**Supplementary Table 1.**Comparison ofpre-intervention socio-demographic data and neuropsychological profile between healthy elderly and MCI subjects (A) and MCI patients of Subgroup 1 and Subgroup 2 (B).

|  |  |  |  |
| --- | --- | --- | --- |
| **A** |  |  |  |
|  | **Healthy elderly**(n=74) | **MCI**(n=70) | **p** |
| **Age (years)** | 72.62±0.700 | 75.74±0.716 | **0.002** |
| **Gender (F/TOT)** | 82.4% | 70.0% | 0.079 |
| **Marital Status:**marriednot-marriedwidowed | 50.0%9.5%40.5% | 62.9%1.4%35.7% | 0.065 |
| **Schooling (years)** | 9.446±0.5534 | 6.329±0.4489 | **<0.001** |
| **MMSE** | 28.039±0.1345 | 25.733±0.2129 | **<0.001** |
| **GDS** | 7.97±0.641 | 8.30±0.510 | 0.689 |
| **ADL** | 5.97±0.019 | 5.89±0.038 | **0.040** |
| **IADL** | 7.97±0.027 | 7.09±0.167 | **<0.001** |
|  |  |  |  |
| **B** |  |  |  |
|  | **Subgroup 1**(n=32) | **Subgroup 2**(n=38) | **p** |
| **Age (years)** | 76.16±1.021 | 75.08±0.967 | 0.446 |
| **Gender (F/TOT)** | 65.6% | 73.7% | 0.464 |
| **Marital Status:**marriednot-marriedwidowed | 59.4%3.1%37.5% | 65.8%0.0%34.2% | 0.508 |
| **Schooling (years)** | 6.625±0.7603 | 6.079±0.5299 | 0.558 |
| **MMSE** | 27.163±0.1554 | 24.529±0.2300 | **<0.001** |
| **GDS** | 8.71±0.785 | 7.97±0.674 | 0.479 |
| **ADL** | 5.88±0.059 | 5.89±0.050 | 0.801 |
| **IADL** | 7.13±0.280 | 7.05±0.203 | 0.835 |

MMSE, Mini-Mental State Examination; GDS, Geriatric Depression Scale; ADL, Activities of Daily Living; IADL, Instrumental Activities of Daily Living. The significant p values are marked in bold.