

Supplementary Table 5. Final model of multiple linear regression analysis results on predictors of the normalized changes of IED_{errors} after TCC training for the female participants (n=33)

	Unstandardized coefficients		Standardized coefficients		Adjusted R ²	Adjusted R ² change	F	p-value
	B	Standard error	Beta	p-value				
Constant	7.733	3.825		0.068				
Covariates								
Age	-0.036	0.027	-0.446	0.207				
Education	-0.063	0.044	-0.405	0.179				
GFA _{pre} of the PSTP loop	-10.393	4.576	-0.748	0.044*	0.152	0.313	5.157	0.044*

GFA_{pre}, generalized fractional anisotropy at baseline; IED_{errors}, the number of total errors of the Intra/Extra-dimensional set shift test; PSTP, prefronto-striatal-thalamo-prefrontal; TCC, Tai Chi Chuan group. Normalized change of IED_{errors} = (post-test IED_{errors} - pre-test IED_{errors}) / pre-test IED_{errors}.

The stepwise method was applied, using the criteria of p(F) < 0.05 as the probability-to-enter and p(F) ≥ 0.10 as probability-to-remove. Age and education were entered as covariates.

* p < 0.05.