

Additional file 4

Measures at different time-points

| T0 Week 1 | T1 Week 7, 19 ^a and 25 ^a | T2 Week 13 | T3 Week 17 ^b / 29 ^a |
|-----------------------------------|---|--------------------------------------|--|
| Primary outcome measures | | | |
| D-Kefs TMT (1-5) | | D-Kefs TMT (2,3,4,5) | |
| ToL (online) | ToL (online) | ToL (online) | ToL (online) |
| Letter-Number Sequencing | | Letter-Number Sequencing | |
| Fluency | | Fluency | |
| Secondary outcome measures | | | |
| Switch +dual task (online) | Switch task (online) | Switch +dual task (online) | Switch task (online) |
| TMT (online) | TMT (online) | TMT (online) | TMT (online) |
| DSST (online) | DSST (online) | DSST (online) | DSST (online) |
| DSC | | DSC | |
| RAVLT | | RAVLT | |
| N-back | | N-back | |
| PASAT | | PASAT | |
| Stop-signal task | | Stop-signal task | |
| Recovery VAS | | Recovery VAS | |
| MRI | | MRI | |
| O-span (online) | | O-span (online) | |
| Corsi (online) | Corsi (online) | Corsi (online) | Corsi (online) |
| CPM (online) | | CPM (online) | |
| Shiplely (online) | | Shiplely (online) | |
| DEX (online) | DEX (online) | DEX (online) | DEX (online) |
| CFQ (online) | CFQ (online) | CFQ (online) | CFQ (online) |
| USER-P (online) | | USER-P (online) | |
| SF-36 (online) | | SF-36 (online) | |
| IADL (online) | | IADL (online) | |
| HADS (online) | | HADS (online) | |
| CIS-F (online) | | CIS-F (online) | |
| Proxy CFQ (online) | | Proxy CFQ (online) | |
| Proxy DEX (online) | | Proxy DEX (online) | |
| Proxy IADL (online) | | Proxy IADL (online) | |
| | Subjective Training success (online) | Subjective Training success (online) | Subjective Training success (online) |
| Mouse skills (online) | Mouse skills (online) | Mouse skills (online) | Mouse skills (online) |
| TICS | | | |
| Demographic questions (online) | | | |

Note. ^aOnly done by waiting list group; ^bOnly done by intervention and active control group; ^cOnly done by subgroup of study sample; Shaded cells = done at home

| Abbreviation | Measure |
|--------------|---|
| D-Kefs TMT | Delis- Kaplan Executive Function System |
| ToL | Tower of London (Kralen puzzle) |
| TMT | Trail Making Test (Sporzoeken) |

| Abbr. continued | Measure |
|-----------------|--|
| DSST | Digit Symbol substitution Task |
| DSC | Digit-Symbol-Coding |
| RAVLT | Rey Auditory Verbal Learning Task |
| PASAT | Pased Auditory Serial Addition Test |
| MRI | Magnetic Resonance Imaging |
| O-span | Operation span |
| CPM | Raven Coloured Progressive Matrices |
| DEX | Dysexecutive Questionnaire |
| CFQ | Cognitive Failure Questionnaire |
| USER-P | Utrechtse Schaal voor Evaluatie en Revalidatie- Participatie |
| SF-36 | Short Form Health Survey |
| IADL | Instrumental activity of daily life scale |
| HADS | Hospital Anxiety Depression Scale |
| CIS-F | Checklist Individual Strength- Fatigue subscale |
| TICS | Telephone Interview Cognitive Status |