Table 1: Trained Tasks: Group performance during Baseline and Follow-Up sessions, as well as the Benefit Indices per task and the overall Composite Benefit Index. The values represent group means, and the standard error of the mean is shown in parentheses. As a reminder, the Composite Benefit Index reflects the average benefit index for all trained tasks.

Baseline (Day 2)

Group	WM Spatial	WM Visual	OSPAN	Subtract2
Sham	.36 (.03)	.52 (.03)	11.26 (1.80)	4.70 (.21)
Active1	.42 (.03)	.53 (.02)	16.00 (2.27)	4.73 (.15)
Active2	.42 (.03)	.52 (.03)	13.70 (2.22)	4.77 (.09)

Follow-Up (Day 7)

Group	WM Spatial	WM Visual	OSPAN	Subtract2
Sham	.42 (.03)	.64 (.03)	15.63 (2.16)	5.12 (.18)
Active1	.54 (.03)	.68 (.03)	19.23 (2.20)	4.97 (.18)
Active2	.53 (.03)	.65 (.04)	19.53 (2.18)	5.13 (.20)

Benefit Indices (Day 7 - Day 2)/(Day 7 + Day 2)

Group	WM Spatial	WM Visual	OSPAN	Subtract2
Sham	.06 (.06)	.07 (.04)	.19 (.08)	.06 (.03)
Active1	.16 (.05)	.12 (.02)	.15 (.07)	.02 (.02)
Active2	.15 (.03)	.11 (.02)	.18 (.09)	.03 (.02)

Group	Composite Benefit Index
Sham	.10 (.04)
Active1	.12 (.02)
Active2	.12 (.03)
ANOVA	$F(2, 89) = .20$, $p = .82$, partial $\eta^2 = .047$

Table 2: Near Transfer Tasks: Group performance during Baseline and Follow-Up sessions, as well as the Benefit Indices per task and the overall Composite Benefit Index. The values represent group means, and the standard error of the mean is shown in parentheses. As a reminder, the Composite Benefit Index reflects the average benefit index for all near transfer tasks.

Baseline (Day 2)

Group	2-Back	Letter Span
Sham	.69 (.04)	3.70 (.19)
Active1	.78 (.03)	3.87 (.18)
Active2	.76 (.04)	4.00 (.15)

Follow-Up (Day 7)

Group	2-Back	Letter Span
Sham	.79 (.04)	3.33 (.20)
Active1	.79 (.04)	3.7 (.19)
Active2	.86 (.02)	4 (.17)

Benefit Indices (Day 7 - Day 2)/(Day 7 + Day 2)

Group	2-Back	Letter Span
Sham	.07 (.03)	-.06 (.04)
Active1	-.01 (.03)	-.03 (.03)
Active2	.07 (.03)	.00 (.02)

Group	Composite Benefit Index
Sham	.01 (.01)
Active1	-.02 (.02)
Active2	.04 (.02)
ANOVA	$F_{(2, 89)} = 1.65$, $p = .20$, partial $\eta^2 = .037$

Table 3: Standard Far Transfer Tasks: Group performance during Baseline and Follow-Up sessions, as well as the Benefit Indices per task and the overall Composite Benefit Index. The values represent group means, and the standard error of the mean is shown in parentheses. As a reminder, the Composite Benefit Index reflects the average benefit index for all far transfer tasks.

^ indicates that 2 outliers were removed

	Baseline (Day 1)		
Group	Processing Speed^	Arithmetic	Cognitive Flexibility
Sham	51.15 (1.99)	.86 (.02)	.72 (.01)
Active1	55.57 (2.24)	.85 (.02)	.72 (.02)
Active2	57.33 (2.12)	.86 (.02)	.72 (.02)

	Follow-Up (Day 8)		
Group	Processing Speed^	Arithmetic	Cognitive Flexibility
Sham	54.63 (2.64)	.88 (.02)	.74 (.02)
Active1	58.90 (2.39)	.90 (.02)	.76 (.02)
Active2	61.97 (2.37)	.91 (.02)	.79 (.02)

	Benefit Indices (Day 8 - Day 1)/(Day 8 + Day 1)		
Group	Processing Speed^	Arithmetic	Cognitive Flexibility
Sham	.03 (.02)	.01 (.01)	.01 (.01)
Active1	.03 (.01)	.03 (.01)	.02 (.01)
Active2	.04 (.01)	.03 (.01)	.05 (.01)

Group	Composite Benefit Index
Sham	.01 (.01)
Active1	.03 (.01)
Active2	.04 (.01)
ANOVA	$F_{(2, 87)} = 3.30$, $p = .04$, partial $\eta^2 = .073$