

Supplementary Online Content

Chandler MJ, Locke DE, Crook JE, et al. Comparative effectiveness of behavioral interventions on quality of life for older adults with mild cognitive impairment: a randomized clinical trial. *JAMA Netw Open*. 2019;2(5):e193016. doi:10.1001/jamanetworkopen.2019.3016

eFigure. Mean Changes in Quality of Life

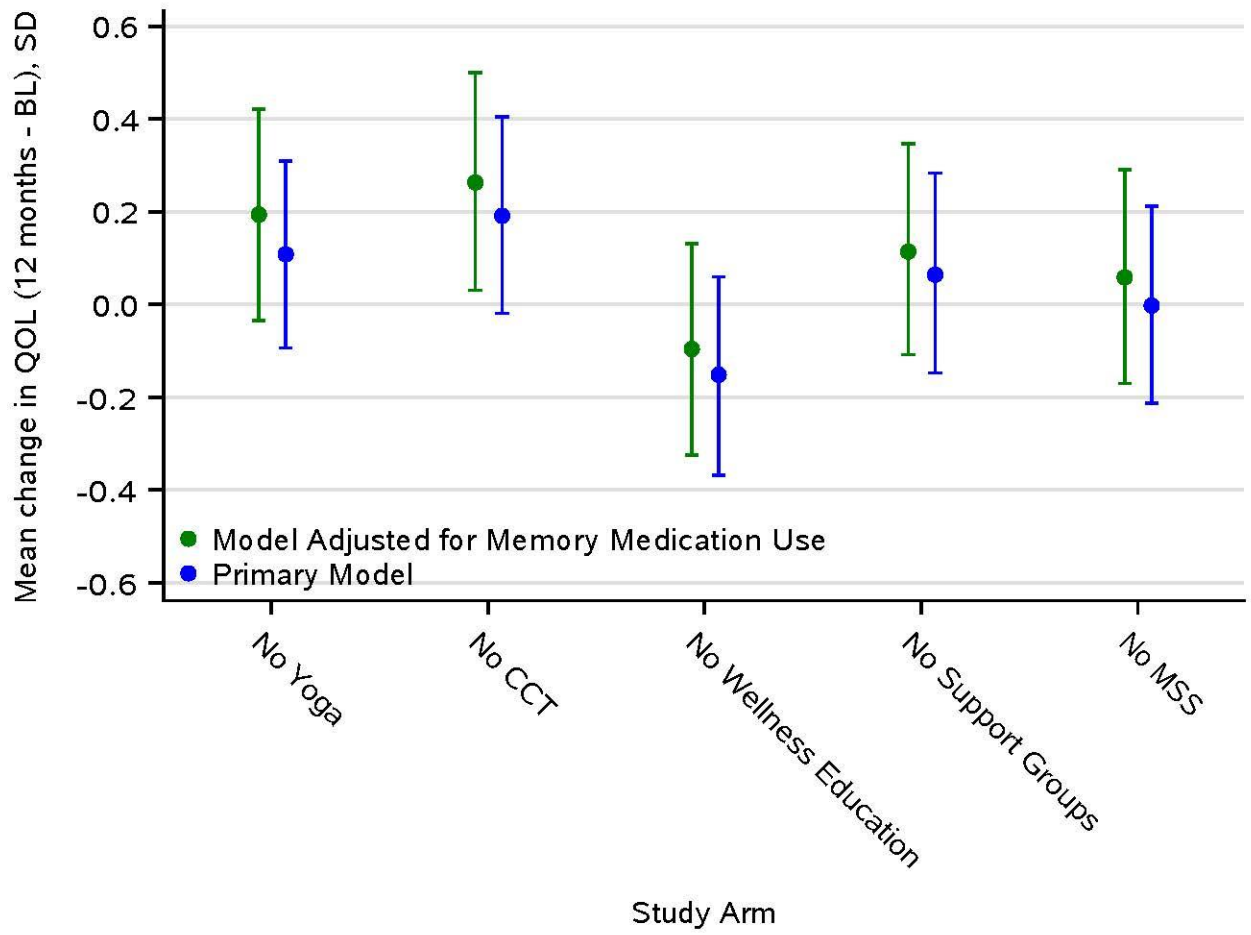
eTable 1. Baseline Characteristics According to Length of Follow-up

