**Usability study of a web-based cognitive training program to enhance problem-solving in healthy older people\***

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The development of web-based cognitive enhancement programs is becoming a priority for reducing the impact of ageing on quality of life. To be most effective, these tools should have high ecological validity and should be easily accessible, adaptive, and customizable. Exercises with a high ecological validity are exercises that train participants on typical tasks required in everyday life, thus enabling a positive impact on the participants’ quality of life.

A pilot study with a group of healthy older adults tested the usability of the computerized training task “Weekend in Rome”. Users have to plan a two-day vacation in Rome (Gaspari et al., 2019). In addition to making train and hotel reservations, a list of activities to be accomplished is given (such as locations to visit, or events to attend). Executing these tasks, users navigate a map where all the challenges which are typical of planning a trip in real life (e.g., reservations, bus schedules, or opening hours) can be mastered.

This training will be ecological, engaging, adaptive, incremental. This task is designed to improve participants’ problem-solving abilities, but also to boost confidence with technological tools and internet-based activities.

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