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

Elke Kalbea1, Mandy Rohegera1, Kay Paluszaka, Julia Meyerb, Jutta Beckerc, Gereon R. Finkd, Juraj Kukoljae, Andreas Rahnf, Florian Szabadosg, Brunhilde Wirthc, & Josef Kesslerh

a Department of Medical Psychology | Neuropsychology and Gender studies & Center for Neuropsychological Diagnostics and Intervention (CeNDI), University Hospital Cologne, Kerpener Str. 68, 50937 Cologne, Germany; elke.kalbe@uk-koeln.de; mandy.roheger@uk-koeln.de; +49 221 478-87396

b Institute for Interdisciplinary Dermatological Prevention and Rehabilitation (iDerm) at the University of Osnabrueck, Am Finkenhuegel 7a, 49076 Osnabrueck, Germany; julia.meyer@uos.de; +49 541 969-7407

c Institute of Human Genetics, University Hospital Cologne, Cologne, Germany

d Department of Neurology, University Hospital Cologne, Cologne, Germany; Cognitive Neuroscience, Institute of Neuroscience and Medicine (INM-3), Research Center Jülich, Jülich, Germany.

e Department of Neurology, Helios University Hospital Wuppertal, Heusnerstr. 40, 42283 Wuppertal, Germany

fDepartment of Geriatrics, St. Franziskus Hospital Lohne Lohne, Germany.

g Laboratory Services Laborarztpraxis Osnabrück Osnabrück, Germany.

h Department of Neurology, University Hospital Cologne, Kerpener Str. 62, 50937 Cologne, Germany; josef.kessler@uk-koeln.de; +49 221 478-4011

1Both authors contributed equally.

**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 |
| Step1Baseline VSTM Education | .24 | -.32-.25 |
| Step 2Baseline VSTM | -.05 | -.44+ |
| Total *R*²n | .1918 |  |

|  |  |
| --- | --- |
|  | Improvement in Working Memory |
| Predictor | Δ*R*² | β |
| Step 1EducationIGF-1 | .42\* | -.41-.34 |
| Step 2Education | -.03 | -.59\* |
| Total *R*²n | .3418 |  |
|  | Improvement in Verbal Fluency |
| Predictor | Δ*R*² | β |
| Step 1AgeBaseline VFIGF-1 | .52\* | .26-.41.35 |
| Step 2Baseline VFIGF-1 | -.06 | -.49\*.35 |
| Step 3 Baseline VF | -.11 | -.59\*\* |
| Total *R*²n | .35\*\*18 |  |
|  | Improvement in Alternating Letter Verbal Fluency |
| Predictor | Δ*R*² | β |
| Step 1BDNFBaseline ALVFIGF-1VEGF | .54\*\* | -.4-.38.31-.25 |
| Step 2BDNFIGF-1Baseline ALVF | -.06 | -.35.36-.40\* |
| Total *R*²n | .51\*\*18 |  |
|  | Improvement in Attention |
| Predictor | Δ*R*² | β |
| Step 1Baseline APhysical Stage | .34\* | -.60\*-.07 |
| Step 2Baseline A | -.003 | -.64\*\* |
| Total *R*²n | .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.