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This supplementary material has been provided by the authors to give readers additional information about their work.

eFigure. Mean Changes in Quality of Life



eTable 1. Baseline Characteristics According to Length of Follow-up

Characteristic	Less than 12 months follow-up (n=44)	12-18 months follow-up (n=228)
Age, years	n=44	n=228
Mean (SD)	77.4 (7.7)	74.7 (7.5)
Sex, No (%)	n=44	n=228
Male	22 (50)	138 (61)
Female	22 (50)	90 (39)
Years of education	n=44	n=227
Median (range)	16 (12-20)	16 (6-20)
Race, No (%)	n=44	n=228
Non-white	2 (5)	10 (4)
White, non-Hispanic	42 (95)	218 (96)
Marital status, No (%)	n=40	n=228
Married or marriage-like relationship	31 (78)	204 (89)
Divorced or separated	2 (5)	7 (3)
Widowed	6 (15)	14 (6)
Single and never married	1 (3)	3 (1)
Caregiver relationship to patient, No (%)	n=40	n=228
Spouse or partner	30 (75)	199 (87)
Son or daughter	8 (20)	15 (7)
Brother or sister	0 (0)	5 (2)
Other family member	0 (0)	2 (1)
Friend	2 (5)	6 (3)
Other	0 (0)	1 (0)
Current memory medications, No (%)	n=46	n=228
No	23 (64)	141 (62)
Yes	13 (36)	87 (38)
Dementia Rating Scale-2 total score	n=41	n=221
Mean (SD)	127.8 (7.6)	129.5 (8.7)
Clinical Dementia Rating scale score, No (%)	n=44	n=227
0=None	6 (14)	15 (7)
0.5=Questionable	38 (86)	212 (93)
Anxiety score	n=36	n=226
Mean (SD)	17.0 (5.7)	17.8 (5.2)
QOL- score	n=37	n=227
Mean (SD)	40.0 (5.2)	40.4 (5.7)
Mood score	n=37	n=226
Mean (SD)	12.8 (6.9)	11.8 (8.3)
Self-efficacy score	n=36	n=227
Mean (SD)	73.8 (13.9)	73.9 (14.0)
mADL score	n=36	n=227
Mean (SD)	19.1 (5.6)	18.6 (4.8)

Abbreviations: No, number; SD, standard deviation; QOL, Quality of Life; mADL, memory-related activities of daily living.

eTable 2. Outcome Measures at Baseline by Study Group and Site

Outcome	Site	No Yoga		No CCT		No Wellness Education		No Support Groups		No MSS	
		N	Mean (SD)	N	Mean (SD)	N	Mean (SD)	N	Mean (SD)	N	Mean (SD)
QOL	MN	22	41.7 (4.8)	12	39.2 (6.1)	18	39.1 (4.7)	17	41.2 (5.2)	19	40.5 (4.8)
	FL	13	40.6 (5.3)	9	40.0 (2.6)	8	40.3 (4.0)	13	43.2 (5.1)	10	38.3 (5.2)
	AZ	14	35.8 (6.8)	20	42.3 (5.7)	15	39.0 (6.2)	15	41.0 (4.3)	14	40.9 (5.0)
	WA	7	41.6 (5.7)	12	41.0 (6.8)	8	38.4 (4.6)	8	40.4 (9.5)	10	38.9 (7.5)
Mood	MN	22	11.1 (8.9)	12	16.3 (14.7)	18	13.2 (7.3)	17	9.2 (5.3)	19	12.4 (6.4)
	FL	13	9.5 (5.7)	9	14.6 (6.0)	8	8.3 (4.7)	13	10.1 (9.0)	10	15.3 (5.7)
	AZ	13	14.1 (7.2)	20	9.4 (5.8)	15	12.9 (10.2)	15	11.9 (7.3)	14	10.8 (4.4)
	WA	7	11.6 (11.8)	12	11.9 (10.0)	8	15.2 (10.3)	8	11.0 (8.2)	10	14.0 (10.5)
Self-Efficacy	MN	22	76.5 (13.7)	12	66.0 (22.1)	18	75.8 (9.2)	17	74.5 (14.6)	19	72.7 (16.0)
	FL	13	73.8 (10.3)	9	79.1 (9.7)	8	73.3 (10.1)	13	75.1 (16.6)	10	72.8 (14.6)
	AZ	14	70.3 (14.8)	20	77.5 (12.9)	15	70.7 (15.4)	14	77.8 (6.3)	14	75.5 (13.0)
	WA	7	74.4 (12.5)	12	72.8 (14.7)	8	70.8 (13.3)	8	74.9 (18.6)	10	68.0 (18.1)
mADLs	MN	22	18.9 (4.9)	12	19.2 (4.0)	17	18.8 (5.4)	17	18.6 (4.3)	19	17.2 (4.4)
	FL	13	17.4 (4.0)	9	22.0 (6.5)	8	18.0 (3.5)	13	18.7 (4.7)	10	19.8 (2.6)
	AZ	14	17.8 (5.5)	21	18.9 (5.9)	15	16.5 (5.1)	15	18.4 (5.4)	14	20.9 (4.3)
	WA	7	18.4 (5.9)	12	17.5 (4.5)	8	21.0 (3.9)	8	20.6 (5.8)	10	18.6 (6.5)

