

Supplementary Material

Early Benefits with Potential Long-Term Risks of a Comprehensive Intervention on Serum Cortisol Levels and Cognitive Performance in Patients with Alzheimer's Disease

Supplementary Table 1. Correlation between serum cortisol level and cognitive domains at baseline.

	Correlation coefficient (ρ)	p
Reverse digit span	-0.158	0.147
Semantic verbal fluency	-0.169	0.120
Immediate prose recall	-0.070	0.524
Delayed prose recall	-0.072	0.512
Total prose recall	-0.107	0.327

Supplementary Table 2. Serum cortisol levels in patients with Alzheimer's disease subdivided in user and non-user for the medication considered.

	Serum cortisol levels (ng/mL)		p
	user	non-user	
AChEI	13.38 \pm 0.51	13.05 \pm 0.50	0.640
NMDA receptor antagonists	11.16 \pm 0.62	13.44 \pm 0.36	0.124
Benzodiazepines	13.63 \pm 0.81	12.90 [12.10-13.50]	0.499
Antidepressants	14.16 \pm 0.84	12.80 [11.70-13.50]	0.145
Lipid lowering medications	13.20 [12.18-14.30]	13.24 \pm 0.40	0.631
Antihypertensives	13.43 \pm 0.47	13.18 \pm 0.51	0.720
Corticosteroids	13.38 \pm 0.34	12.90	NA

AChEI, acetylcholinesterase inhibitors; NA, non-applicable.

Supplementary Table 3. The percent change of performances in cognitive domains in the control and experimental groups after 2-month.

	Control group	Experimental group	p
Corsi supraspan	0.00 [-18.65-2.77]	0.00 [-42.10-26.70]	0.405
Immediate prose recall	0.00 [-30.05-43.95]	0.00 [-27.25-10.00]	0.758
Delayed prose recall	0.00 [0.00-1.60]	0.00 [-6.90-83.35]	0.532
Total prose recall	0.00 [-22.23-6.87]	0.00 [-25.60-128.40]	0.184