Playing video games an hour a day helps train your brain, NTU psychology research shows

An NTU psychology research study shows that casual gaming can help improve a person’s performance on tasks requiring similar mental processes to those involved in the game.

The research was published in the open-access journal *PLOS ONE* by Asst Prof Michael Patterson and graduate student Adam Chie-Ming Oei.

This is the first study to compare multiple video games at once, showing that different games improve different skill sets. It has garnered worldwide attention, with its findings featured on *Healthline, The Telegraph and Science Daily*.

“This study, along with many studies from other laboratories, demonstrates that video gaming is not all bad or a waste of time,” Asst Prof Patterson said in an interview with *Healthline*.

“The games we used were not designed to improve cognitive functioning, or to educate. But perhaps in the future, together with game designers, we could improve education and learning by using the techniques of game design in education.”

Read more in:

- [http://www.sciencedaily.com/releases/2013/03/130313182142.htm](http://www.sciencedaily.com/releases/2013/03/130313182142.htm)