

AI Is Redefining Cognitive Care: Global Survey Reveals What Professionals Want Next

SAN FRANCISCO, CA, UNITED STATES, September 2, 2026 /EINPresswire.com/ -- A new [CogniFit global survey](#) finds strong optimism around AI among cognitive care professionals, alongside calls for earlier cognitive check-ups, better monitoring of cognitive side effects of medical interventions, and greater integration of brain health into general healthcare.

Cognitive care professionals are approaching the age of artificial intelligence with optimism, but they are also clear about where action is needed today.



AI could transform cognitive care. Professionals say action must start now.

A new global survey by CogniFit of 324 cognitive care professionals across 43 countries found that 69% feel optimistic or very optimistic about the future of cognitive care over the next five years. Meanwhile, 68% believe the AI era will make cognitive care a much more important priority in psychology and healthcare, and 60% believe AI tools and platforms will transform cognitive care for the better.

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Cognitive decline doesn't begin the day it's diagnosed. It begins years earlier, in silence. AI lets us listen sooner.”

*Carlos Rodríguez, CEO of
CogniFit*

That optimism, however, comes with clear expectations about how AI should be used. While 75% would feel comfortable using AI for report generation and 60% for personalized training recommendations, only 37% would currently feel comfortable using it for clinical decision support and 31% for patient engagement.

The findings point toward a future in which AI can help expand and strengthen cognitive care, while professionals

remain firmly focused on evidence, appropriate use and human expertise.

Three Calls to Action for the Future of Brain Health

Beyond AI, professionals sent three particularly strong messages to healthcare leaders, clinicians and organizations:

- Make brain health part of general health: 93% agree or strongly agree that companies should work harder to incorporate brain and mental health into general health and training initiatives.
- Monitor cognitive side effects: 80% believe clinicians should systematically assess and monitor cognitive side effects when prescribing medications or interventions involving anesthesia or surgery.
- Make cognitive check-ups routine: 78% believe everyone over 60 should receive a brief annual cognitive check-up, while 61% say routine cognitive check-ups should become standard practice at or before age 50.

Professionals also highlighted what is needed to turn that vision into reality: 89% want expanded access to clinically validated tools, while 87% prioritize wider access to personalized assessments and interventions. Cost remains the most frequently cited barrier to broader adoption, identified by 81% of respondents.

Conducted in English and Spanish in June and July 2026, the survey was developed with the help of SharpBrains to identify emerging signals among professionals using the [CogniFit cognitive care platform](#).

"I really appreciate CogniFit's willingness to survey its global community of cognitive care pros and to share these very insightful findings. The cognitive health imperative is clearly moving from a niche concern to how to deliver it at scale in the era of AI - across the full lifespan and to enhance resilience and function, not only when something goes wrong," said Álvaro Fernández, CEO of SharpBrains.

About the survey:

The survey included 324 CogniFit professional users across 43 countries. The sample was not designed to be statistically representative of the general population.

[About CogniFit:](#)

CogniFit is a global pioneer and leader in cognitive healthcare. Since 1999, the company has built one of the world's most widely used digital platforms for cognitive assessment and training - an FDA-registered solution available in more than 18 languages and trusted by clinicians, neuropsychologists, researchers, educators and health organizations worldwide. CogniFit's technology is backed by one of the largest bodies of evidence in the field: more than 200 peer-reviewed studies involving 18,000+ participants and 110+ universities and research centers, including over 25 randomized controlled trials, with research conducted at institutions such as

Albert Einstein College of Medicine (published in The Lancet Healthy Longevity), Icahn School of Medicine at Mount Sinai, Johns Hopkins University, Tel-Aviv University and the University of Zurich. The platform enables professionals to assess, monitor and train cognition across the entire lifespan - from developmental conditions such as ADHD to peak performance, healthy aging and longevity. Learn more at www.cognifit.com/science.

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