

Supplementary Material

Effects of Virtual Reality Physical and Cognitive Training Intervention On Cognitive Abilities of Elders with Mild Cognitive Impairment

Supplementary Table 1. Means and Standard Deviation in Neuropsychological Measures in pre and post

Performance	VRADA group (N=28)		Bike group (N=11)		PE group (N=24)		Mixed group (N=31)		Non-contact control group (N=28)	
	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range
MMSE pre	28.26 (1.48)	25-30	27.72 (1.55)	25-30	26.33 (2.63)	19-30	28.29 (2.03)	22-30	27.65 (1.99)	23-30
MMSE post	28.17 (2.01)	20-30	28.36 (1.28)	25-30	28.79 (1.14)	26-30	28.54 (1.45)	25-30	27.81 (2.05)	21-30
RAVLT pre	42.55 (10.10)	23-67	38.00 (19.37)	2-64	47.30 (13.06)	4-65	45.00 (12.65)	6-63	43.88 (14.22)	3-68
Performance	VRADA group (N=28)		Bike group (N=11)		PE group (N=24)		Mixed group (N=31)		Control group (N=28)	
	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range
RAVLT post	44.07 (10.34)	20-60	38.00 (19.37)	2-64	46.86 (9.56)	30-65	46.19 (8.78)	25-59	42.48 (12.47)	22-65
Performance	VRADA group (N=28)		Bike group (N=11)		PE group (N=24)		Mixed group (N=31)		Non-contact control group (N=28)	
	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range
TMT-B pre	148.48 (59.95)	65-378	154.63 (78.58)	38-300	137.40 (51.84)	45-287	168.12 (78.00)	63-360	166.31 (9.21)	1.75-342
TMT-B post	132.28 (51.79)	12-281	128.09 (81.05)	12-242	136.08 (47.88)	69-252	137.40 (47.88)	69-252	173.76 (82.33)	70-437
WAIS for. pre	5.26 (1.04)	4-8	5.09 (0.94)	4-7	5.26 (0.81)	4-7	5.16 (0.85)	4-7	4.87 (0.74)	4-6
WAIS for. post	5.57 (1.10)	4-9	4.72 (0.90)	3-6	5.26 (0.61)	4-6	5.18 (0.78)	4-7	4.85 (0.81)	3-6
Performance	VRADA group (N=28)		Bike group (N=11)		PE group (N=24)		Mixed group (N=31)		Non-contact control group (N=28)	
	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range	M (SD)	Range

M, mean; SD, standard deviation; p, statistically significant difference in performance between the five groups; MMSE, Mini-Mental State Examination; RAVLT, Rey auditory verbal learning test; TMT-B, Trail Making Test-B; PE, physical exercise