# Comparative 46-person Study for *Ign*Cogni

Difference between people who had Covid (31) and people who never had Covid (15)

Results before intake of *Ign*Cogni and after 1 month and again after 2 months of use

In all tests below, initial results of people who had Covid were much worse than the results for people who never had covid. Covid had a negative influence on the ability to concentrate, attention, and brain activity.

After one month, and again after two months of using *Ign*Cogni, results in both groups improved, but especially in the Covid group.

Time Needed to Complete All Tests (min.)
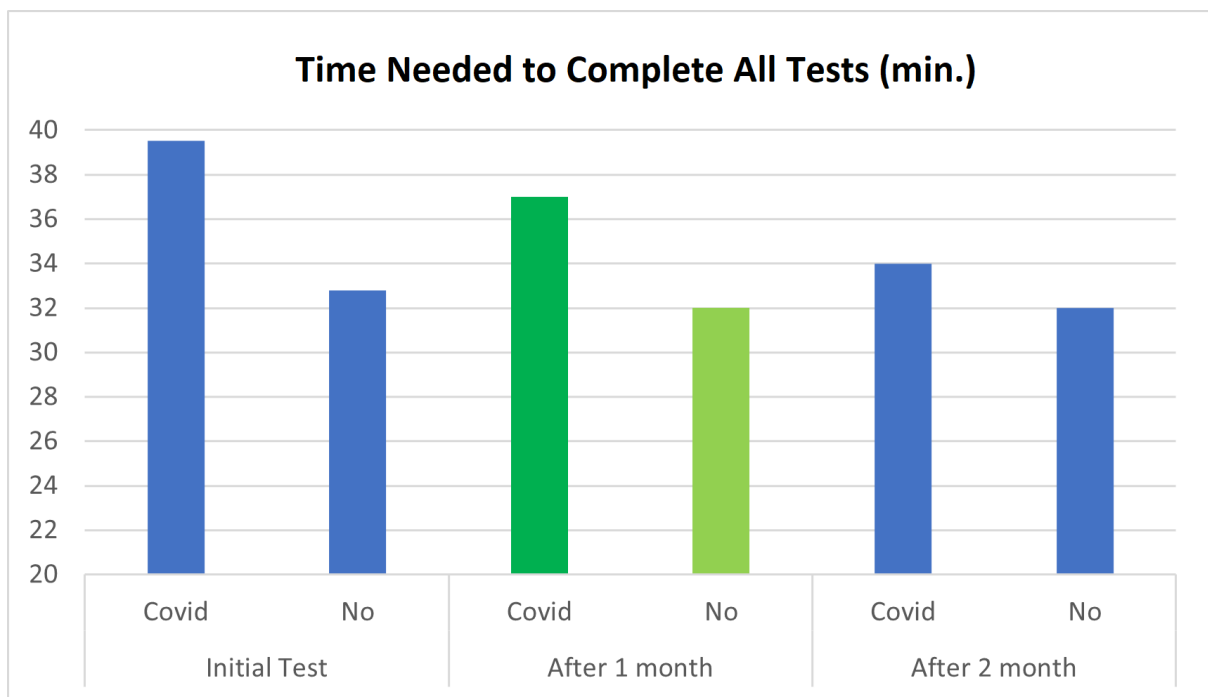
Time Needed to Complete All Tests (min.)

