Supplement A: Transfer effects

Table A1 Performance on the digit span task of the WISC and the RSPM

	Main effect	**(Interaction with) Time**
Digit span[a]		
Main effect		$F(1,16) = 6.25$, $p = .02$, η2 = .28
Condition	$F(1,16) = 90.7$, $p < .001$, η2 = .85	$F(1,16) = 0.80$, $p = .39$, η2 = .05
Group	$F(1,16) = 4.18$, $p = .06$, η2 = .21	$F(1,16) = 0.05$, $p = .82$, η2 = .003
Condition × Group	$F(1,16) = 2.15$, $p = .16$, η2 = .12	$F(1,16) = 0.47$, $p = .50$, η2 = .03
RSPM		
Main effect		$F(1,16) = 0.22$, $p = .65$, η2 = .01
Group	$F(1,16) = 0.16$, $p = .70$, η2 = .01	$F(1,16) = 0.13$, $p = .72$, η2 = .01

[a] Before practice, there were no performance differences between groups: both ps ≥ .09

Table A2 Performance on the five executive function transfer tasks that were administered after practice

	Main effect	**(Interaction with) Group**
Spatial working memory task		
Main effect (accuracy)		$F(1,16) = 1.47$, $p = .24$, η2 = .08
Condition (accuracy)	$F(1,16) = 9.68$, $p = .007$, η2 = .38	$F(1,16) = 1.78$, $p = .20$, η2 = .10
Main effect (reaction times)		$F(1,16) = 0.78$, $p = .39$, η2 = .05
Condition (reaction times)	$F(1,16) = 1.34$, $p = .26$, η2 = .08	$F(1,16) = 0.90$, $p = .36$, η2 = .05
Local Global task		
Main effect		$F(1,16) = 0.58$, $p = .46$, η2 = .04
Congruency	$F(1,16) = 24.01$, $p < .001$, η2 = .60	$F(1,16) = 1.00$, $p = .33$, η2 = .06
Switch	$F(1,16) = 16.03$, $p = .001$, η2 = .50	$F(1,16) = 0.02$, $p = .88$, η2 = .001
Congruency × Switch	$F(1,16) = 7.62$, $p = .01$, η2 = .32	$F(1,16) = 0.04$, $p = .84$, η2 = .003
Mental Counters[a]		
Main effect		$F(1,15) = 6.55$, $p = .02$, η2 = .30
Series	$F(1,15) = 0.25$, $p = .63$, η2 = .02	$F(1,15) = 0.08$, $p = .78$, η2 = .01
Counters	$F(1,15) = 0.08$, $p = .78$, η2 = .01	$F(1,15) = 0.08$, $p = .78$, η2 = .01
Series × Counters	$F(1,15) = 0.46$, $p = .51$, η2 = .03	$F(1,15) = 0.26$, $p = .62$, η2 = .02
Tower of London		
Perfect solutions		$F(1,16) = 0.01$, $p = .94$, η2 < .001
Extra moves		$F(1,16) = 1.80$, $p = .20$, η2 = .10
Planning time		$F(1,16) = 4.26$, $p = .06$, η2 = .21
WCST		
Categories achieved		$F(1,16) = 3.33$, $p = .09$, η2 = .17
Perseverative errors		$F(1,16) = 0.22$, $p = .64$, η2 = .01
Conceptual level responses		$F(1,16) = 0.84$, $p = .37$, η2 = .05

[a] For this task, data from one participant (practice group) were missing due to a technical problem