



SUPPLEMENTARY MATERIAL OF THE ARTICLE:

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Differential effects of computerized cognitive stimulation versus stimulating leisure activities on mood and global cognition in adults with subjective and mild cognitive impairment: A randomized controlled trial.

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Supplementary material. Table 1. Outcome variables

Supplementary material. Table 2. Significant outcome variables pairwise comparisons

	Cognitive program			Leisure program			Control			p-value				R ² (95%CI)
Scoring	Pre-T	Post-T	+6 months	Pre-T	Post-T	+6 months	Pre-T	Post-T	+6 months	Baseline differences	Time	Group	Time*group interaction	
MMSE-35	29.35 (3.07)	32.20 (3.40)	32.47 (3.98)	29.00 (2.54)	30.05 (2.97)	30.05 (3.19)	28.60 (4.36)	28.95 (5.68)	29.11 (3.41)	0.818	0.001	0.685	0.024	0.268 (0.26, 0.275)
TaM														
Overall	38.70 (9.00)	41.40 (8.37)	43.11 (7.68)	39.79 (6.84)	39.32 (6.51)	40.95 (5.25)	33.75 (11.03)	35.65 (12.69)	36.44 (10.53)	0.192	0.034	0.05	0.523	0.246 (0.238, 0.255)
Type of memory														
Immediate	8.30 (1.78)	10.95 (9.36)	12.00 (9.27)	8.68 (1.38)	8.21 (1.55)	8.53 (1.35)	7.40 (2.04)	7.55 (2.33)	7.78 (2.07)	0.084	0.019	0.520	0.109	0.147 (0.142, 0.151)
Temporal orientation	4.35 (0.93)	5.10 (1.25)	5.00 (1.67)	4.68 (1.00)	4.63 (0.76)	4.74 (0.45)	4.20 (1.40)	4.35 (1.39)	4.56 (0.78)	0.547	0.003	0.112	0.153	0.193 (0.187, 0.199)
Semantic remote	12.45 (2.76)	12.60 (2.89)	13.11 (2.73)	13.00 (1.45)	12.74 (1.48)	12.47 (1.68)	11.90 (2.95)	11.65 (3.39)	12.17 (2.38)	0.721	0.338	0.202	0.521	0.138 (0.129, 0.147)
Free recall	6.45 (3.43)	6.65 (3.59)	7.16 (3.55)	5.58 (3.19)	5.37 (2.81)	6.05 (2.48)	4.05 (3.44)	4.90 (3.42)	4.94 (3.30)	0.087	0.535	0.122	0.850	0.261 (0.253, 0.269)
Track recall	7.10 (3.74)	8.55 (2.68)	8.68 (2.52)	7.95 (2.32)	8.11 (1.94)	9.00 (1.97)	6.50 (3.72)	7.20 (3.62)	7.06 (3.08)	0.588	0.020	0.136	0.548	0.163 (0.155, 0.171)
Set-Test	37.95 (3.02)	37.35 (3.25)	38.74 (3.97)	38.32 (2.31)	37.42 (3.83)	37.05 (4.8)1	36.85 (6.49)	35.55 (6.58)	36.94 (4.48)	0.914	0.198	0.318	0.349	0.180 (0.174, 0.186)
T-ADLQ														
Overall	16.71 (14.26)	14.88 (14.48)	17.38 (19.42)	14.63 (9.47)	15.98 (9.96)	14.48 (12.46)	21.21 (15.15)	18.48 (15.70)	19.09 (15.39)	0.299	0.630	0.177	0.814	0.158 (0.152, 0.163)
Self-care	9.72 (11.94)	7.50 (12.26)	8.77 (15.53)	8.18 (11.54)	5.65 (10.91)	5.01 (7.60)	10.92 (14.21)	9.44 (12.24)	12.18 (9.28)	0.933	0.666	0.345	0.561	0.176 (0.17, 0.182)
Care/home management	15.74 (20.23)	11.66 (16.90)	18.59 (25.94)	15.60 (20.20)	17.83 (21.32)	15.79 (17.44)	20.14 (22.53)	19.44 (22.26)	17.77 (14.41)	0.869	0.184	0.550	0.522	0.134 (0.129, 0.139)
Work/recreation	25.83 (19.85)	31.25 (22.11)	33.33 (28.48)	33.28 (18.53)	33.18 (13.78)	28.80 (22.82)	33.65 (22.29)	30.00 (20.30)	34.57 (21.50)	0.389	0.339	0.830	0.410	0.111 (0.104, 0.118)
Shopping/money	13.52 (21.10)	11.67 (23.49)	16.38 (27.80)	8.19 (12.74)	8.19 (13.78)	9.94 (15.22)	23.61 (28.15)	15.14 (23.46)	17.59 (26.83)	0.060	0.438	0.080	0.669	0.105 (0.099, 0.111)
Travel	18.58 (21.87)	18.75 (23.86)	20.17 (23.20)	17.79 (22.32)	21.05 (20.10)	15.50 (21.40)	26.11 (27.35)	24.58 (23.33)	25.92 (24.74)	0.634	0.884	0.426	0.777	0.100 (0.095, 0.105)

