MyCognition

NHS GoodThinking and MyCognition For London's Mental Fitness

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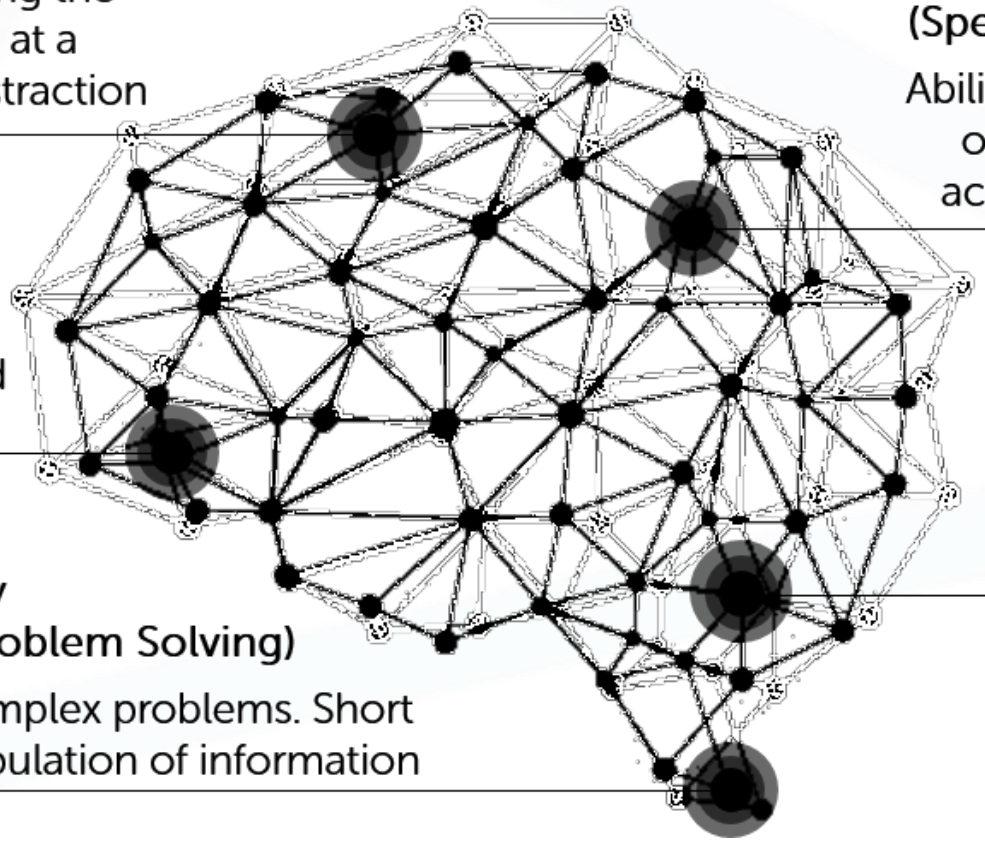
Cognition controls your behaviour and emotions, and has a major impact on your performance, abilities and control in your life…



Attention (Concentration)

Selectively focusing the mind on one task at a time, blocking distraction

Processing Speed (Speed And Accuracy)

Ability to perform sequences of tasks with smoothness, accuracy and coordination

Episodic Memory (Memory)

Recall of times, places, and contextual knowledge

Executive Function (Planning And Strategy)

Managing all cognitive abilities to plan for the future

Working Memory (Calculation & Problem Solving)

Finding solutions to complex problems. Short term storage and manipulation of information

…but in a poor state cognition has a major impact on your mental health

Attention
(Concentration)

Easily distracted; don't get anything done

Processing Speed
(Speed And Accuracy)

Slow and indecisive

Episodic Memory
(Memory)

Foggy / Forgetful

POOR COGNITIVE FITNESS – a significant component and cause of

- **Mental Illness**
- **Low productivity**
- **Low life achievement**
- **Lack of independence**

Executive Function
(Planning And Strategy)