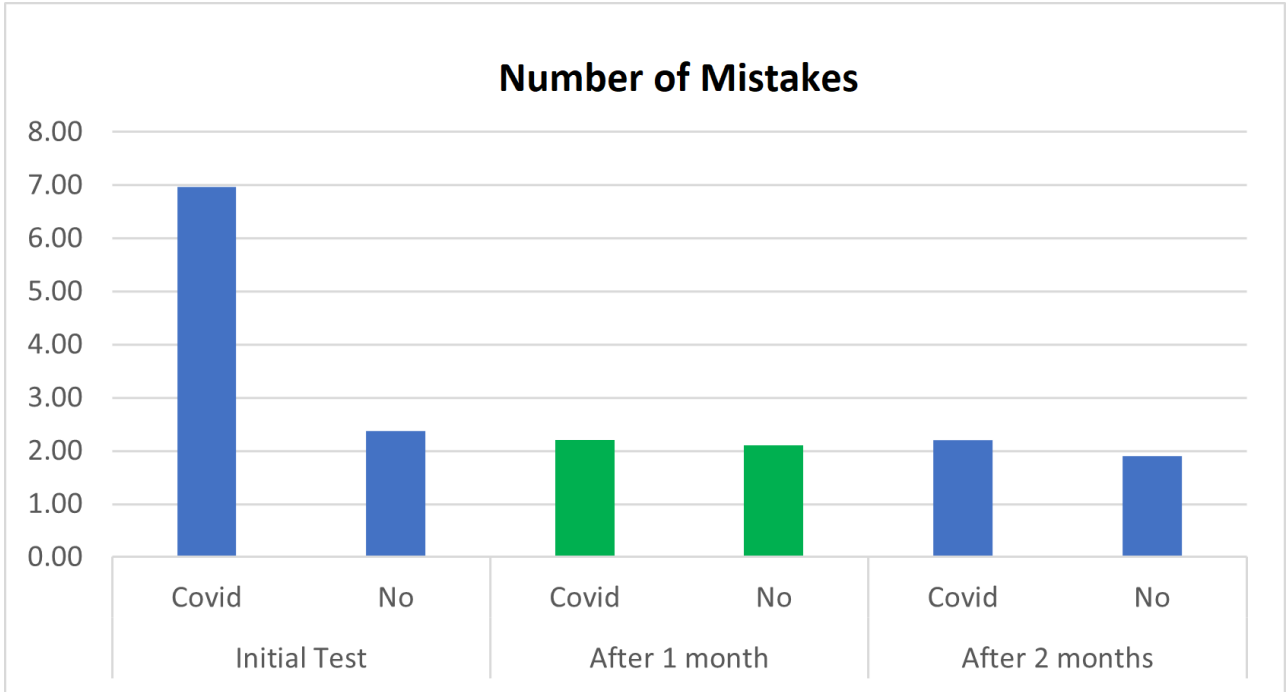| Initial Tests		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
39.5	32.8	37.2	34.3	34.0	32.1

