OLIVIA SMITH
DATE OF ASSESSMENT: 02/02/21
BIRTHDAY: 15/04/85
AGE: 35

OLIVIA’S PROFILE

Cognitive profile

Mental Adaptation

Rule compliance

PURCHASE THIS ASSESSMENT
LOW RISK GROUP
Olivia Smith's Results

ASSESSMENT

EVALUATED AREAS

9/11
Optimal range: 6-11
Score: 9

COGNITIVE INDEX

584 /800
Optimal range: 600-800
Score: 584

<table>
<thead>
<tr>
<th>EVALUATED AREAS</th>
<th>HIGH RISK</th>
<th>OLIVIA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rule compliance</td>
<td>0-1</td>
<td>5</td>
</tr>
<tr>
<td>Mental adaptation</td>
<td>0-2</td>
<td>4</td>
</tr>
<tr>
<td>Cognitive profile</td>
<td>0-400</td>
<td>584</td>
</tr>
</tbody>
</table>

CONTEXT AND CONCLUSIONS

GENDER FEMALE  AGE 35  COGNIFIT COMPOSITE INDEX 73

<table>
<thead>
<tr>
<th>INVOLVED IN</th>
<th>% GROUP RISK</th>
<th>% OLIVIA RISK</th>
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<tbody>
<tr>
<td>Accidents with fatalities</td>
<td>1.88</td>
<td>0.92</td>
</tr>
<tr>
<td>Accidents with non-fatal injuries</td>
<td>2.03</td>
<td>1.97</td>
</tr>
<tr>
<td>Accidents with material damages</td>
<td>1.88</td>
<td>1.86</td>
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</table>

Probabilities that a driver with your cognitive profile, gender and age will be involved in a traffic accident.

more info:

https://www.cognifit.com/study-estimation-prediction-vehicle-crash
DESCRIPTION OF THE DRIVING COGNITIVE ASSESSMENT (DAB)

Olivia took the Driving Cognitive Assessment (DAB) on 02/02/21 at 35 years old.

The Driving Cognitive Assessment (DAB) from CogniFit is made up of a set of cognitive tasks that allow users to better understand the skills needed for driving. CogniFit’s Driving Cognitive Assessment (DAB) is an evaluation of the cognitive functions by millions of users over the last 15 years.

This neurocognitive assessment tool helps evaluate a wide range of cognitive skills, driving style, rule compliance, and mental adaptation related to driving.

The automated report from this test will offer conclusions about the functioning of each of the different brain areas and functions.

THE RESULTS FROM THE DRIVING COGNITIVE ASSESSMENTS IS MADE OF THREE PARTS:

01 EVALUATED AREAS
The answers from the questionnaire will be focused on the following areas:
- Rule compliance
- Mental Adaptation
- Driving styles

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 driving style index, mental adaptation, and road safety compliance.
- Specific recommendations and a personalized plan of action.
Since the 1980's, researchers have been studying the relationship between driving vehicles and human behavior, and have detected certain factors that may put human life at risk while driving a vehicle. Some of these factors are substance consumption, weather conditions, road conditions, legislation, the type of vehicle, and the driver's mental and cognitive state and abilities.

OLIVIA SHOWS INDICES THAT WE CONSIDER TO BE POSITIVE FOR DRIVING CITY VEHICLES.

RULE COMPLIANCE
LOW RISK
Rule compliance ensures the physical integrity of both pedestrians and drivers. Failure to abide by the code set by the law is a risk factor directly related to a higher accident and fatality rate.

MENTAL ADAPTATION
LOW RISK
In order to fight against the stress that driving can cause, it is important to know our mental adaptation ability. There are different factors that alter the physical and mental state of the driver, such as the fact of being several hours behind the wheel, traffic jams, bad roads, recklessness of other drivers, sleep, emotional state, personal problems, etc.

DRIVING STYLES
PRUDENT DRIVING STYLE
Aggressiveness, fear, or prudence are factors related to a driving style that may be a risk factor when driving. Making a prudent and thought-out decision can help avoid potential accidents or incidents on the road.
IN DETAIL: AREAS RELATED TO DRIVING

RULE COMPLIANCE
LOW RISK
Olivia presents a high index in rule compliance. Different studies have shown that rule compliance can help prevent accidents on the road.