Stuck in a rut; poor self-control

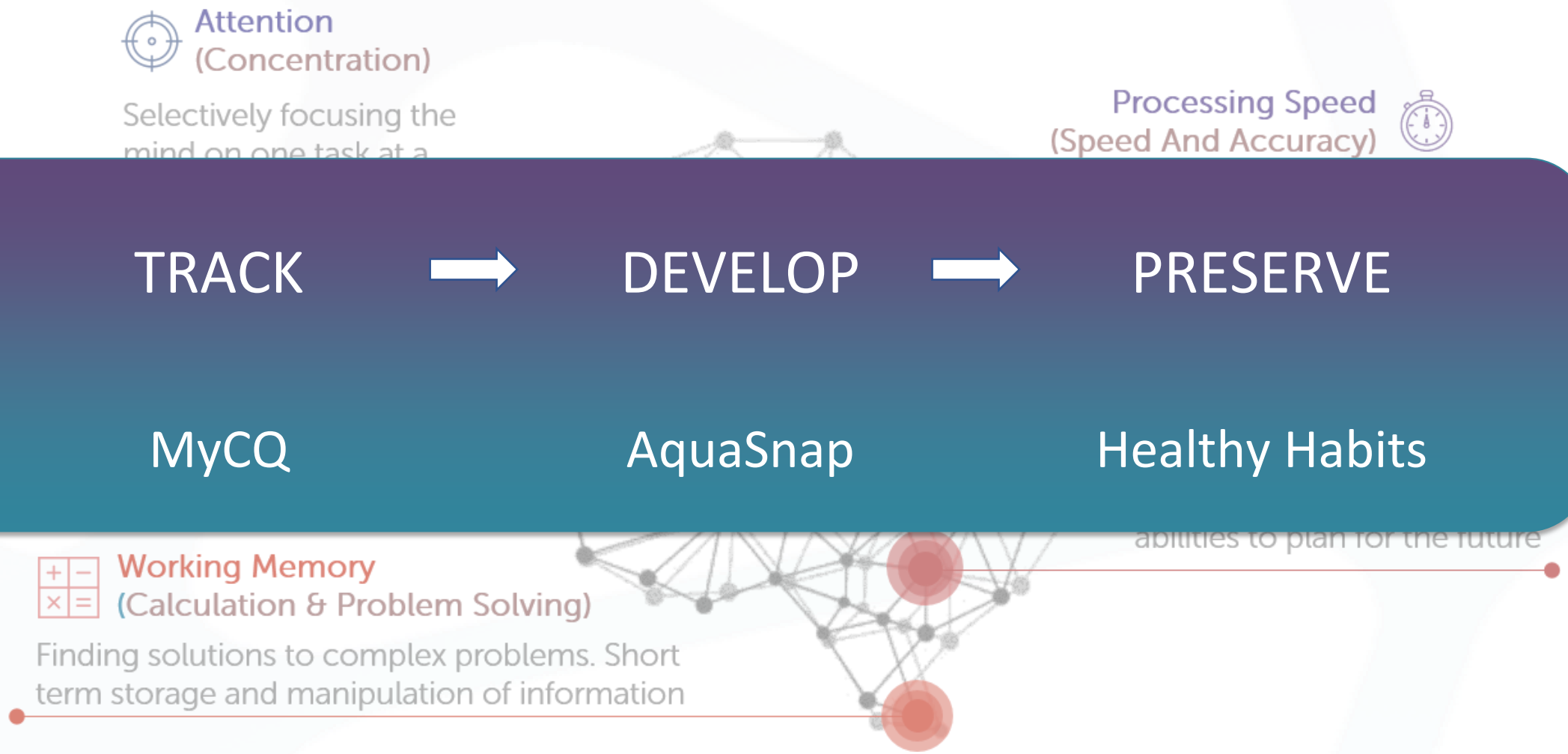
Working Memory

