



윤 보 라

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## Current research in action: Cognitive assessment

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Traditional approaches to measuring cognitive function have relied on testing procedures administered by trained technicians, in laboratory or clinical settings, and usually on a single occasion. Computer-based platform for cognitive tests developed to overcome the drawbacks of traditional cognitive testing also have disadvantages and limitations. As portable media devices, such as smartphones, have become an increasingly pervasive part of our lives. Recent advances in mobile technology have enabled researchers to embed objective assessments of cognitive function. Mobile cognitive assessments promote patient-centered care and enhance capacity to inform individual-level outcomes over time (i.e. detecting subtle declines in cognitive function), as well as in assessing cognition and its correlates in the naturalistic environment. Several applications are already developed and being tested. Moreover, mobile cognitive tests can be delivered at any time during a person's daily life, thus, given the ubiquity of mobile devices in daily life, it is now possible to administer measures throughout the day rather than only when respondents are restricted to the certain environment. Aggregated within-person estimates of cognitive functioning may produce more stable estimates of these variables by collecting data on the same test over time, as seems likely in symptom measures. Although researches including self-administered mobile cognitive assessments or ambulatory cognitive assessments have begun to explore the utility of mobile cognitive assessments, studies to-date indication they may be a promising complementary tool to traditional assessment methods with potential to improve clinical care and research.

**Key Words:** Cognitive assessment, Neuropsychological test, Cognitive testing, Cognition

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