**Table S1: Cognitive, Psychological, and Well-Being Characteristics at Baseline**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Treatment (*N* = 38) |   | Control (*N* = 36) | Comparison |
|  | *N* | Mean | SD |  | *N* | Mean | SD | *p*-value |
| RAVLT LT T-Score | 36 | 43.7 | 15.1 |  | 35 | 46.5 | 14.7 | 0.4270 |
| RAVLT DR T-Score | 35 | 46.2 | 12.9 |  | 35 | 44.0 | 16.2 | 0.5271 |
| RAVLT IR T-Score | 36 | 41.6 | 14.7 |  | 35 | 41.8 | 17.4 | 0.9725 |
| Trail A T-Score | 37 | 39.8 | 14.5 |  | 36 | 37.0 | 15.5 | 0.4298 |
| Trail B T-Score | 37 | 38.3 | 16.1 |  | 35 | 39.3 | 12.5 | 0.7713 |
| WAIS Code T-Score | 37 | 40.6 | 9.9 |  | 35 | 38.3 | 7.5 | 0.2659 |
| WAIS PSI T-Score | 37 | 41.6 | 10.1 |  | 35 | 40.6 | 7.7 | 0.6472 |
| WAIS Symbol T-Score | 37 | 43.8 | 9.9 |  | 35 | 44.5 | 9.0 | 0.7341 |
| RPQ 16 Item | 37 | 36.4 | 13.0 |  | 35 | 31.3 | 15.3 | 0.1301 |
| SWLS Total | 38 | 15.5 | 6.4 |  | 36 | 16.7 | 7.1 | 0.4594 |
| Flourishing Scale | 38 | 37.4 | 7.6 |  | 36 | 38.6 | 9.7 | 0.5527 |
| BSI Anxiety T-Score | 38 | 61.3 | 11.3 |  | 36 | 54.6 | 13.5 | 0.0230 |
| BSI Depression T-Score | 38 | 61.8 | 9.7 |  | 36 | 57.6 | 11.4 | 0.0947 |
| BSI Somatic T-Score | 38 | 60.7 | 10.7 |  | 36 | 58.7 | 11.2 | 0.4320 |
| BSI Global Severity Index T-Score | 38 | 63.3 | 9.0 |  | 36 | 59.3 | 10.7 | 0.0907 |
| Ryff Purpose in Life | 38 | 38.1 | 8.4 |  | 34 | 38.7 | 8.0 | 0.7565 |
| SPANE Balance | 38 | 3.5 | 7.2 |  | 35 | 5.1 | 10.0 | 0.4418 |