The effect of bilingualism or multilingualism on executive functioning
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Introduction
With multilingualism being the norm rather than the exception in our societies, studying cognitive processes of non-English monolingual subjects has become more important than ever. While some studies have shown some cognitive performance advantages with bilingualism and multilingualism, the results of studies in this field are overall ambiguous and specific multilingual subjects such as English as Second Language (ESL) tend to be underrepresented.

Does bilingualism or multilingualism affect executive functioning performance?
Online browser study. Participants completed a questionnaire and a battery of tasks such as a visual search (N=657; M = 21.88, SD = 6.0; M=174, F=481, Other=2) and a Go/No-Go task (N=669; M = 21.78, SD = 5.93; M=179, F=488, Other=2) assessing the main components of executive functioning.

Monolinguals: Only speak English fluently
English as a Second Language (ESL): English in not their first language
Non-users: English is one of the multiple languages spoken fluently

Selective Visual Attention
Participants searched for a target (regular, upright 'T') through sets (6,12, or 18) of irregularly shaped 'T's. Responses were a button press of 'X' when target was present and 'M' when target was absent.

Response Inhibition
Participants made a response when presented a 'Go' stimulus, and inhibited a response when presented a 'No-Go' stimulus.

Bilingualism or multilingualism and Selective Visual Attention
No language based differences in accuracy of selective visual attention!

Bilingualism or multilingualism and Response Inhibition
No language based differences in accuracy of response inhibition!

Future work: The effects of bilingualism or monolingualism on other cognitive processes that might be affected, such as multitasking.

List of References can be accessed through the following QR Code

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