MENTAL ADAPTATION
LOW RISK
Olivia has a high score in mental adaptation. Mental adaptation prevents us from the stress and mental fatigue caused by driving.
Olivia answered affirmatively to more questions that correspond to driving patterns that we consider prudent. This doesn’t mean that Olivia is always prudent, but that their driving style tends to be prudent.

**Prudent driving style**
- Before starting a long trip, they check the tire pressure, fill up on gas, and look at the forecast.
- Before passing another car, they check multiple times to make sure that they can do so safely.
- They think that patience and prudence are important when driving.
- They often think about the possible consequences of their actions.
- They prefer driving calmly while enjoying the views and the driving itself.

**Nervous driving style**
- They think often about the possibility of getting in a car accident.

**Aggressive driving style**
- They like to see how fast your car can go.
- They would like to have a fast sports car.
- They usually insult other drivers when they do something that they consider to be dangerous or wrong.
- They usually get impatient if things take too long.
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.

OLIVIA'S COGNITIVE PROFILE SHOWS INDICES THAT WE CONSIDER TO BE MODERATELY POSITIVE FOR DRIVING CITY VEHICLES AND COULD BE IMPROVED.

REASONING
551/800
Ability to efficiently use (organize, relate, etc.) acquired information.

MEMORY
442/800
Ability to retain and manipulate new information and recover past memories.

ATTENTION
615/800
The ability to filter distractions and concentrate on relevant information.

COORDINATION
451/800
The ability to efficiently and precisely carry out organized movements.

PERCEPTION
541/800
Ability to interpret stimuli from the environment.
Olivia has presented a profile that is compatible with a moderate cognitive risk. The results from the different areas of the cognitive assessment show that Olivia’s cognitive strengths are the areas of reasoning, memory, attention, coordination and perception. **We recommend bringing this information to a professional** in order to better interpret the skills with lower scores.
IN DETAIL: COGNITIVE AREAS USED IN DRIVING

REASONING
551/800

SHIFTING
Score Received: 551
Olivia received high scores in the area of shifting. Shifting is the brain’s ability to adapt behavior and thoughts to new, changing, or unexpected situations. It is the ability to anticipate problems, make decisions, create alternative solutions, as well as take the initiative to adapt behavior depending on the situation.

MEMORY
442/800

VISUAL SHORT TERM MEMORY
Score Received: 442
Olivia has received high scores in this cognitive skill. Visual short-term memory is the ability to remember visual information over a short period of time.

ATTENTION
615/800

INHIBITION
Score Received: 414
Olivia received high scores in the area of inhibition. Inhibition is the ability to ignore irrelevant stimuli or suppress irrelevant reactions when carrying out a task. For example, you may use inhibition when stopping at a stoplight that just turned red, even though you’re in a hurry.

FOCUSED ATTENTION
Score Received: 630
Olivia received high scores in this cognitive skill. Focus attention makes it possible for the driver to stay alert during long trips that may be tiresome and monotonous. Focus attention makes it possible to pay attention to relevant stimuli while inhibiting those that may be irrelevant.
Driving Cognitive Assessment

### Divided Attention

Score Received: 800

Olivia received a high score in divided attention. Divided attention is what makes it possible for us to control everything that is happening around us at the same time. When driving, this may include paying attention to traffic signs, mirrors, speed, etc., while talking to a friend or listening to the radio.

### Hand-Eye Coordination

Score Received: 179

Olivia has received a low score in hand-eye coordination. This skill is the coordination of the hands and eyes. Hand-eye coordination is a complex skill, as it requires the hand to move depending on the visual stimuli that the eyes receive. This is an essential skill for driving, as it makes it possible to move the vehicle towards the necessary location safely and while avoiding obstacles.

### Response Time

Score Received: 723

Olivia received high scores in response time. This is the ability to perceive a simple stimulus and respond to it. For example, response time would be the time that it takes to start a motor action to break when you see a pedestrian crossing the street.

