

Breaking News English.com

Brains do not slow down until after 60 – 21st February, 2022

Level 4

Scientists now doubt that our brain's processing speed declines from the age of 20. Until now, they thought our brain power peaked at 20 and went down after that. Researchers said older people do not need to worry about forgetfulness. Cognitive skills are still powerful at the age of 60. The researchers said their results showed that "mental speed in contexts demanding fast and forced decisions do not decline until relatively late in [people's] lifespan".

The study used data on people aged between 10 and 80. It showed that mental processing speed remained constant until 60, but declined after then. The mental processing speed increased in people in their 20s and remained high until 60. A researcher said: "Until older adulthood, the speed of information processing...barely changed." He said older people take longer to make decisions because they are more cautious, less impulsive and less reckless.

Level 5

Scientists have cast doubt on a common belief that the brain's processing speed declines from the age of 20. Until now, scientists believed our cognition level peaks at 20 and declines thereafter. Lead researcher doctor Mischa von Krause gave hope to older people who worry about forgetfulness or reducing brain power. He said cognitive skills were still powerful at the age of 60. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until relatively late in the lifespan."

The study used data on 1.1 million people, aged between 10 and 80. The results showed that mental processing speed remained constant until the age of 60, but did start to decline after. The researchers said mental processing speed increased in people's 20s and remained high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing...barely changed." He said older people taking longer to make decisions may be because they are more cautious, less impulsive and less reckless. The study could cast light on diseases such as Alzheimer's.

Level 6

Scientists in Germany have cast doubt on a previously believed assumption that the processing speed of our brain starts to decline from the age of 20. Until now, it has been thought that our cognition level peaks when we are 20 and declines thereafter. Lead researcher doctor Mischa von Krause, of Heidelberg University, offered hope to older people who worry about increasing forgetfulness or reduced brain power. He said cognitive skills were still powerful at the age of 60 and do not diminish before then. He wrote: "Our finding is encouraging, as our results show that average levels in mental speed in contexts demanding fast and forced decisions do not decline until relatively late in the lifespan."

The study was based on data from over 1.1 million people, aged between 10 and 80 years old. The results show that our mental processing speed remains relatively constant until the age of 60, but does start to decline from our seventh decade. The researchers said people's mental processing speed actually increases in their 20s and remains high until 60. Dr von Krause said: "Until older adulthood, the speed of information processing in the task we studied barely changed." He added that older people do take longer to make decisions, but said this was because we become more cautious, and less impulsive and reckless as we age. The study could cast light on neurodegenerative diseases such as Alzheimer's.