Operational Memory

Participants were presented with digits from 1 to 9. Each row (presentation) contained 5 digits. The task was to do the following with each row of 5 numbers: add the first number to the second. the second to the third. the third to the fourth. the fourth to the fifth. The addition results - four numbers should be added to the appearing table. Example: displayed numbers 4. 7. 3. 2. 5. Calculation: 4+7=11. 7+3=10. 3+2=5. 2+5=7; you write in cells 11. 10. 5. 7. Test is repeated 10 times.
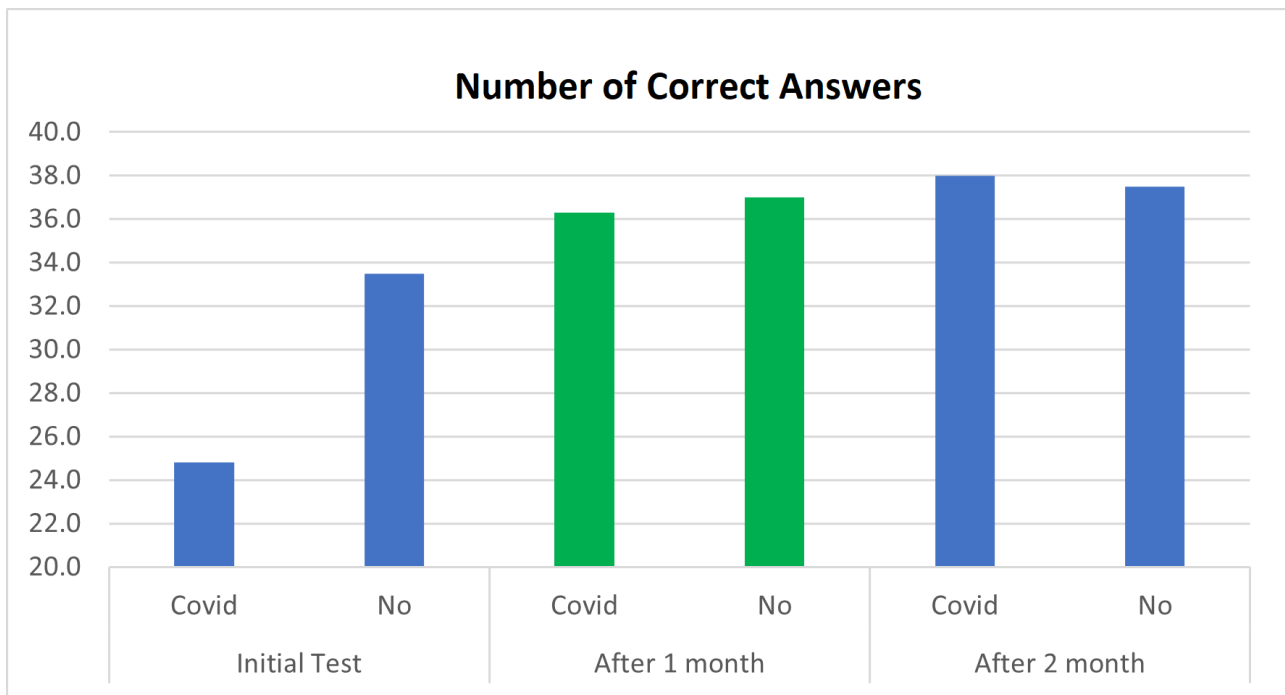
Number of Correct Answers

Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
24.8	33.5	36.3	37.1	38.0	37.5

Number of Mistakes

Number of Mistakes

Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
7.0	2.4	2.2	2.1	2.2	1.9

Quality of Performance (Thorndike's test)