	Cognitive program			Leisure program			Control			p-value				R ² (95%CI)
Scoring	Pre-T	Post-T	+6 months	Pre-T	Post-T	+6 months	Pre-T	Post-T	+6 months	Baseline differences	Time	Group	Time*group interaction	
Communication	15.33 (14.84)	13.00 (14.26)	13.77 (13.96)	14.15 (14.21)	15.79 (14.44)	11.58 (15.21)	19.33 (14.97)	16.00 (16.95)	14.07 (13.11)	0.435	0.750	0.448	0.725	0.07 (0.066, 0.075)
Technology	10.66 (11.11)	10.33 (15.83)	10.70 (20.449)	9.00 (9.529)	10.58 (9.939)	14.15 (20.68)	14.66 (16.42)	16.00 (15.81)	17.53 (27.84)	0.442	0.997	0.283	0.957	0.173 (0.167, 0.178)
Lawton scale	7.05 (1.39)	8.25 (7.46)	7.53 (1.22)	7.05 (1.439)	6.74 (1.59)	7.16 (1.30)	6.50 (2.12)	6.00 (2.29)	6.22 (1.93)	0.871	0.298	0.598	0.708	0.125 (0.119, 0.131)
Goldberg index	3.70 (2.96)	2.35 (2.18)	3.00 (2.31)	3.21 (3.49)	2.58 (2.12)	2.58 (1.84)	2.70 (2.43)	4.25 (3.11)	4.61 (2.09)	0.542	0.073	0.659	0.004	0.147 (0.14, 0.155)
GDS-15	5.90 (2.57)	4.2 (2.34)	3.37 (2.56)	4.58 (3.01)	2.95 (1.68)	2.95 (1.84)	4.85 (3.15)	5.35 (4.57)	5.44 (3.29)	0.341	0.003	0.347	0.023	0.139 (0.131, 0.147)

Pre-T: pre-treatment; Post-T: post-treatment; +6 months: at 6 months of follow-up; SD: standard deviation; 95%CI: 95% confidence interval; MMSE-35: Mini-Mental State Examination; GDS-15: Reisberg's Global Deterioration Scale; T-ADLQ: Activities of Daily Living Questionnaire; TaM: Memory Impairment Test; inbold, significant p-values.

	Scoring Mean of difference (SE)s		
	MMSE-35	Goldberg index	GDS-15
Cognitive program (G1) vs. Control (GC)			
Pre-treatment	-0.281 (SE=1.151) p>0.999	0.636 (SE=0.816) p>0.999	1.038 (SE=0.952) p=0.834
Post-treatment	2.219 (SE=1.151) p=0.171	-2.264 (SE=0.816) p= 0.020	-1.112 (SE=0.952) p=0.736
6 months follow-up	3.016 (SE=1.172) p= 0.035	-1.955 (SE=0.835) p=0.063	-2.208 (SE=0.975) p=0.076
Cognitive program (G1) vs. Leisure program (G2)			
Pre-treatment	-1.004 (SE=1.187) p>0.999	0.012 (SE=0.84) p>0.999	1.305 (SE=0.98) p=0.557
Post-treatment	0.793 (SE=1.187) p>0.999	-0.707 (SE=0.84) p>0.999	1.287 (SE=0.98) p=0.576
6 months follow-up	1.172 (SE=1.194) p=0.986	0.002 (SE=0.846), p>0.999	0.453 (SE=0.987) p>0.999
Control (GC) vs. Leisure program (G2)			
Pre-treatment	-0.723 (SE=1.136) p>0.999	-0.624 (SE=0.808) p>0.999	0.267 (SE=0.943) p>0.999
Post-treatment	-1.425 (SE=1.136) p=0.638	1.557 (SE=0.808) p=0.169	2.399 (SE=0.943) p= 0.037
6 months follow-up	-1.843 (SE=1.154) p=0.340	1.957 (SE=0.824) p=0.057	2.661 (SE=0.962) p= 0.020

MMSE-35: Mini-Mental State Examination; GDS-15: Reisberg's Global Deterioration Scale; SE: standard error; in bold, significant p-values.