

Appendix A

Change over 5 weeks and 3 months in individual cognitive training scores for training and control groups.

	5-Week Change		3-Month Change	
	Training	Control	Training	Control
Digital Symbol Coding	2.1 (11.5) [-0.7,5.0]	0.8 (10.4) [-3.7,5.3]	-0.9 (13.6) [-5.0,3.3]	1.0 (10.8) [-6.4,4.4]
Dual Search	5.8 (2.1) [-1.5,10.0]	6.8 (17.5) [-0.7,14.4]	-0.3 (14.2) [-4.6,4.0]	8.0 (20.6) [-2.2,18.2]
Go/No-Go	2.6 (1.4) [-1.0,6.2]	5.4 (12.9) [-0.2,11.0]	3.2 (14.5) [-1.3,7.6]	5.7 (11.6) [-0.1,11.4]
Grammatical Reasoning	5.9 (10.9) [3.2,8.6]	1.0 (10.3) [-3.4,5.4]	6.6 (11.8) [3.0,10.2]	0.7 (11.0) [-4.8,6.1]
Progressive Matrices	2.0 (16.8) [-2.2,6.1]	4.2 (16.6) [-3.0,11.4]	5.7 (1.9) [1.9,9.5]	1.3 (19.3) [-8.3,10.9]
Reverse Memory Span	2.6 (14.5) [-1.0,6.2]	-3.5 (12.6) [-9.0,1.9]	-0.4 (13.7) [-4.6,3.7]	-3.1 (19.3) [-12.6,6.5]
Scale Balance	4.4 (13.3) [1.1,7.7]	1.0 (10.6) [-3.5,5.6]	4.7 (11.6) [1.2,8.2]	0.1 (10.6) [-5.2,5.4]
Trail Making A	5.4 (15.1) [1.6,9.1]	0.8 (10.2) [-3.6,5.2]	5.4 (12.5) [1.6,9.2]	3.8 (7.7) [0.0,7.7]
Trail Making B	4.2 (11.7) [1.3,7.1]	2.3 (10.4) [-2.2,6.8]	2.3 (10.2) [-0.8,5.4]	3.6 (12.9) [-2.9,10.0]