Paralysis – can't make decisions

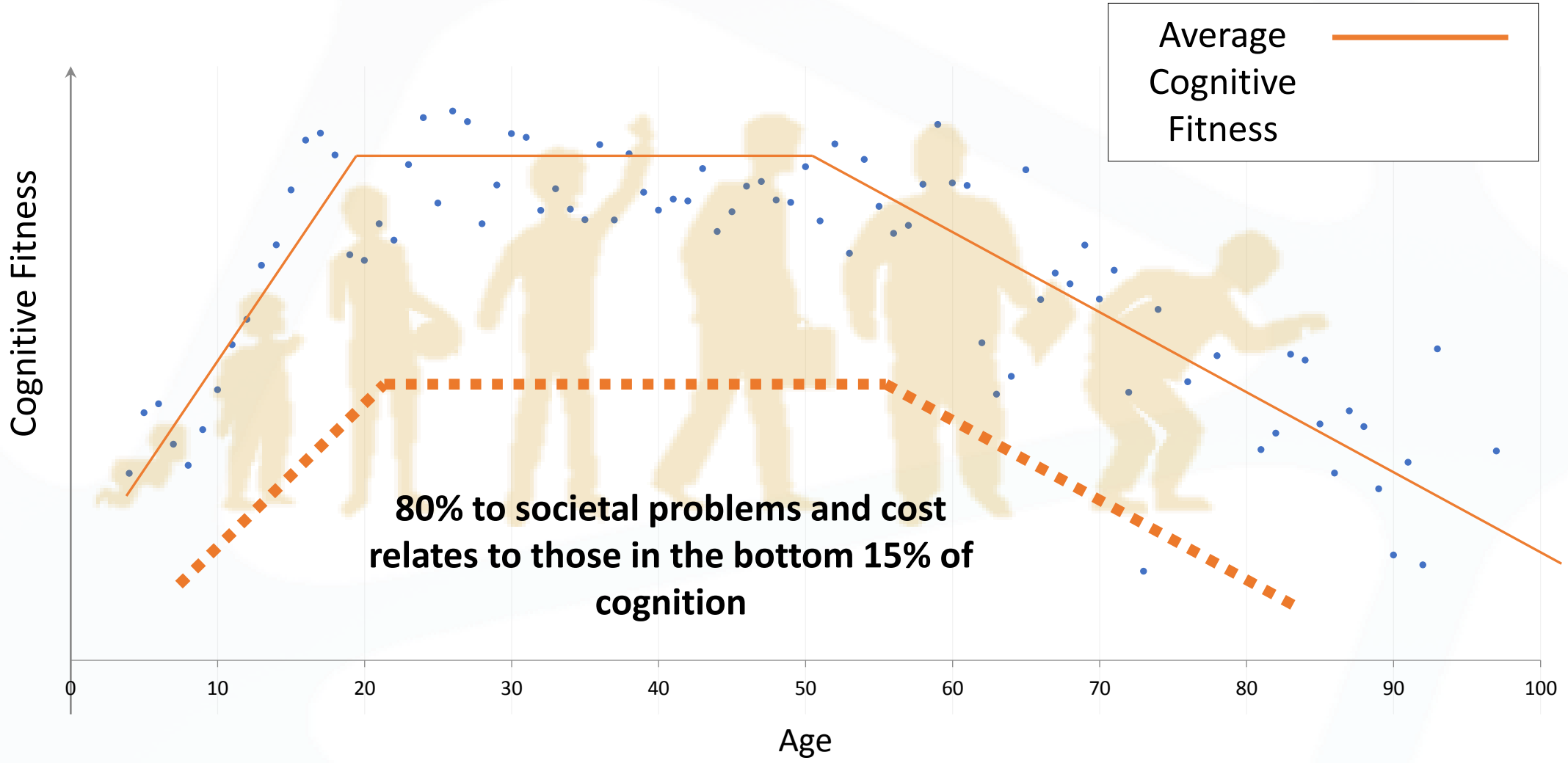
So, what can we do about this?

