

Supplementary Material

Incorporating a Usual Care Comparator into a Study of Meditation and Music Listening for Older Adults with Subjective Cognitive Decline: A Randomized Feasibility Trial

Supplementary Table 1. Content of the baseline and follow-up assessments

Data and Instruments	Data Collection		
	<u>Baseline</u>	<u>3 months</u>	
<i>Baseline Information</i>			
Demographic characteristics	X		
Medical history, anthropometrics	X		
<i>Feasibility and treatment-related measures</i>			
Retention*	X	X	
Adherence/engagement**		X	
Completion of daily logs		X	
Completion of home practice (KK/ML), engagement in brain health activities (EUC)		X	
Participant satisfaction, acceptability: Program evaluation (exit) questionnaire		X	
Adverse events*			
<i>Outcomes</i>			
Cognitive Function			
Memory Functioning Questionnaire	X	X	↑
Trail-making Test (TMT)	X	X	↓
Digital Symbol Substitution Test	X	X	↑
Psychological status:			
Perceived stress (PSS)	X	X	↓
Mood (POMS)	X	X	↓
Psychological well-being (PWBS)	X	X	↑
Sleep quality (PSQI)	X	X	↓
Health-related quality of life (SF-36)	X	X	↑
<i>Other factors</i>			
Lifestyle characteristics (smoking, caffeine and alcohol consumption; physical activity)	X	X	
Use of medications and supplements	X	X	

*Monitored throughout study; **Recorded daily by participants

↑ Increase in score indicates improvement ↓ Reduction in score indicates improvement

Supplementary Table 2. Change over time in cognitive function, psychological status, sleep, and quality of life in older adults with subjective cognitive decline randomized to a 12-week Kirtan Kriya meditation, a 12-week music listening program) and an enhanced usual care program (EUC).

Outcome Measures	Change from baseline to 3 months (Kirtan Kriya)		Change from baseline to 3 months (Music Listening)		Change from baseline to 3 months (EUC)		p [†]
	Mean (SE)	ES	Mean (SE)	ES	Mean (SE)	ES	
Perceived Memory Function							
<i>Memory Functioning Questionnaire</i>							
Total	47.98 (19.35)	1.2	52.53 (21.41)	1.1	20.11 (8.78)	0.4	0.05
Frequency of Forgetfulness	21.88 (11.06)	1.0	20.01 (11.01)	0.7	8.87 (3.88)	0.5	0.09
Seriousness of Forgetting	19.47 (6.94)	1.1	25.01 (8.04)	1.2	6.64 (4.38)	0.4	0.08
Retrospective Memory Functioning	4.57 (1.83)	0.9	3.20 (2.59)	0.8	2.05 (1.14)	0.4	0.33
Executive Function, Information Processing/Psychomotor Speed, Attention, Working Memory							
<i>Digit Symbol Substitution Test</i>							
	3.50 (3.27)	0.5	4.40 (3.83)	0.5	2.27 (1.33)	0.4	0.54
<i>Trail-making Test (TMT)</i>							
TMT-A	-1.97 (1.84)	0.4	-5.4 (6.45)	0.4	-1.00 (1.55)	0.15	0.18
TMT-B	-8.71 (7.54)	0.4	-11.60 (10.54)	0.5	3.95 (6.02)	-0.15	0.095
Stress, mood, well-being and sleep quality							
<i>Perceived Stress Scale</i>							
	-3.42 (2.49)	0.6	-3.20 (2.05)	0.7	-0.05 (1.25)	0.0	0.09
<i>Profile of Mood States</i>							
Total score	-20.69 (8.63)	0.9	-22.50 (10.06)	1.0	-11.74 (5.52)	0.4	0.09
<i>Psychological Well-being Scale</i>							
	4.12 (2.91)	0.5	3.40 (2.17)	0.4	-1.47 (1.27)	0.3	0.16
<i>Pittsburgh Sleep Quality Index</i>							
Total score	-0.87 (0.58)	0.5	-1.51 (2.26)	0.3	-0.14 (0.50)	0.1	0.45
Health related Quality of Life (SF-36)							
<i>Mental Health Component</i>							
	4.51 (3.44)	0.5	10.85 (8.44)	0.6	2.10 (3.67)	0.1	0.17
<i>Physical Health Component</i>							
	7.58 (2.44)	1.1	3.69 (8.28)	0.2	-0.71 (2.20)	0.1	0.095

[†]Between group difference at 3 months (adjusted for age)

ES, effect size; SE, standard error