The Efficacy of Working Memory Training

Au, J., Sheehan, E., Tsai, N., Duncan, G.J., Buschkuehl, M., & Jaeggi, S.M. (2015). Improving fluid intelligence with training on working memory: a meta-analysis. *Psychonomic Bulletin & Review, 22,* 366-377. doi: 10.3758/s13423-014-0699-x.

Dougherty M. R., Hamovitz T., Tidwell J. W. (2016). Reevaluating the effectiveness of n-back training on transfer through the Bayesian lens: Support for the null. *Psychonomic Bulletin & Review*, 23, 206–316.

Dunning D. L., Holmes J., Gathercole S. E. (2013). Does working memory training lead to generalized improvements in children with low working memory? A randomized controlled trial. *Developmental Science*, 16, 915–925.

Harrison T. L., Shipstead Z., Hicks K. L., Hambrick D. Z., Redick T. S., Engle R. W. (2013). Working memory training may increase working memory capacity but not fluid intelligence. *Psychological Science*, 24, 2409–2419.

Jaeggi S. M., Buschkuehl M., Jonides J., Perrig W. J. (2008). Improving fluid intelligence with training on working memory. *Proceedings of the National Academy of Sciences, USA*, 105, 6829–6833.

Jaeggi S. M., Buschkuehl M., Jonides J., Shah P. (2011). Short- and long-term benefits of cognitive training. *Proceedings of the National Academy of Sciences, USA*, 108, 10081–10086.

Jaeggi S. M., Buschkuehl M., Shah P., Jonides J. (2014). The role of individual differences in cognitive training and transfer. *Memory & Cognition*, 42, 464–480.

Karbach J., Verhaeghen P. (2014). Making working memory work: A meta-analysis of executive-control and working memory training in older adults. *Psychological Science*, 25, 2027–2037.

Klingberg T., Fernell E., Olesen P. J., Johnson M., Gustafsson P., Dahlström K., . . . Westerberg H. (2005). Computerized training of working memory in children with ADHD—A randomized, controlled trial. *Journal of the American Academy of Child & Adolescent Psychiatry*, 44, 177–186.

Klingberg T., Forssberg H., Westerberg H. (2002). Training of working memory in children with ADHD. *Journal of Clinical and Experimental Neuropsychology*, 24, 781–791.

Melby-Lervåg M., Redick T., Hulme C. (2016). Working memory training does not improve performance on measures of intelligence or other measures of “far transfer”: Evidence from a meta-analytic review. *Perspectives on Psychological Science*, 11, 512–534.

Protzko, J. Effects of cognitive training on the structure of intelligence. *Psychon Bull Rev, 24*, 1022–1031 (2017). https://doi.org/10.3758/s13423-016-1196-1

Redick T. S. (2015). Working memory training and interpreting interactions in intelligence interventions. *Intelligence*, 50, 14–20.

Redick T. S., Shipstead Z., Harrison T. L., Hicks K. L., Fried D. E., Hambrick D. Z., . . . Engle R. W. (2013). No evidence of intelligence improvement after working memory training: A randomized, placebo-controlled study. *Journal of Experimental Psychology: General*, 142, 359–379.

Shipstead, Z., Redick, T. S., & Engle, R. W. (2012). Is working memory training effective?. *Psychological Bulletin*, *138*(4), 628-654.

Simons, D. J., Boot, W. R., Charness, N., Gathercole, S. E., Chabris, C. F., Hambrick, D. Z., & Stine-Morrow, E. A. L. (2016). Do “Brain-Training” Programs Work? Psychological Science in the Public Interest, 17(3), 103-186. https://doi.org/10.1177/1529100616661983

Spencer-Smith M., Klingberg T. (2015). Benefits of a working memory training program for inattention in daily life: A systematic review and meta-analysis. *PLoS ONE*, 10(3), e0119522.

von Bastian C. C., Langer N., Jäncke L., Oberauer K. (2013). Effects of working memory training in young and old adults. *Memory & Cognition*, 41, 611–624.

von Bastian, C. C., Belleville, S., Udale, R. C., Reinhartz, A., Essounni, M., & Strobach, T. (2022). Mechanisms underlying training-induced cognitive change. *Nature Reviews Psychology*, *1*(1), 30-41.