The MyCognition app automatically assesses, develops and strengthens your cognition

TRACK	DEVELOP	PRESERVE
MyCQ	AquaSnap	Healthy Habits

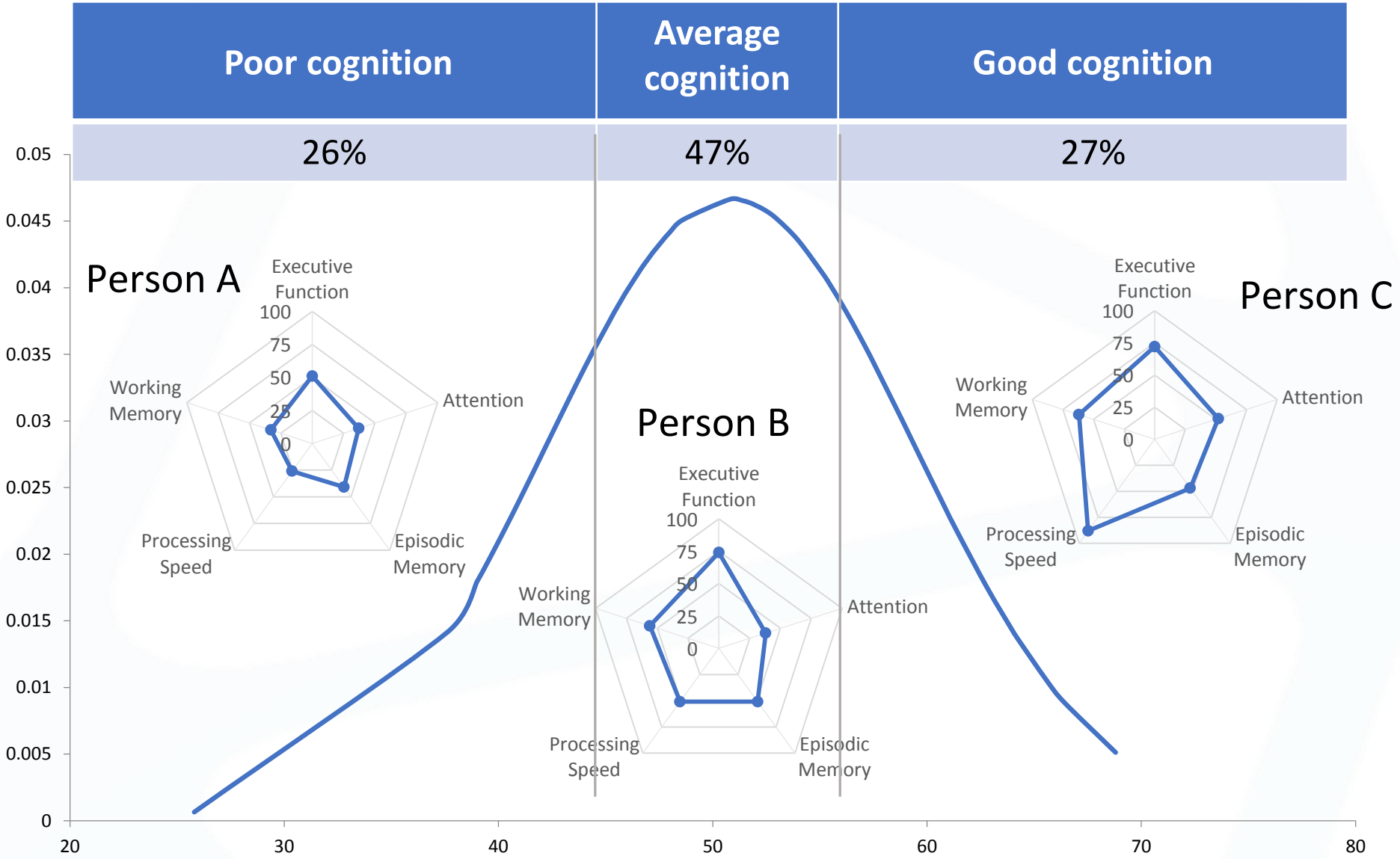


Tracking cognition… 80% of societal difficulties and costs are linked to poor cognition → health care / social care / CJS / productivity, etc.



