**Appendix Table J4. Strength of evidence assessments: multimodal interventions versus inactive control in adults with normal cognition**

| **Comparison** | **Outcome** | **# Trials (n)** | **Summary statistics****[95% CI]** | **Study Limitations** | **Directness** | **Precision** | **Consistency** | **Reporting Bias** | **Optional Components** | **Evidence Rating** |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Physical activity and diet vs. inactive control | Dementia | NR |  |  |  |  |  |  |  |  |
| MCI | NR |  |  |  |  |  |  |  |  |
| Brief Cognitive Test Performance |  |  |  |  |  |  |  |  |  |
| Multidomain Neuropsychological Performance | NR |  |  |  |  |  |  |  |  |
| Executive Function | 2 (79) | 1 of 10 tests shows a statistically significant difference with intervention. | Medium | Indirect | Imprecise | Inconsistent | Undetected | NA | Insufficient |
| Memory | NR |  |  |  |  |  |  |  |  |
| Biomarkers | NR |  |  |  |  |  |  |  |  |
| Adverse Effects | NR |  |  |  |  |  |  |  |  |
| Physical activity, diet, ad cognitive training vs. inactive control | Dementia | NR |  |  |  |  |  |  |  |  |
| MCI | NR |  |  |  |  |  |  |  |  |
| Brief Cognitive Test Performance | NR |  |  |  |  |  |  |  |  |
| Multidomain Neuropsychological Performance | 1 (1260) | 1 of 1 test show a statistically significant difference with intervention.Ngandu 2015[9](#_ENREF_9)NTB, Difference between groups per year [95% CI]0.022 [0.002, 0.042] | Low | Indirect | Precise | Unknown | Undetected | NA | Low |
| Executive Function | 1 (1260) | 2 of 2 tests show a statistically significant difference with intervention.Ngandu 2015[9](#_ENREF_9)NTB Executive Functioning, Difference between groups per year [95% CI]0.027 [0.001, 0.052]NTB Processing Speed, Difference groups per year [95% CI]0.030 [0.003, 0.057] | Low | Indirect | Precise | Unknown | Undetected | NA | Low |
| Memory | 1 (1260) | 1 of 2 tests shows a statistically significant difference with intervention.Ngandu 2015[9](#_ENREF_9)NTB Memory, Difference between groups per year [95% CI]0.015 [-0.017, 0.048]NTB Abbreviated Memory, Difference between groups per year [95% CI]0.038 [0.002, 0.073] | Low | Indirect | Imprecise | Inconsistent | Undetected | NA | Insufficient |
| Biomarkers | NR |  |  |  |  |  |  |  |  |
| Adverse Effects | NR |  |  |  |  |  |  |  |  |
| Lifestyle advice with drug treatment vs. inactive control | Dementia | 1 (3526) | No difference with intervention in dementia incidence.Moll van Charante 2016[15](#_ENREF_15)All-cause DementiaHazard Ratio, [95% CI]0.92 [0.71, 1.19]Alzheimer’s Disease, Hazard Ratio [95% CI]1.05 [0.78, 1.41] | Medium | Direct | Precise | Unknown | Undetected | NA | Low |
| MCI | NR |  |  |  |  |  |  |  |  |
| Brief Cognitive Test Performance | 1 (3526) | 1 of 1 tests shows no diference with interventionMoll van Charante 2016[15](#_ENREF_15)MMSE, Adjusted mean difference [95% CI]-0.02 [-0.14 0.10] | Medium | Indirect | Precise | Unknown | Undetected | NA | Low |
| Multidomain Neuropsychological Performance | NR |  |  |  |  |  |  |  |  |
| Executive Function | NR |  |  |  |  |  |  |  |  |
| Memory | 1 (3526) | 1 of 1 tests shows no diference with interventionMoll van Charante 2016[15](#_ENREF_15)Visual Association Test A, Adjusted mean difference [95% CI]-0·02 [-0.09, 0.04] | Medium | Indirect | Precise | Unknown | Undetected | NA | Low |
| Biomarkers | NR |  |  |  |  |  |  |  |  |
| Adverse Effects | 1 (3526) | No difference in serious adverse effects between intervention and control group.Moll van Charante 2016[15](#_ENREF_15)Serious adverse events (hospital admissions), Hazard Ratio (p-value)0.96 (p=0.56) | Medium | Indirect | Precise | Unknown | Undetected | NA | Low |

C=control; CI=confidence interval; I=intervention; MCI=mild cognitive impairment; MMSE=MMSE=Mini-Mental Status Examination; n=sample size; NA=not applicable; NR=not reported; NTB=Neuropsychological Test Battery; RCT=randomized controlled trial; SD=standard deviation