### Perception

#### Width of Field of View

Score Received: 43

Olivia received low scores in field-of-view. Safe driving requires us to have a good visual and visual-perceptive skills in order to perceive the environment, as well as visual acuity, a complete width-of-field of view, and the necessary optical corrections.
VISUAL SCANNING
Score Received: 781
Olivia received high scores in visual scanning. Visual scanning is the ability to quickly and efficiently discern between pertinent information in the environment. When we drive, we are bombarded with traffic signs, exits, speed limits, and other information that we need to be mindful of in order to be able to react to any unexpected event. This cognitive skill is fundamental to driving safely.

ESTIMATION
Score Received: 800
Olivia has received high scores in estimation. Estimating speed, direction, or distance is one of the skills that we use constantly as we drive, and is essential to driving safely. For example, if you want to pass a car on the road, you need to estimate your speed and the speed of the other car, and estimate the time and distance to be able to pass the other vehicle safely.
EXECUTIVE FUNCTIONS AND DRIVING

Executive functions are sophisticated cognitive skills that make it possible to refine and direct actions, thoughts, and emotions. These executive functions are made up of attention, memory, time management, planning, and shifting, as well as others. Executive functions are mainly located in the prefrontal lobe, and are the most evolved cognitive skills that make it possible to boost and develop abilities.

Executive functions help us:
- Change plans in order to rectify errors.
- Manage time.
- Control automatic behaviors.
- Supervise actions to ensure they are being carried out correctly and without any errors.
- Predict unexpected situations and consequences.
- Make goals.
- Plan and establish the steps to reach a goal.
- Initiate, develop, and complete actions.
- Resist interference, avoiding distractions by irrelevant stimuli.

IT IS POSSIBLE THAT OLIVIA:

**INHIBITION**
- Is able to stay calm when faced with a problem behind the wheel.
- Yields to other cars, even in a hurry.

**SHIFTING**
- Is able to think of new plans if the first one doesn't work.
- Is able to think of alternative options to a problem or situation.

**FOCUSED ATTENTION**
- Is able to concentrate easily and is not easily distracted.
- Completes the things that need to be done quickly and efficiently.

**RESPONSE TIME**
- Responds quickly to unexpected changes.
- Drives fluidly and comfortably.
OLIVIA'S PROFILE

LOW RISK

MODERATE RISK

HIGH RISK

Inhibition

Focused Attention

Response Time

Shifting

OLIVIA'S PROFILE

LOW RISK

MODERATE RISK

HIGH RISK

Driving Cognitive Assessment

Olivia received scores in some executive functions that indicate that these skills are appropriate for the age, which is an indicator of proper cognitive function. Olivia's strongest executive functions are inhibition, focused attention, shifting and response time. We recommend repeating this assessment or talking to a professional to discuss the results in the cognitive profile.
Olivia has received good scores in all of the areas evaluated. This means that Olivia maintains proper cognitive function, has a good attitude when driving, has an appropriate driving style, and follows the rules of the road.

Olivia answered affirmatively to more questions that correspond to driving patterns that we consider prudent. This doesn’t mean that Olivia is always prudent, but that their driving style tends to be prudent.

In addition to the interpretation of the areas and cognitive profile assessed, the following criteria must be taken into account by a qualified professional:

**General criteria from the questionnaire that Olivia responded YES to:**
- Frequently uses a tablet or touchscreen.
- Is right-handed.
- Uses hearing aids.
- Uses glasses or contact lenses.
- Their work requires them to drive.

**General criteria from the questionnaire that Olivia responded NO to:**
- Frequently uses a computer mouse.

According to the data collected, Olivia received appropriate scores in mental adaptation, rule compliance, driving style, and cognitive profile. However, we recommend continuing to improve the cognitive skills that play a role in safe driving.

A brain training regimen can help maintain good cognitive skills and boost and improve weaker skills. CogniFit offers a series of games to help train executive functions and other cognitive 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 Olivia’s life and may vary over time.

**COMMENTS**

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