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Role of Variety in Cognitive Improvement From Action Video Games

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Abstract

Participants were divided into three groups. One group played Call of Duty: Black Ops Multiplayer in a variety of maps for 9 hours over 2 weeks, another played in the just one map for 9 hours over 2 weeks, and the last did not play any video games for the duration of the study. All groups took three measures of visual attention skill at the start and close of the study: Useful Field of View (UFOV), Multiple Object Tracking (MOT) and Attentional Blink (AB). Results indicate that those who played Call of Duty did not improve more than those who did not from pretest to posttest, regardless of group.