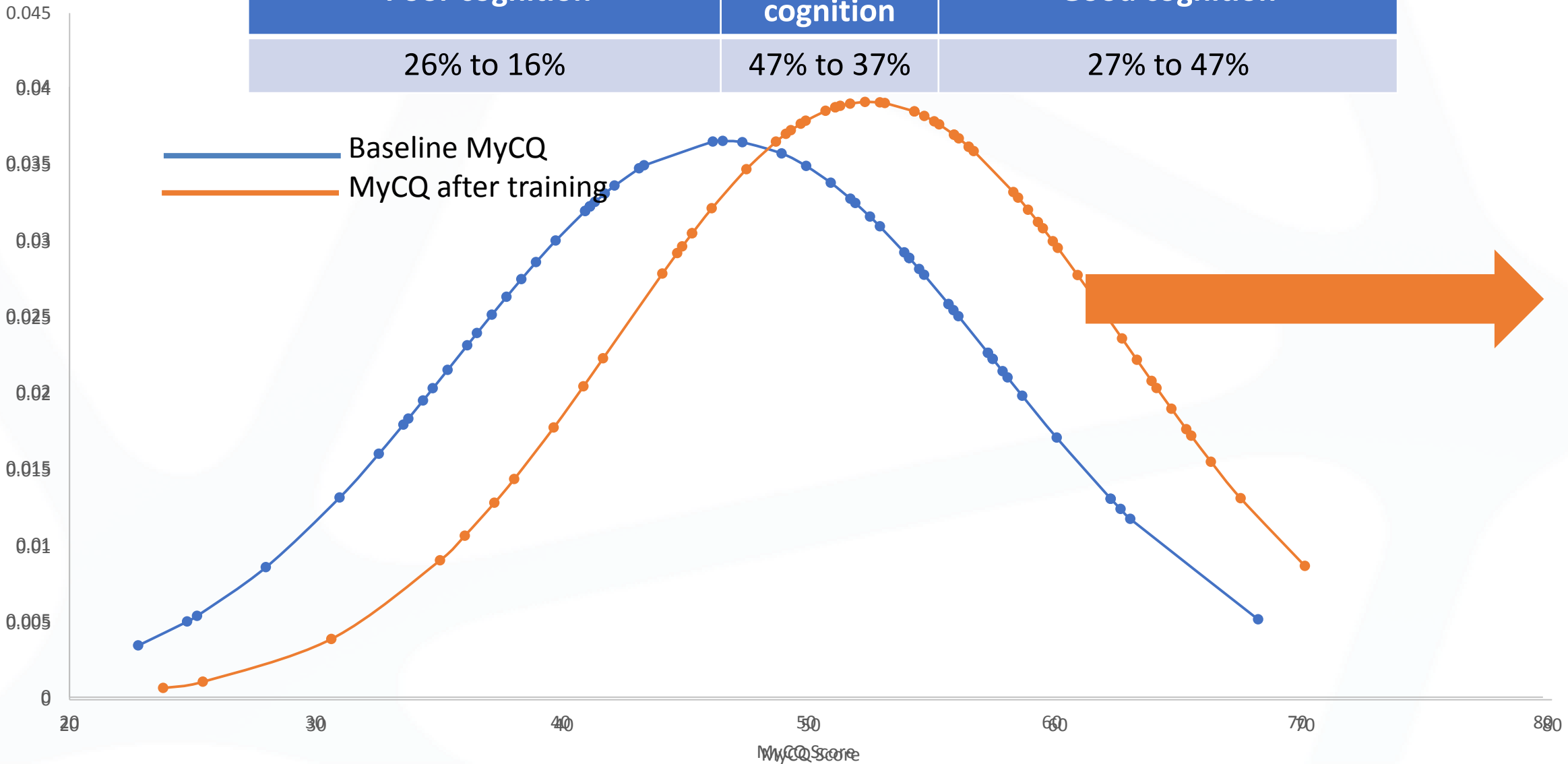
Cognitive profile of the Good Thinking community – July/August 2019

Tracking London's population - the profiles show clear cognitive deficits in some domains