Calculation was done by the standard table, with each error or missing number subtracting 2 units from the total score.
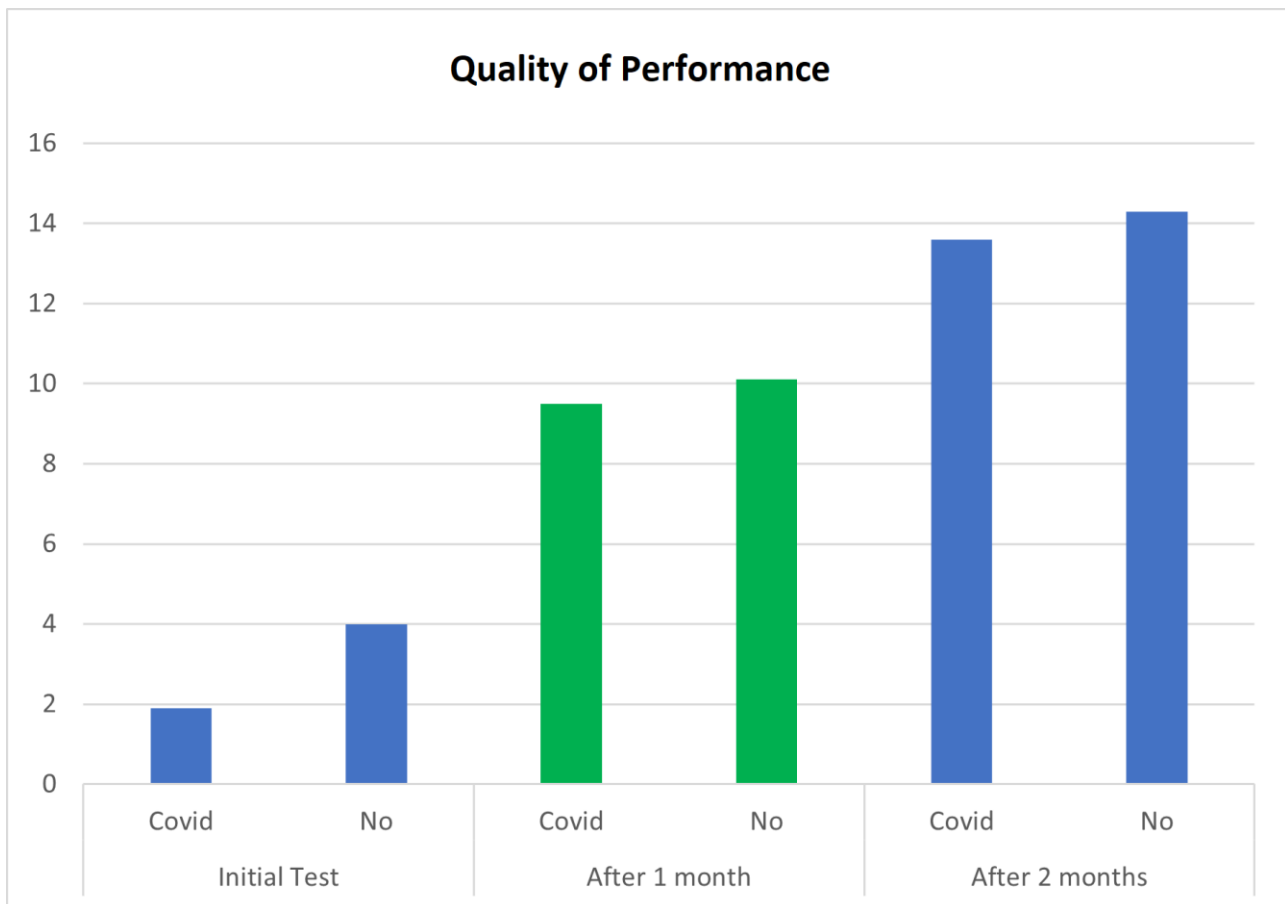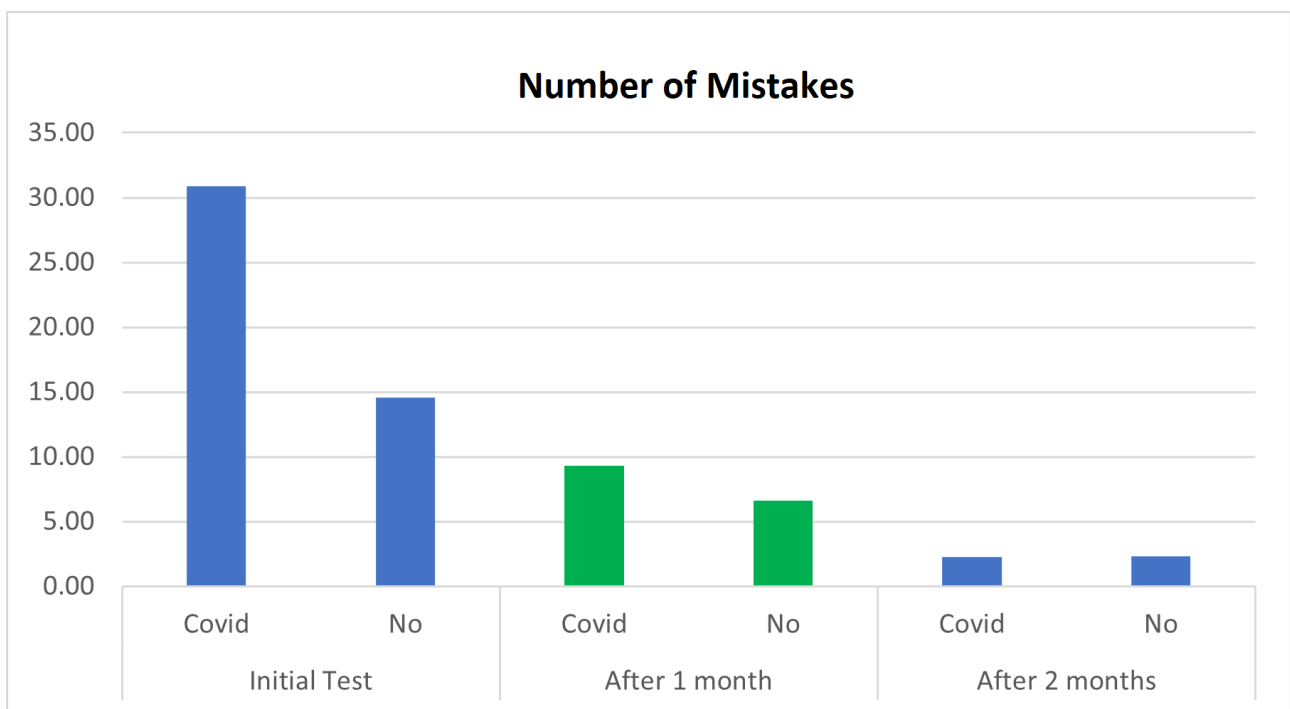

