**Supplementary Material – Outcome Measures**

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| Outcome | Description |
| Modified Neuropsychological Battery | The study aims to measure global cognitive performance. Global cognition composite z-score made up of the following subtests:   1. Visual Paired Associates 2. Logical Memory Recall of the Wechsler Memory Scale-Revised 3. Rey Auditory Verbal Learning 4. Digit Span 5. Word and Category Fluency test 6. Trail Making Test 7. Letter Digit Substitution test   Higher scores reflect better cognitive performance. |
| Episodic Memory | Episodic memory composite z-score measured using mNTB subtests:   1. Visual Paired Associates tests 2. Logical Memory Immediate and Delayed Recall of the Wechsler Memory Scale-Revised 3. Rey Auditory Verbal Learning test   Higher scores reflect better cognitive performance. |
| Executive Function | Executive function composite z-score measured using mNTB subtests:   1. Digit Span 2. Word and Category Fluency test 3. Trail Making Test Part B   Higher scores reflect better cognitive performance. |
| Processing Speed | Processing speed composite z-score measured using mNTB subtests:   1. Letter Digit Substitution test 2. Trail-Making Test Part A   Higher scores reflect better cognitive performance. |
| Clinical Dementia Rating-Sum of Boxes (CDR-SB) | The study aims to measure daily function using the CDR-SB. Higher scores reflect worse performance. |
| Alzheimer's Disease Cooperative Study Activities of Daily Living-Mild Cognitive Impairment-Activities of Daily Living Inventory (ADCS-MCI-ADL) | The study aims to measure functional abilities using the ADCS-MCI-ADL. Higher scores reflect better performance. |
| The Geriatric Depression Scale (GDS) | The study aims to measure presence and levels of depressive symptoms. Scores of 0-4 are considered normal, 5-8 indicate mild depression; 9-11 indicate moderate depression; and 12-15 indicate severe depression. |
| Global Physical Activity Questionnaire (GPAQ) | The study aims to measure work, travel, and recreation, as well as average time per day spent in sedentary behaviour. |
| Prospective-Retrospective Memory Questionnaire | The study aims to measure subjective memory concerns in everyday life. Higher scores represent greater frequency of memory failures. |
| Pittsburgh Sleep Quality Index (PSQI) | The study aims to measure sleep quality. Higher scores indicate worse sleep quality. |
| Leisure-Time Activities Questionnaire | The study aims to measure the frequency of engagement in the following activities: Health activities, Social activities, Productive activities, Fitness activities, Recreational activities, Any cognitively-stimulating activities. Higher scores represent higher frequency of engagement in leisure-time activities. |
| Physical Performance Test (PPT) | The study aims to measure physical performance. Higher scores represent better performance. |
| Quality of Life Questionnaire (15D) | The study aims to measure quality of life. |
| 36-Item Short Form Survey (SF-36) | The study aims to measure participants’ physical and mental health status. Higher scores represent a more favourable health state. |
| Resource Use Inventory (RUI) | The study aims to measure the frequency of participants’ direct medical care, direct nonmedical care, informal care, and time use. |