



Forward digit span data, which is a "measure of attention and concentration," from Wongupparaj et al. (2017) showing an increase in people's attention and concentration from 1930 until 2020.

Wongupparaj, P., Wongupparaj, R., Kumari, V., & Morris, R. G. (2017). The Flynn effect for verbal and visuospatial short-term and working memory: A cross-temporal meta-analysis. *Intelligence*, 64, 71-80. <https://doi.org/10.1016/j.intell.2017.07.006>