

Supplementary: Table 1- Differences in cognitive performance between the testing sessions T0-T4

Test	T0 Z Score (SD)	T1 Z Score (SD)	T2 Z Score (SD)	T3 Z Score (SD)	T4 Z Score (SD)	Repeated measures ANOVA F score (p)
MoCA	26.56 (1.50)*	25.85 (1.46)	25.00 (2.17)*	25.89 (1.95)	25.67 (1.98)	3.12 (0.02)*
(raw score)		$\mathcal{D}$	$\mathcal{D}$	$\mathcal{D}$	$\mathcal{D}$	
MoCA-Z score	0.78 (0.44)*	0.58 (0.41)	0.33 (0.64)*	0.61 (0.55)	0.55 (0.54)	4.76 (0.00)**
RAVLT-1	-0.13 (0.74)	0.04 (0.74)	0.01 (0.64)	0.35 (1.07)	0.09 (0.95)	1.22 (0.31)
RAVLT-5	-0.06 (0.90)	0.07 (0.99)	0.22 (0.99)	0.19 (0.88)	0.02 (1.13)	0.32 (0.86)
RAVLT-6	0.39 (1.32)	-0.25 (1.10)	0.05 (0.94)	0.12 (0.94)	-0.41 (1.01)	2.49 (0.05)*
RAVLT-7	-0.18 (0.97)	-0.02 (1.21)	0.28 (0.98)	0.20 (1.04)	0.25 (1.16)	1.69 (0.16)
RAVLT-8	-0.39 (1.23)	-0.29 (1.25)	0.02 (1.13)	0.24 (1.06)	-0.26 (1.55)	1.78 (0.14)
RAVLT-9	-0.04 (0.74)*	-0.03 (0.87)*	0.26 (0.94)*	0.43 (0.73)*	0.46 (0.73)*	3.02 (0.02)*
PI	-0.52 (1.26)	0.32 (0.91)	0.14 (1.10)	0.26 (1.03)	0.45 (1.07)	3.74 (0.01)**
RI	-0.16 (1.06)	-0.09 (1.00)	0.18 (1.06)	0.32 (0.95)	0.29 (1.15)	2.01 (0.10)
Total Learning	0.02 (0.91)	0.11 (0.99)	0.23 (0.88)	0.49 (0.93)	0.25 (1.15)	1.33 (0.26)
ROCF-Copy	1.29 (0.50)*	0.82 (0.54)*	0.86 (0.68)	0.93 (0.66)*	0.37 (1.58)	4.32 (0.00)**
ROCF-Delay	0.58 (0.75)*	0.72 (0.84)	1.05 (0.86)	1.13 (0.88)*	0.67 (0.84)	7.01 (0.00)**
PF	0.29 (0.99)	0.34 (0.99)*	0.51 (0.86)*	0.41 (0.98)	0.99 (1.03)*	3.86 (0.01)**
SF	0.65 (1.12)	0.53 (1.05)	0.52 (1.21)	0.57 (1.06)	0.37 (1.15)	0.40 (0.81)
Digit Span	0.15 (0.99)	0.27 (0.87)	0.10 (1.07)	0.10 (1.07)	0.23 (1.14)	0.33 (0.85)
TMT A	0.01 (0.58)*	0.15 (0.68)*	0.41 (0.71)	0.03 (0.95)*	0.72 (0.45)*	5.64 (0.00)**
TMT B	0.63 (0.55)*	0.67 (0.56)*	0.85 (0.44)	0.85 (0.44)	1.06 (0.37)*	4.02 (0.00)**
BDI	4.70 (3.99)	5.81 (5.07)	6.56 (4.00)	5.48 (4.26)	6.189 (3.53)	1.23 (0.30)

key: ϕ = deficient, mean below the suggested average ; * $p < 0.05$, ** $p < 0.01$

RAVLT: Rey Auditory Verbal Learning Test; PI=Proactive Interference: Trial 1 minus Trial 6; RI=Retroactive Interference: Trial 5 minus Trial 7; Total learning: Sum of Trials 1 through 5; ROCF: Rey Osterrieth Complex Figure test; PF: Phonetic Fluency; SF: Semantic Fluency; TMT: Trail Making Test Parts A and B; MoCa: Montreal Cognitive Assessment test; BDI: Beck Depression Inventory

Table 2-Post Hoc: Differences in cognitive performances between the five testing sessions T0-T4

Neuropsychological Test	Sessions with significant differentiates	P Value
RAVLT-9	T0 and T3	P=0.02
	T1 and T2	P=0.02
	T1 and T4	P=0.02
ROCF-Copy	T0 and T1	P=0.01
ROCF-delay	T0 and T3	P=0.01
Phonemic Fluency	T1 and T4	P=0.00
	T2 and T4	P=0.00
TMT A	T0 and T4	P=0.00
	T1 and T4	P=0.00
	T3 and T4	P=0.01
TMT B	T0 and T4	P=0.02
	T1 and T4	P=0.01