Abbreviations: CCT, computerized cognitive training; MSS, memory support system; SD, standard deviation; QOL, Quality of Life; mADL, memory-related activities of daily living.

eTable 3. Summaries of Raw Changes in Outcome Measures from Baseline to 12 Months by Study Group and Site

Outcome	Site	No Yoga		No CCT		No Wellness Education		No Support Groups		No MSS	
		N	Mean (SD)	N	Mean (SD)	N	Mean (SD)	N	Mean (SD)	N	Mean (SD)
QOL	MN	18	-0.2 (3.4)	11	0.9 (2.4)	16	0.5 (4.7)	15	0.2 (4.8)	16	-0.5 (3.4)
	FL	12	-0.3 (4.5)	5	3.0 (3.4)	7	-1.1 (3.7)	8	-0.6 (2.4)	8	3.0 (3.5)
	AZ	11	3.4 (3.5)	15	-0.3 (3.6)	12	-0.5 (3.5)	12	1.0 (3.7)	11	-1.9 (3.7)
	WA	7	2.3 (3.7)	12	0.8 (5.5)	8	-1.7 (7.1)	7	-0.6 (3.6)	8	1.2 (3.7)
Mood	MN	18	-0.4 (6.9)	11	-5.5 (11.2)	16	0.6 (5.3)	15	2.5 (6.2)	16	1.9 (5.1)
	FL	12	2.8 (6.9)	5	-1.4 (3.8)	7	5.2 (6.3)	7	-2.2 (4.5)	8	-1.9 (7.8)
	AZ	10	2.8 (7.3)	15	-0.6 (5.6)	12	1.8 (9.2)	12	-3.4 (7.1)	11	1.6 (7.4)
	WA	7	-2.3 (11.6)	12	-0.1 (7.1)	8	2.7 (8.2)	7	0.6 (5.0)	8	-1.5 (5.0)
Self-Efficacy	MN	18	2.7 (10.7)	11	2.3 (11.5)	16	1.0 (8.3)	15	-7.3 (13.0)	16	3.7 (9.1)
	FL	12	-6.9 (16.5)	5	-0.8 (5.4)	7	-1.5 (11.2)	8	0.8 (8.3)	8	3.5 (8.9)
	AZ	11	0.9 (5.1)	15	-0.2 (8.0)	12	0.4 (9.8)	12	-1.3 (10.9)	11	-2.2 (14.5)
	WA	7	-4.6 (15.6)	12	4.1 (12.6)	8	-6.6 (20.5)	7	-2.1 (17.7)	8	0.6 (12.3)
mADLs	MN	18	2.1 (4.7)	11	-0.1 (4.5)	15	1.2 (4.6)	15	1.7 (3.1)	16	2.3 (4.5)
	FL	12	3.1 (5.2)	5	-2.4 (4.4)	7	2.3 (3.9)	8	-0.5 (0.9)	8	1.8 (4.1)
	AZ	11	2.5 (3.2)	16	1.6 (5.3)	12	0.8 (4.8)	11	0.1 (3.1)	11	0.8 (2.9)
	WA	7	2.1 (1.9)	11	2.3 (2.5)	8	1.9 (4.8)	7	-1.7 (3.7)	8	-1.3 (7.8)

Abbreviations: CCT, computerized cognitive training; MSS, memory support system; SD, standard deviation; QOL, Quality of Life; mADL, memory-related activities of daily living.