Quality of Performance

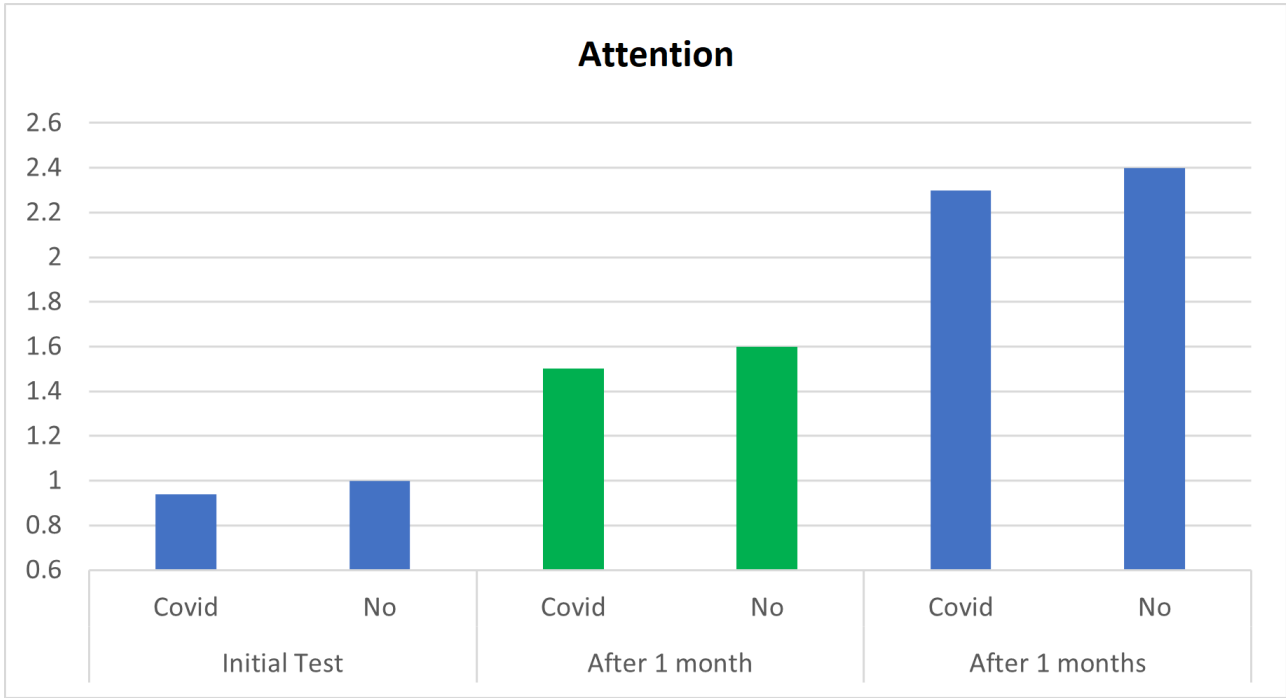| Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
1.9	4.0	9.5	10.1	13.6	14.3

Attention (Kraepelin Counting)

Participants were presented with 20 rows of 15 pairs of numbers (300 total). Your task is to add pairs of numbers in each row one below the other and enter the result of the addition in the box below them.

