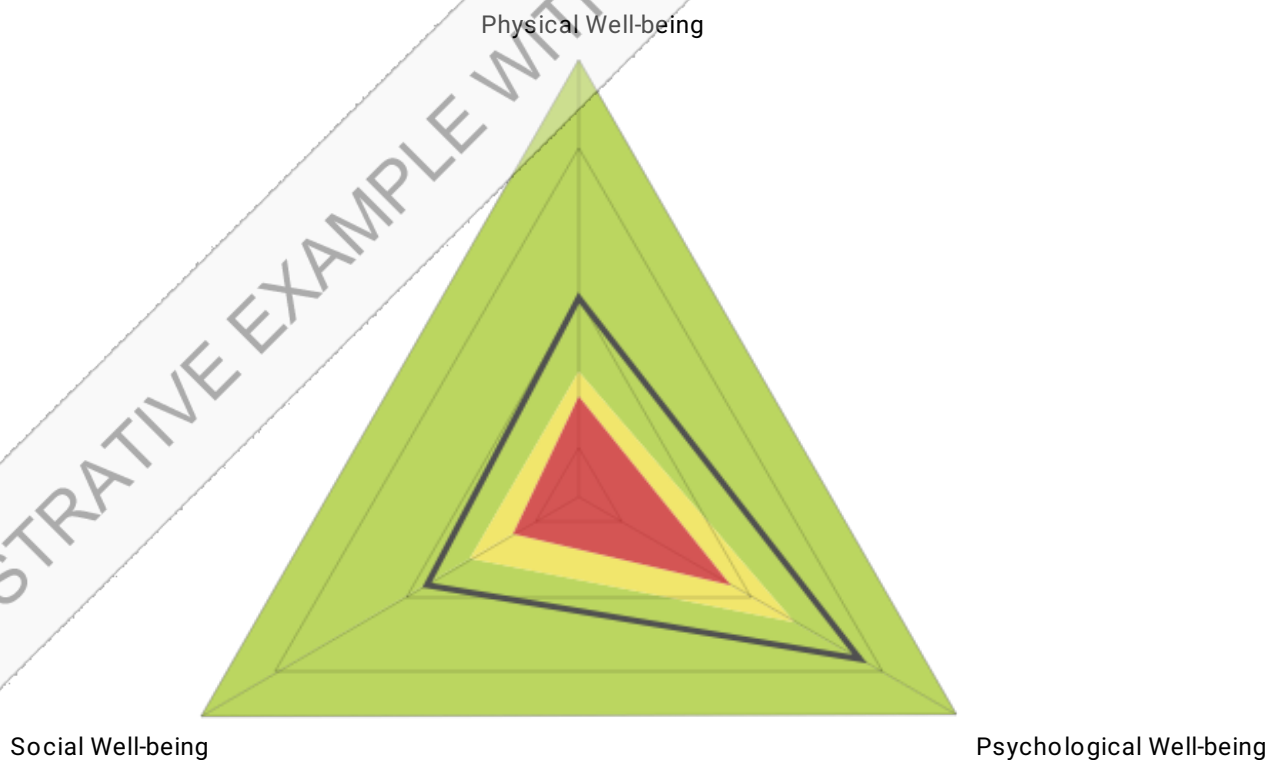


**GOOD WELL-BEING**

COMPLETE WELL-BEING REPORT FOR MARY

According to the results, Mary shows an index of physical well-being, psychological well-being and social well-being appropriate for the age.

IMPORTANT These results are not a diagnosis. This information cannot substitute a formal diagnosis given by a professional, but it can serve as a complementary tool.



 MARY'S PROFILE

 LOW RISK

 MODERATE RISK

 HIGH RISK

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****GOOD WELL-BEING**

Mary has shown a good 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.

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 500 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 0-800. As such, the higher score, the better.



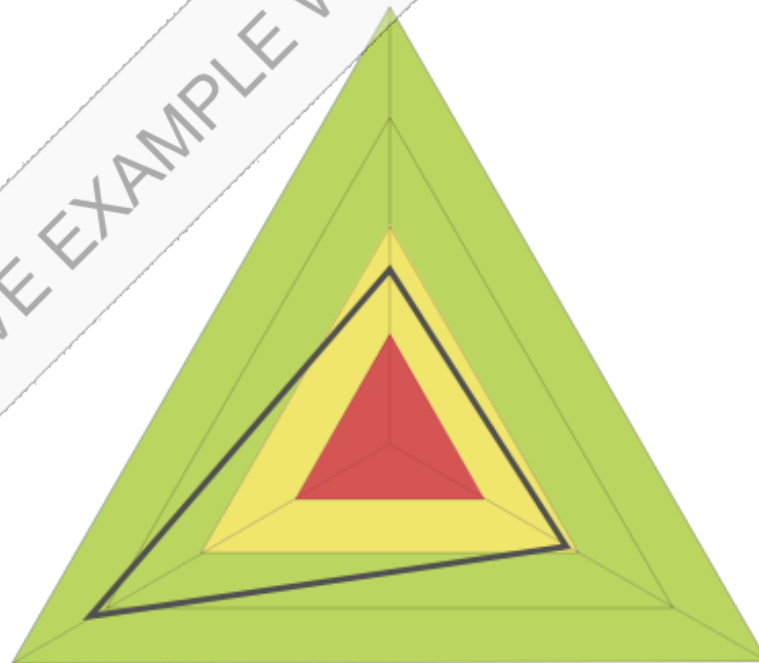
GOOD WELL-BEING

COMPLETE COGNITIVE REPORT FOR MARY

Visual Short-Term Memory

Working Memory

Phonological Short-term Memory



 MARY'S PROFILE

 LOW RISK

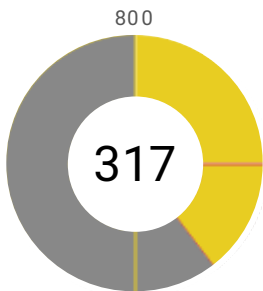
 MODERATE RISK

 HIGH RISK

IN DETAIL: COGNITIVE AREAS

MEMORY

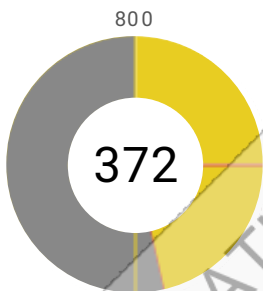
441/800



VISUAL SHORT-TERM MEMORY

Score Received: 317

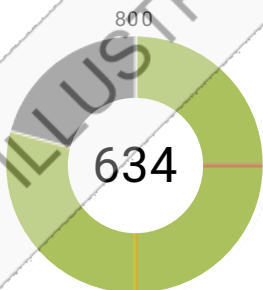
Mary has received a moderate score in the area of visual short-term memory, which is the ability to temporarily remember a small amount of visual information. Example: While you're driving on the highway, you pass a sign with the 4 closest destinations. After a few seconds, you try to remember the distance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



PHONOLOGICAL SHORT-TERM MEMORY

Score Received: 372

Mary has received a moderate 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.



WORKING MEMORY

Score Received: 634

Mary has received a high 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.

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:

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.

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
