Supplementary Material

Effects of a Cognitive training with and without additional physical activity in healthy older adults: a follow-up one year after a randomized controlled trial

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**Table 1: Predictor analyses of CPT’s cognitive training success**

*Backwards Multiple Regression Predicting Cognitive Improvement of the Cognitive Training with Additional Physical Activity*

|  |  |  |
| --- | --- | --- |
|  | Improvement in Verbal short-term memory | |
| Predictor | Δ*R*² | β |
| Step1  Baseline VSTM  Education | .24 | -.32  -.25 |
| Step 2  Baseline VSTM | -.05 | -.44+ |
| Total *R*²  n | .19  18 |  |

|  |  |  |
| --- | --- | --- |
|  | Improvement in Working Memory | |
| Predictor | Δ*R*² | β |
| Step 1  Education  IGF-1 | .42\* | -.41  -.34 |
| Step 2  Education | -.03 | -.59\* |
| Total *R*²  n | .34  18 |  |
|  | Improvement in Verbal Fluency | |
| Predictor | Δ*R*² | β |
| Step 1  Age  Baseline VF  IGF-1 | .52\* | .26  -.41  .35 |
| Step 2  Baseline VF  IGF-1 | -.06 | -.49\*  .35 |
| Step 3  Baseline VF | -.11 | -.59\*\* |
| Total *R*²  n | .35\*\*  18 |  |
|  | Improvement in Alternating Letter Verbal Fluency | |
| Predictor | Δ*R*² | β |
| Step 1  BDNF  Baseline ALVF  IGF-1  VEGF | .54\*\* | -.4  -.38  .31  -.25 |
| Step 2  BDNF  IGF-1  Baseline ALVF | -.06 | -.35  .36  -.40\* |
| Total *R*²  n | .51\*\*  18 |  |
|  | Improvement in Attention | |
| Predictor | Δ*R*² | β |
| Step 1  Baseline A  Physical Stage | .34\* | -.60\*  -.07 |
| Step 2  Baseline A | -.003 | -.64\*\* |
| Total *R*²  n | .38\*\*  18 |  |

*Note.* A = Attention.IGF-1 = . FM = Figural Memory. BDNF = brain-derived neurotropic factor. WM = working memory. VSTM = verbal short-term memory.

\**p* ≤ .05. \*\**p* ≤ .01 \*\*\* *p* ≤ .001.