

table S1. Standardized tests and questionnaires used in the SCIENCE project

Category	Domain	Name of test or questionnaire	Cut-off	
Clinical evaluation	Anamnesis	Anamnesis, evaluation of complaints Medical history Family history Alcohol intake, smoking, drugs		
	Physical measurements	Weight, height, waist Blood pressure		
Subjective cognitive decline	Self-perceived decline	Cognitive change index – self-report, functioning compared to 5 years ago [1]	< 0	
		Subjective cognitive functioning, change over 1 year [2]	≥ 16	
	Informant report	Cognitive change index – informant report [1]	≥ 16	
Quality of life		EuroQol, visual analogue scale [3]		
Mental health questionnaires	Depressive symptoms	Center for Epidemiologic Studies Depression Scale (CES-D) [4]	≥ 16	
	Anxiety	Hospital anxiety and depression scale (HADS) – anxiety subscale [5]	≥ 8	
	Distress	Four Dimensional Symptom Questionnaire – distress subscale [6]	≥ 10	
	Somatization	Four Dimensional Symptom Questionnaire – somatization subscale [6]	≥ 10	
	Neuroticism	Dutch Personality Inventory – Neuroticism scale [7]	80 th percentile current report	
	Mastery	Pearlin Mastery psychological coping scale [8]	80 th percentile current report	
Neuropsychological tests	Global cognition	Mini-mental state examination [9,10]		
		Visual association task (VAT) A&B [11] Dutch version of the Rey Auditory Verbal Learning Test (RAVLT) – direct recall; delayed recall and cued recall after 20 min [12,13] Visual Reproduction I&II (Wechsler Memory Scale (WMS) IV) [14] Story immediate and delayed recall (Rivermead Behavioral Memory Test (RBMT) III, Dutch version) [15,16] Rey Complex Figure delayed recall (3 min) [17]		
	Memory	Attention	Digit span forward [18] Trail Making Test (TMT) A [19] Stroop word naming (I) [16,20] Stroop colour naming (II) [16,20]	
		Executive functioning	Trail Making Test (TMT) B [19] Digit span backwards [18] Stroop colour-word test [16,20] Frontal Assessment Battery (FAB) [21] Letter Fluency Test (version D-A-T) [22]	
	Language	Category fluency animals [16]		

	Visuo-spatial functioning	Boston Naming Test (30 items) [23–25] Visual association test – ‘naming’ [11] Fragmented letters (VOSP: Visual Objective and Space Perception) [26] Number location (VOSP) [26] Dot Counting (VOSP) [26] Rey Complex Figure Copy task [17]
Activities of daily living	IADL	Amsterdam IADL questionnaire [27]
Lifestyle questionnaires	Dietary intake Physical activity Cognitive activity	EETscore [28] Physical Activity Scale for the Elderly [29] Cognitive Activity Scale [30]

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