

# What is the difference between the MEFS and the NIH Toolbox EF measures?



The same researchers who developed the Minnesota Executive Function Scale (MEFS) also helped develop the NIH Toolbox measures of EF, which were designed for research and clinical purposes only. It can be confusing because both tools are now available on the App Store, and both have costs associated with them. The table below identifies the key differences.

MEFS	NIH Toolbox EF Developmental Extension
<b>Training</b>	
A-Level (anyone can become certified)	C-Level (requires PhD supervision to use and purchase)
3-hour EF-focused training/certification via webinar or on-site	1.5 days training (including all the non-EF measures) at a designated city staff must travel to
Nominal training fee per person	Training cost \$220 per person plus travel
Fast implementation (within days of inquiry)	Must wait for next public training opportunity
<b>The App</b>	
Categorized as an Education App	Categorized as a Medical App, and states, "not intended for use outside of research or clinical application"
Intuitive, game-like user-interface	User-interface designed for research; no intuitive drag-and-drop
Available in a 8+ Languages	English and Spanish only
Rapid development of additional language versions for your site	No customized language additions
Multiple test forms for repeated administration	One test form
Can begin at 18 months (current norms begin at 24 months)	Begins at 3 years
Begins at the age-appropriate level so children experience success	Begins at the same level as adults and drops down as the child fails; Reports of floor effects in young/disadvantaged children
Total test time 4 min on average	Test time approximately 10 min each subtest (2 EF subtests)
Given over 25,000 times, mainly in school/community settings	Limited test use in research settings
Both iPad and Android versions available	Apple iPad only
Costs are based on the number of individuals to be assessed on a per client basis (multi-site included), with discounts available for volume and multi-year; unlimited devices	Cost is \$499 for each Apple ID per year; limited to 10 devices
<b>Validation</b>	
Validated	Not yet validated
Nationally normed on large geographically representative sample	Not yet normed
<b>Score Reporting and Services</b>	
Seamless scoring system 0-100 from age 2 through adulthood	No integrated scoring method between Dext and Toolbox
Professional Development about EF with CE credits	No Professional Development
Ongoing service, rapid response, individualized tech support	No ongoing support
User-friendly back-end web portal with optional API to your data system	Back-end designed for researchers; no support for custom API
Individual performance and growth charts with interpretation for school and family, as well as user-friendly group reports	Spreadsheet and text reports designed for researchers, not for families
Local percentiles included in report	No local percentiles
Optional norms for your district or consortium included in report	No support for customized norms
Intervention Guide and Consultation Services available	No Intervention or Consultation Services available
Data analysis and report services	No data analysis
At Reflection Sciences, we are 100% focused on EF, providing the latest knowledge and data about EF for parents, educators, researchers, clinicians, and policymakers	No resources beyond the assessments and results for your project