Number of Mistakes

Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
30.9	14.6	9.3	6.6	2.3	2.3

Attention

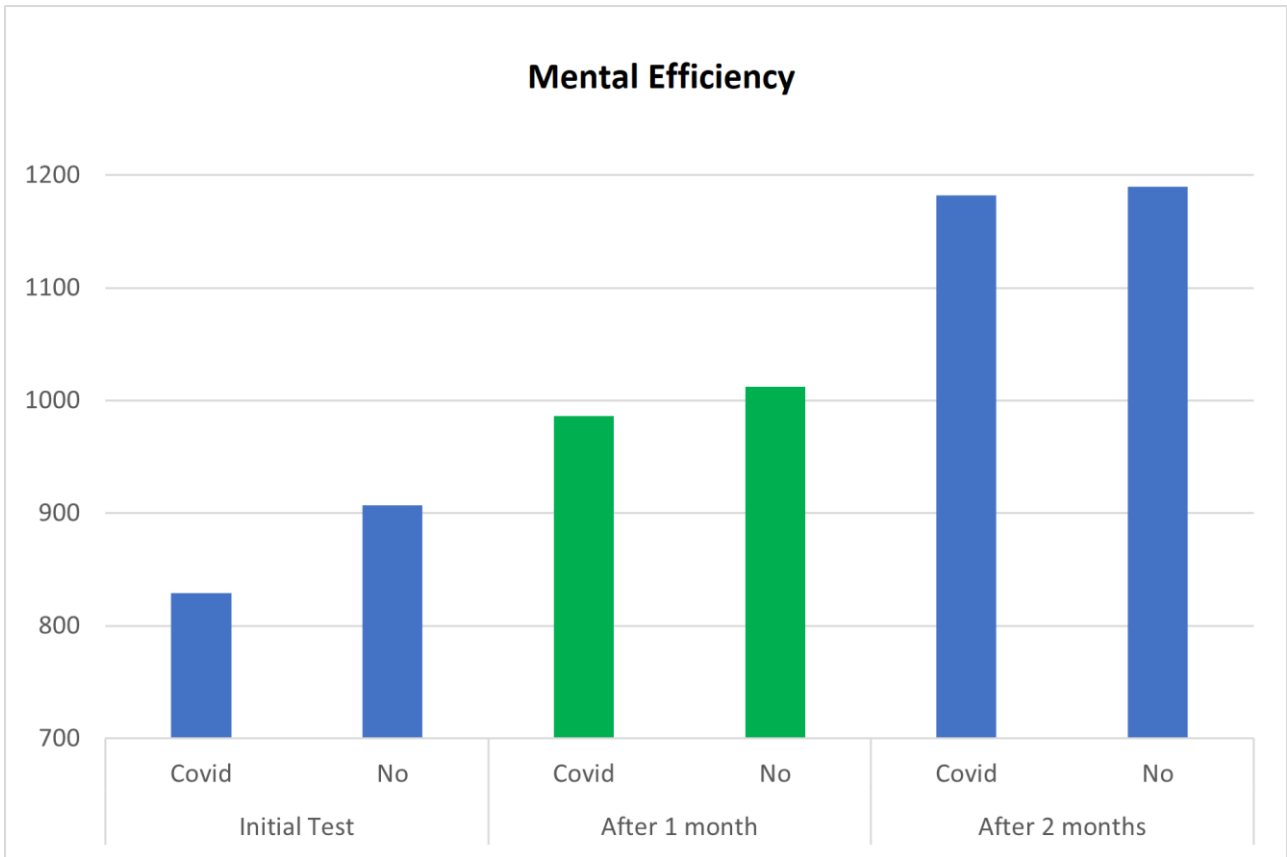| Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
0.9	1.0	1.5	1.6	2.3	2.4

