1. Training programs used to increase cognitive reserves focus on:
   A. support for cognitive training.
   B. transfer of training results.
   C. design of online training programs.
   D. participation of older adults.

2. Positive motivational exercises for the use of an online training program are:
   A. game-based elements.
   B. stress-reduction drills.
   C. memory-related studies.
   D. time-based word exercises.

3. Older adults’ use of cognitive training programs increased when they were supported by:
   A. study researchers.
   B. design experts.
   C. fellow resident participants.
   D. formal and informal caregivers.

4. The aim of this study was to learn how often older adults use:
   A. features of cognitive training platforms.
   B. technical support to improve confidence.
   C. cognitive training to improve cognitive functioning.
   D. motivational strategies to improve cognitive function.

5. The research study design used was:
   A. quasi-experimental.
   B. randomized-controlled.
   C. case-based.
   D. cross-sectional.

6. On average, how many days did participants use the platform during the 50-day use period?
   A. 15.
   B. 26.
   C. 30.
   D. 43.
7. Which platform component achieved the highest acceptance rate?
   A. Audio–video feedback.
   B. Graphic design.
   C. Speech input.
   D. Exercises.

8. The primary reason for home visits by technicians was related to:
   A. problems with Internet connectivity.
   B. Chrome™ browser setup.
   C. fear of not managing initial setup.
   D. memory lapses by participants.

9. Following the study, participants reported an improved:
   A. quality of life.
   B. knowledge of health.
   C. mental alertness.
   D. physical endurance.

10. A limitation of the study was its:
    A. large sample size.
    B. length of time.
    C. skilled computer users.
    D. well-educated sample.

11. According to the study, nurses’ role for cognitive training changes from:
    A. clinician to tutor.
    B. manager to technician.
    C. administrator to communicator.
    D. educator to cognitive trainer.

12. Organizations that are least apt to offer cognitive training are:
    A. memory clinics.
    B. senior centers.
    C. adult education centers.
    D. fitness clubs.

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<th>CNE Answers</th>
<th>AUGUST 2015</th>
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