**Supplemental Digital Content 1.** Backward Multiple Regression Predicting Cognitive Improvement Resulting From the NEURO*vitalis* Cognitive Training Program

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|  | **Improvement in verbal short-term memory** | |
| Predictor | Δ*R*² | *B* |
| Step 1 | .32\*\*\* |  |
| Age |  | –.04 |
| Education |  | .12\* |
| Sex |  | –1.46\* |
| Baseline VSTM |  | –.63\*\*\* |
| Step 2 | –.02 |  |
| Education |  | .15\* |
| Sex |  | –1.57\*\* |
| Baseline VSTM |  | –.58\*\*\* |
| Total *R²* | .31\*\*\* |  |
| n | 79 |  |
|  | **Improvement in verbal long-term memory** | |
| Predictor | Δ*R*² | *B* |
| Step 1 | .20\*\*\* |  |
| Age |  | –.05 |
| Education |  | .07 |
| Sex |  | –.50 |
| Baseline VLTM |  | –.53\*\*\* |
| Step 2 | –.01 |  |
| Age |  | –.05 |
| Education |  | .04 |
| Baseline VLTM |  | –.52\*\*\* |
| Step 3 | -.01 |  |
| Age |  | –.06\* |
| Baseline VLTM |  | –.50\*\*\* |
| Total *R²* | .20\*\*\* |  |
| n | 79 |  |
| To be continued | **Improvement in attention** | |
| Predictor | Δ*R*² | *B* |
| Step 1 | .46\*\*\* |  |
| Age |  | .04 |
| Education |  | .19\* |
| Sex |  | –.1.32 |
| Baseline A |  | –.64\*\*\* |
| Step 2 | –.01 |  |
| Education |  | .17\* |
| Sex |  | –1.16 |
| Baseline A |  | –.67\*\*\* |
| Step 3 | –.02 |  |
| Education |  | .12 |
| Baseline A |  | –.68\*\*\* |
| Total *R²* | .44\*\*\* |  |
| n | 64 |  |

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|  | **Improvement in executive functions** | |
| Predictor | Δ*R*² | *B* |
| Step 1 | .24\*\*\* |  |
| Age |  | 1.15\*\* |
| Education |  | –.97 |
| Sex |  | –9.10 |
| Baseline EF |  | –.49\*\*\* |
| Step 2 | –.01 |  |
| Age |  | 1.25\*\* |
| Sex |  | –13.08 |
| Baseline EF |  | –.46\*\*\* |
| Total *R²* | .24\*\*\* |  |
| n | 79 |  |

**A** = attention. **EF** = executive functions. **VLTM** = verbal long-term memory. **VSTM** = verbal short-term memory.