Correction tests (with numbers)

Participants were presented with a table of a random set of 1080 numbers: 36 lines of 30 characters each, and a digit at the top. Your task is to look through the table as quickly as possible, find and mark with the mouse the digit indicated at the top.
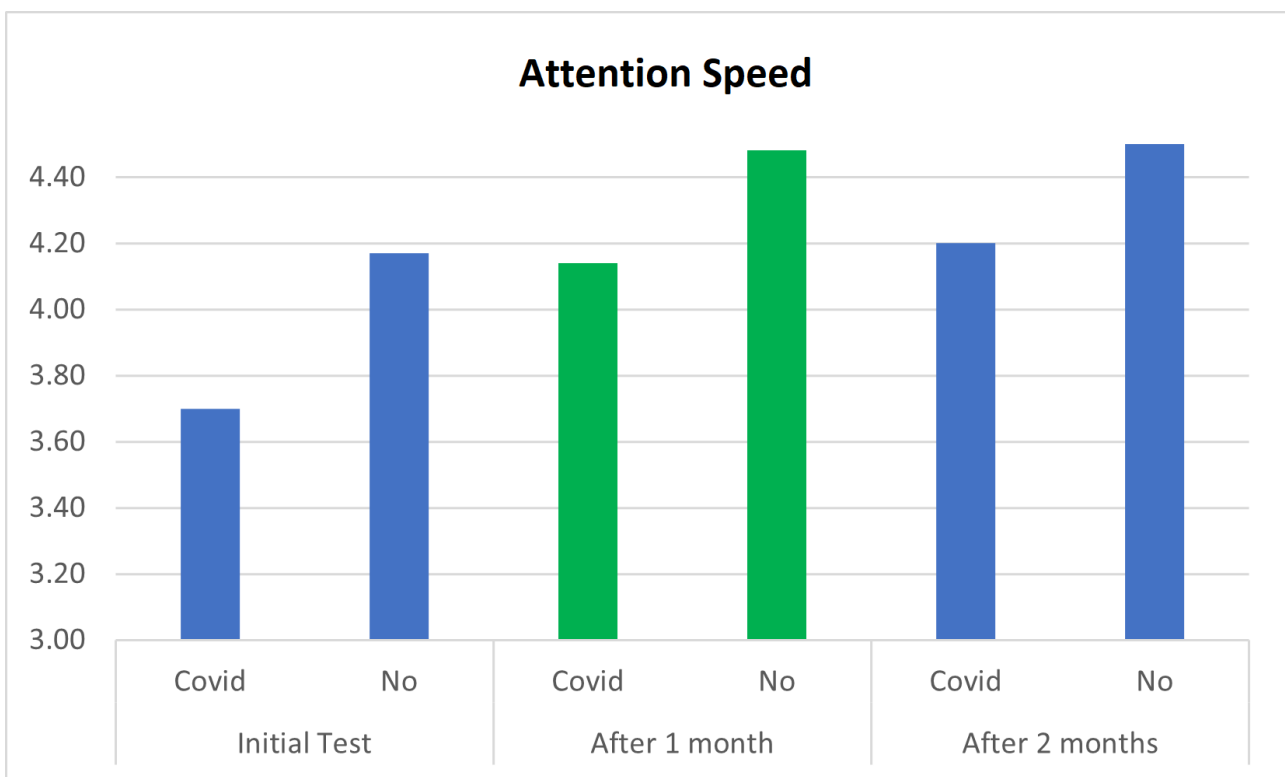
Attention Speed

Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
3.7	4.2	4.1	4.5	4.2	4.5

Mental Efficiency

Mental Efficiency

Initial Test		After 1 month		After 2 months	
Covid	No	Covid	No	Covid	No
829	907	986	1012	1182	1190