Supplementary Material

The Effect of Computerized Cognitive Training, with and without Exercise, on Cortical Volume and Thickness and Its Association with Gait Speed in Older Adults: A Secondary Analysis of a Randomized Controlled Trial

Supplementary Table 1. Baseline measures MRI participants versus non-MRI participants.

Measure❖	Total Study Sample n = 124	MRI Participants n = 53	Non-MRI Participants n = 71	MRI versus Non-MRI p
Age (y)	72.23 (4.84)	71.57 (4.88)	72.72 (4.78)	0.190
Sex = Male (%)	49 (39.5)	23 (43.4)	26 (36.6)	0.563
Education (%)				0.055
High School	14 (11.3)	4 (7.5)	10 (14.1)	
Trades	17 (13.7)	3 (5.7)	14 (19.7)	
Some University	31 (25.0)	14 (26.4)	17 (23.9)	
University Degree	62 (50.0)	32 (60.4)	30 (42.3)	
BMI (kg/m^2)	25.98 (4.56)	25.89 (4.84)	26.04 (4.37)	0.863
MMSE (/30)	28.60 (1.45)	28.64 (1.43)	28.58 (1.47)	0.809
MoCA (/30)	25.08 (3.38)	25.94 (3.42)	24.44 (3.22)	0.013*
MCI (%)	61 (49.2)	22 (41.5)	39 (54.9)	
Gait Speed (m/s)	1.23 (0.23)	1.24 (0.24)	1.22 (0.22)	0.572
Six Minute Walk (m)	509.00 (86.61)	517.11 (97.96)	502.68 (76.78)	0.365
SPPB (/12)	10.80 (1.04)	11.04 (0.85)	10.62 (1.13)	0.026*
PASE (/793)	116.52 (49.39)	117.23 (46.41)	115.98 (51.82)	0.890

Displayed values indicate Mean (SD) or n (%); *p < 0.05, t-test indicates significant difference MRI participants and non-MRI participants.

❖Higher scores reflect better performance: MMSE, Mini-Mental State Exam; MoCA, Montreal Cognitive Assessment; MCI, mild cognitive impairment, defined as < 26/30 MoCA [27]; SPPB, Short Physical Performance Battery; PASE, Physical Activity Scale for the Elderly

Supplementary Table 2. Within group baseline and final MRI participant measures of gait speed and physical performance.

Measure❖	Baseline			Final		
	BAT	Ex-FBT	FBT	BAT	Ex-FBT	FBT
	n = 19	n = 17	n = 17	n = 19	n = 17	n = 17
Gait Speed (m/s)	1.24 (0.29)	1.29 (0.25)	1.21 (0.18)	1.26 (0.23)	1.31 (0.23)	1.18 (0.21)
SPPB (/12)	10.95 (0.91)	11.12 (0.78)	11.06 (0.90)	11.00 (0.88)	11.24 (0.83)	11.24 (1.20)

Displayed values indicate Mean (SD)
❖Higher scores reflect better performance; SPPB, Short Physical Performance Battery