

Cognitive function battery

The Look AHEAD battery of cognitive function tests included the following. The Trail Making Test Part A assessed attention and concentration and Part B assessed executive function.¹ The Modified Stroop Color and Word Test assess executive function.^{2,3} The Digit Symbol-Coding Test assessed processing speed.⁴ The Rey Auditory Verbal Learning Test (Delayed) assessed verbal learning and memory.⁵ The Modified Mini-Mental State Exam assessed global cognitive function.⁶ Each neurocognitive test in this battery has been validated previously. Tests were administered by centrally trained and certified examiners who were masked to intervention assignment.

Supplement Table: Mean levels of cognitive scores by age and intervention assignment with covariate adjustment for years since randomization.

Cognitive Function	Intervention Assignment*		
	Diabetes Support and Education (DSE) Mean (SE)	Intensive Lifestyle Intervention (ILI) Mean (SE)	Difference ILI – DSE Mean [95% CI]
Stroop Color Word Test	34.67 (0.39)	34.76 (0.38)	0.09 [-0.98, 1.16]
Rey Auditory Verbal Learning Test (Delayed Recall)	7.42 (0.08)	7.44 (0.08)	0.02 [-0.20, 0.24]
Modified Mini Mental State Exam	91.37 (0.15)	91.52 (0.15)	0.15 [-0.28, 0.58]
Trail Making Test, (sec.)			

Part A	39.32 (0.41)	39.49 (0.40)	0.18 [-0.94, 1.30]
Part B	112.71 (1.62)	114.72 (1.60)	2.01 [-2.45, 6.47]
Digit Symbol Coding	39.08 (0.25)	39.02 (0.25)	-0.06 [-0.76, 0.64]

References

- ¹Reitan RM. The validity of the Trail Making Test as an indicator of organic brain damage. *Percept Motor Skills* 1958;8:271-6.
- ²Stroop JR. Studies of interference in serial verbal reactions. *Exp Psychol* 1935;18:643-62.
- ³Houx PJ, Jolles J, Vreeling FW. Stroop interference: aging effects assessed with the Stroop Color-Word Test. *Exp Aging Res* 1993;19:209-24.
- ⁴Wechsler D. *WAIS-R manual*. New York: Psychological Corporation, 1981.
- ⁵Lesak MD. *Neuropsychological Assessment*. New York: Oxford University Press, 1995.
- ⁶Teng EL, Chui HC. The Modified Mini-Mental State (3MS) examination. *J Clin Psychiatry* 1987;48:314-8.