

■ Table 17.1 ■

**Measures of Cognitive Performance Commonly  
Used in Studies Testing the Effects of Physical Activity**

| Variable or concept       | Measure or tool                 | Dimension or characteristic             | Source                               | Website  |
|---------------------------|---------------------------------|---|--------------------------------------|--|
| Attention and orientation | Reaction time                   | Computer administered                   |                                      | <a href="http://www.pstnet.com">www.pstnet.com</a><br><a href="http://www.lafayetteinstrument.com">www.lafayetteinstrument.com</a>                                 |
| Attention and orientation | Stroop Color and Word Tests     | Paper version                           | Stroop (1935)                        | <a href="http://www.parinc.com">www.parinc.com</a><br><a href="http://www.mhs.com">www.mhs.com</a><br><a href="http://www.stoeltingco.com">www.stoeltingco.com</a> |
| Memory                    | California Verbal Learning Test | Paper version and computer administered | Delis, Kramer, Kaplan, & Ober (1987) | <a href="http://www.pearsonassess.com/pai/">www.pearsonassess.com/pai/</a>   |
| Memory                    | Auditory Verbal Learning Test   | Paper version                           | Rey (1941)                           | <a href="http://www.parinc.com">www.parinc.com</a>   |
| Memory                    | Digit Span Test                 | Paper version                           | Wechsler (1997)                      | <a href="http://www.pearsonassess.com/pai/">www.pearsonassess.com/pai/</a>   |
| General cognition         | Mini-Mental Status Exam (MMSE)  | Paper version                           | Folstein, Folstein, & McHugh (1975)  | <a href="http://www.parinc.com">www.parinc.com</a>   |
| Executive function        | Stroop Interference Test        | Paper version                           | Stroop (1935)                        | <a href="http://www.parinc.com">www.parinc.com</a><br><a href="http://www.mhs.com">www.mhs.com</a><br><a href="http://www.stoeltingco.com">www.stoeltingco.com</a> |
| Executive function        | Trail Making Test (TMT)         | Online version                          | Partington (1949)                    | <a href="http://www.parinc.com">www.parinc.com</a>   |
| Executive function        | Trail Making Test (TMT)         | Paper version                           | Partington (1949)                    | <a href="http://www.mhs.com">www.mhs.com</a><br><a href="http://www.stoeltingco.com">www.stoeltingco.com</a><br><a href="http://www.parinc.com">www.parinc.com</a> |
| Executive function        | Flanker Test                    | Computer administered                   | Eriksen & Schultz (1979)             | <a href="http://www.pstnet.com">www.pstnet.com</a>   |