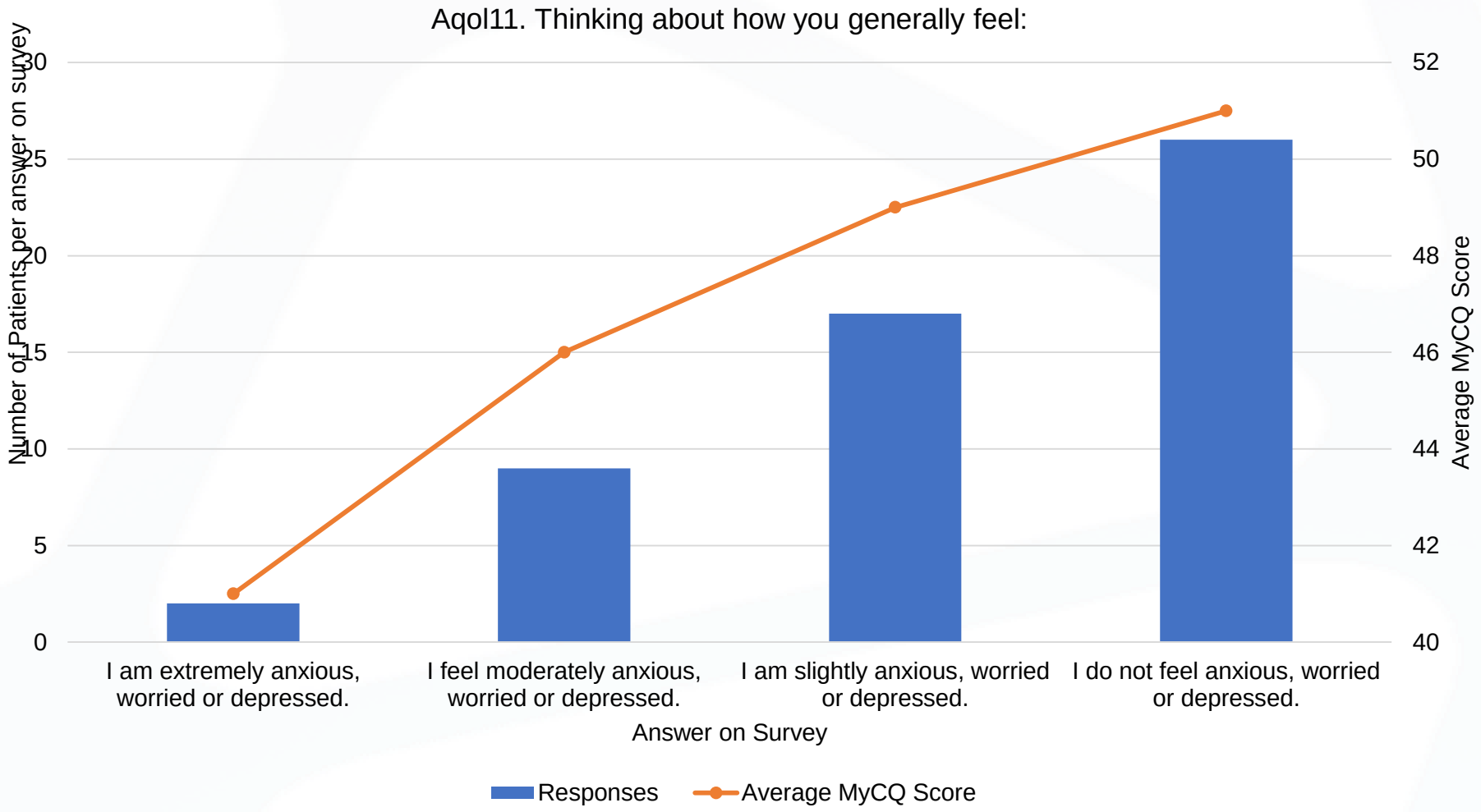


In a similar population we have developed the cognition of people with AquaSnap – from poor to better health states

