

Appendix A. Score test measures collected electronically for each patient in the Center for Brain Health.

The PREDIMED Mediterranean diet questionnaire (PREDIMED) ^[e1]
Center for Epidemiologic Studies Depression scale (CES-D) ^[e2]
Generalized Anxiety Disorder 7-item scale (GAD-7) ^[e3]
Insomnia Severity Index (ISI) ^[e4]
9-hole peg test (dominant and non-dominant hands) ^[e5]
Timed 25-foot walking test (25-ft walk)
Short Test of Mental Status (STMS) ^[e6]
Unified Parkinson's Disease Rating Scale-Motor (UPDRS) ^[e7]
AD-8 (The Eight-Item Informant Interview to Differentiate Aging and Dementia) ^[e8]
Parkinsonism screening questionnaire (PARK) ^[e9]
Brain Health Readiness Assessment (Readiness)
Brain Health Quiz (BHQ)

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- [e3] Spitzer RL, Kroenke K, Williams JB, Löwe B. A brief measure for assessing generalized anxiety disorder: the GAD-7. *Arch Intern Med* 2006;166:1092-1097.
- [e4] Bastien C, Vallières A, Morin C. Validation of the Insomnia Severity Index as an outcome for insomnia research. *Sleep Med* 2001;2:297-307.
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- [e7] Fahn et al. The unified Parkinson's disease rating scale. In: Fahn S, Marsden CD, Calne DB, Goldstein M, eds. *Recent developments in Parkinson's disease*. Florham Park, NJ: Macmillan (1987) vol. 2 pp. 153-63, 293-304.
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