

Descriptive Data - Jaeggi et al., 2008

(all 4 training/control groups combined)

Digit Span Task:

Descriptive Statistics

	group	Mean	Std. Deviation	N
digit span task pre	training	14.94	3.393	34
	no training	15.97	3.618	35
	Total	15.46	3.521	69
digit span task post	training	17.79	4.147	34
	no training	16.43	3.935	35
	Total	17.10	4.070	69

Reading Span Task:

(note: we don't have RST in the 8-day group)

Descriptive Statistics

	group	Mean	Std. Deviation	N
reading span task - correct remembered words pre	training	30.77	8.482	26
	no training	34.67	11.300	27
	Total	32.75	10.115	53
reading span task - correct remembered words post	training	36.92	11.168	26
	no training	41.52	15.215	27
	Total	39.26	13.457	53

Matrix Reasoning:

(note: the 8-day group did RAPM, whereas the others did BOMAT)

Descriptive Statistics

	group	Mean	Std. Deviation	N
fluid intelligence - correct responses pre	training	9.59	3.465	34
	no training	9.63	3.209	35
	Total	9.61	3.313	69
fluid intelligence - correct responses post	training	11.82	3.398	34
	no training	10.51	3.721	35
	Total	11.16	3.600	69