Supplementary Table 1. Cognitive Reserve Questionnaire (CRQ).
A questionnaire developed in Spanish (Rami et al., 2011), comprised of 8 questions whose total score serves as a proxy for cognitive reserve (this is not an official translation).

Items (mark the highest applicable option)	Scoring
1 Years of education / Academic achievement	
No formal education	0
Self-taught reading and writing	1
Basic education (<6 years)	2
Primary education (≥6 years)	3
Secondary education (≥9 years)	4
Higher education	5
2 Parental level of education	
No formal education	0
Basic or primary education	1
Secondary or higher education	2
3 Occupational training courses	
None	0
One or two	1
Between two and five	2
More than five	3
4 Occupation	
No employment (includes housekeeping)	0
Manual labour	1
Skilled labour (includes secretarial and technical professions)	2
Highly skilled labour (requiring higher education)	3
Managerial labour	4
5 Musical Training	
Does not play an instrument nor listens to music frequently	0
Amateur musician or music aficionado	1
Formal musical training	2
6 Languages (ability to maintain a conversation)	
Only in one language (mother tongue)	0
Two languages (includes spanish, galician, catalan and basc)	1
Two or three languages (with one different to galician, catalan or basc)	2
More than 2 languages	3
7 Reading activity	
Never	0
Occasionaly	1
Two to five books per year	2
Five to ten books per year	3
More than ten books per year	4
8 Playing intellectual games (chess, puzles, crosswords, etc.)	
Never or rarely	0
Occasionally (up to five times per month)	1
Frequently (more than five times per month)	2

Supplementary Table 2. Comparative demographics and performance of four participants with subjective cognitive decline (SCD).

	Entire Sample N = 48 m / f = 21 / 27	Controls n_a = 18 m / f = 7 / 11	SCD n_b = 4 m / f = 0 / 4	PreAD n_d = 7 m / f = 4 / 3
Age	M = 62.705 SD = 4.628	M = 62.143 SD = 4.690	M = 65.468 SD = 2.197	M = 64.919 SD = 3.202
Aβ42	M= 1186.200 SD = 424.678	M = 1492.111 SD = 232.529	M = 921.700 SD = 362.514	M = 771.06 SD = 190.47
p-Tau	M = 18.233 SD = 9.007	M = 14.735 SD = 3.046	M = 20.625 SD = 7.294	M = 26.513 SD = 6.554
t-Tau	M = 220.273 SD = 86.623	M = 1.906 SD = 37.090	M = 244.500 SD = 65.579	M = 285.071 SD = 55.774
p-Tau / Aβ42	M = 0.017 SD = 0.010	M = 0.010 SD = 0.002	M = 0.024 SD = 0.010	M = 0.035 SD = 0.009
FCSRT Total recall	M = 44.292 SD = 3.989	M = 43 SD = 5.053	M = 44 SD = 5.354	M = 45 SD = 2.082
FCSRT Retention Index	M = 0.980 SD = 0.066	M = 0.980 SD = 0.077	M = 0.973 SD = 0.136	M = 0.973 SD = 0.033
FCSRT Delayed cued recall	M = 3.708 SD = 1.675	M = 3.667 SD = 1.910	M = 3.250 SD = 1.500	M = 3.429 SD = 1.902
FCSRT Delayed free recall	M = 11.479 SD = 1.935	M = 11.222 SD = 2.315	M = 11.750 SD = 2.217	M = 12 SD = 2
FCSRT Total free recall	M = 28.562 SD = 5.379	M = 27.889 SD = 6.173	M = 27.750 SD = 6.850	M = 26.857 SD = 5.014
FCSRT Total cued recall	M = 15.729 SD = 4.409	M = 15.111 SD = 4.071	M = 16.250 SD = 2.363	M = 18.143 SD = 4.413
FCSRT Total delayed recall	M = 15.187 SD = 1.214	M = 14.889 SD = 1.323	M = 15 SD = 1.414	M = 15.429 SD = 0.534
WAIS IV Visual Puzzles Total Score	M = 13.083 SD = 4.297	M = 13.222 SD = 4.023	M = 14 SD = 5.598	M = 12.143 SD = 4.670
CRQ score	M = 16.479 SD = 3.724	M = 15.778 SD = 4.427	M = 17.500 SD = 2.887	M = 15.429 SD = 3.690
Years of education	M = 13.750 SD = 3.778	M = 13.444 SD = 3.959	M = 15.500 SD = 2.646	M = 13.000 SD = 3.697
Hippocampal volume / TIV	M = 0.005 SD = 0.001	M = 0.005 SD = 0.001	M = 0.005 SD = 0.001	M = 0.005 SD = 0.001
Hippocampal down-regulation NF score	M = -0.038 SD = 0.462	M = -0.098 SD = 0.437	M = 0.182 SD = 0.476	M = -0.043 SD = 0.568
Mean EC in CA1	M = 0.282 SD = 0.040	M = 0.290 SD = 0.037	M = 0.290 SD = 0.022	M = 0.277 SD = 0.054