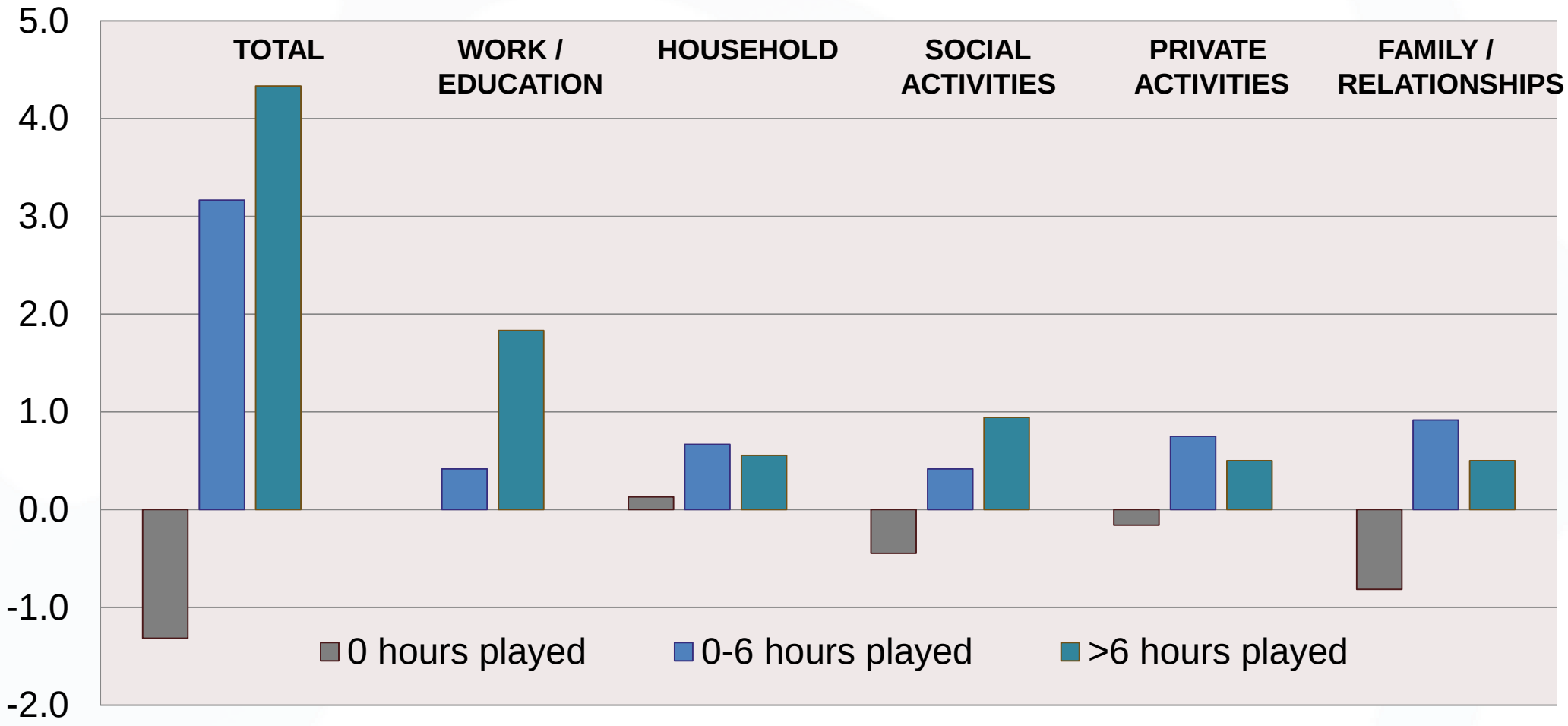
Poor cognition	Average cognition	Good cognition
26% to 16%	47% to 37%	27% to 47%



Real-word evidence shows the link of cognitive fitness to quality of life measurements in adults



