

Table S2. Change in cognitive function scores in the Daily Trial extended cognitive study

Cognitive test	Treatment arm	Observed Data (Mean ± standard deviation)			Adjusted Means and Treatment Effect * (± SE or with 95% Confidence Intervals)			
		Baseline	4 Months	12 months	Month 4		Month 12	
					Change from Baseline	Treatment Comparison (6x vs. 3x)	Change from Baseline	Treatment Comparison (6x vs. 3x)
Trails B t-score	3x-per-wk	37.1 ± 15.6	38.6 ± 14.0	45.9 ± 14.5	1.4 ± 2.5	2.2 (-4.6, 9.0)	8.6 ± 2.9	0.7 (-7.2, 8.6)
	6x-per-wk	42.7 ± 15.3	45.1 ± 17.8	51.1 ± 18.8	3.6 ± 2.4		9.3 ± 2.8	
3MS	3x-per-wk	90.3 ± 7.4	90.3 ± 7.4	90.2 ± 8.5	-1.3 ± 1.4	3.4 (-0.6, 7.3)	-1.8 ± 1.5	3.8 (-0.4, 8.1)
	6x-per-wk	89.6 ± 7.9	93.4 ± 4.5	93.3 ± 7.0	2.1 ± 1.4		2.1 ± 1.5	
Digit Symbol	3x-per-wk	42.7 ± 16.5	43.6 ± 14.4	51.1 ± 18.3	-1.4 ± 2.2	0.1 (-5.5, 5.8)	6.8 ± 2.3	-0.4 (-6.7, 6.0)
	6x-per-wk	53.4 ± 19.0	52.6 ± 16.9	63.8 ± 19.2	-1.2 ± 2.1		6.5 ± 2.2	
Trails A	3x-per-wk	62.1 ± 33.8	55.5 ± 34.1	49.1 ± 31.7	-1.6 ± 4.3	-2.1 (-13.7, 9.5)	-3.3 ± 6.3	-4.2 (-21.1, 12.6)
	6x-per-wk	40.9 ± 19.3	36.8 ± 16.3	36.2 ± 20.6	-3.7 ± 4.2		-7.6 ± 6.3	
Pegboard Dominant hand	3x-per-wk	127 ± 55	118 ± 52	121 ± 44	-1.1 ± 5.6	3.4 (-11.8, 18.5)	3.0 ± 10.0	7.4 (-20.5, 35.3)
	6x-per-wk	118 ± 65	107 ± 53	117 ± 71	2.3 ± 5.4		10.5 ± 9.7	
Pegboard Non-dom hand	3x-per-wk	141 ± 60	141 ± 61	133 ± 45	12.3 ± 7.7	-16.9 (-37.6, 3.8)	3.3 ± 9.9	-5.4 (-32.6, 21.8)
	6x-per-wk	132 ± 66	124 ± 55	127 ± 69	-4.6 ± 7.4		-2.1 ± 9.7	
RAVLT immediate recall	3x-per-wk	39.3 ± 12.6	37.5 ± 11.6	38.5 ± 10.4	-3.2 ± 1.5	2.6 (-1.3, 6.5)	-1.0 ± 1.4	5.9** (1.3, 10.6)
	6x-per-wk	41.7 ± 12.8	42.0 ± 13.3	48.8 ± 10.1	-0.6 ± 1.4		1.9 ± 1.4	
RAVLT delayed recall	3x-per-wk	7.7 ± 4.5	7.4 ± 3.9	7.9 ± 3.7	-0.9 ± 0.5	0.8 (-0.4, 2.0)	-0.4 ± 0.5	0.8 (-0.6, 2.2)
	6x-per-wk	8.1 ± 4.2	8.5 ± 4.0	10.1 ± 2.3	-0.1 ± 0.4		-0.1 ± 0.5	

Letter number sequencing	3x-per-wk	8.1 ± 3.2	8.0 ± 3.5	8.8 ± 4.0	-0.7 ± 0.4	1.6** (0.4, 2.8)	0.3 ± 0.4	1.0 (-0.7, 2.7)
	6x-per-wk	9.1 ± 2.7	10.2 ± 3.1	10.5 ± 3.5	1.0 ± 0.4		0.8 ± 0.4	
COWAT	3x-per-wk	30.6 ± 13.4	30.0 ± 13.2	33.2 ± 15.0	-1.0 ± 1.0	2.1 (-0.6, 4.9)	-3.6 ± 1.4	4.8** (0.3, 9.3)
	6x-per-wk	30.5 ± 9.6	32.3 ± 10.4	35.6 ± 9.8	1.2 ± 1.0		0.4 ± 1.3	

\*Values adjusted for baseline score

\*\* P-value <0.05

Note: positive numbers indicate more favorable changes for 6x-per-week versus 3x-per-week group for the Digit Symbol, RAVLT, Letter number sequencing, and COWAT. For all other tests, negative numbers indicate more favorable changes for 6x-per-week versus 3x-per-week group.

Abbreviations: SD - standard deviation, SE - standard error, CI - confidence interval, RAVLT - Rey Auditory Verbal Learning Test, COWAT - controlled oral word association test