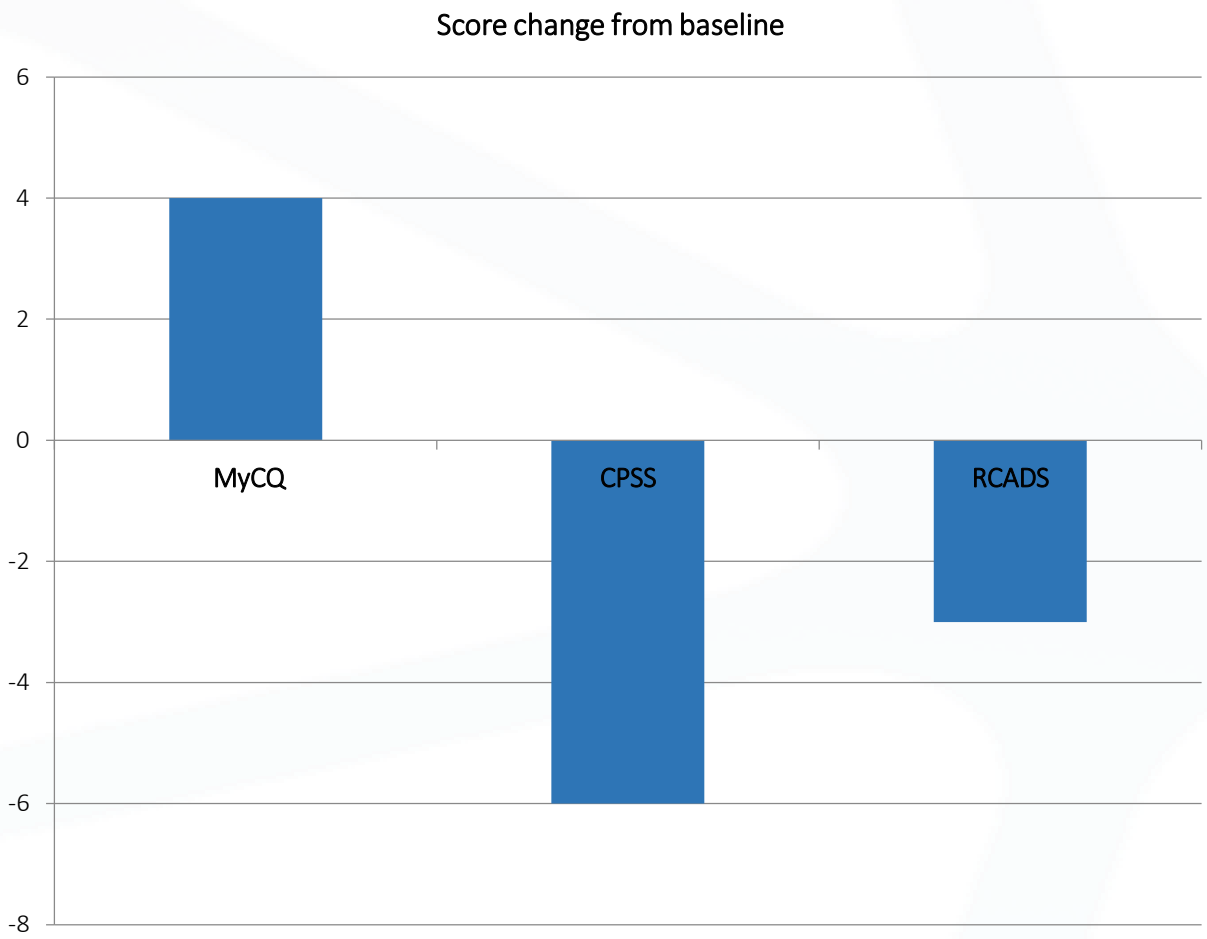
Clinical research shows benefits of AquaSnap training on psychosocial functioning, including ability to work and relationships with others



Clinical research shows improvement in children cognition linked to improved mental wellbeing

The MyCognition programme has been adopted by the “Be Brave Ranch”, a specialised treatment facility in Canada, in collaboration with University of Alberta, as a part of a novel, intensive, residential program to help children aged 8-12 who have been victims of Children Sexual Abuse (CSA).

Results show improved cognition together with decreased symptoms of PTSD, Anxiety and Depression



- Child post traumatic stress disorder symptom scale
- Revised child anxiety and depression scale

How does this to relate to NHS Good Thinking?

- Londoner's can…
  - Track their cognition - their mental health
  - Develop and strengthen their cognition with our AquaSnap training game
  - Enhance and maintain their cognition through Healthy Habit building
- This will help those who can take responsibility for their health; good for them, the NHS and society