**Appendix Table K6. Characteristics of eligible studies: hormone interventions vs. inactive controls in adults with MCI**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Hormone Intervention Type** | **Study**  **Design Country**  **RoB** | **N=** | **Population**  **Inclusion**  **Age (mean)**  **Sex (% female)**  **Race (% White)**  **Education (mean years)**  **Baseline Cognition** | **Intervention**  **Mode**  **Components**  **Frequency**  **Duration** | **Comparison**  **Mode**  **Components**  **Frequency**  **Duration** | **Outcome**  **timing** | **Outcome**  **Domain [Instrument]** |
| **HRT-testesterone** | Cherrier 201043  RCT  US  Medium | 22 | Men aged 60-90 years with both MCI and low serum testosterone levels  Mean age (SD): 70.5 (8) years  0% female  Race NR  Education NR  Mean 3MS (SD) 92.5 (6.7) | Testosterone gel 50-100 mg/d with a target total T level of 500 to 900 ng/dL | Placebo gel daily for 6 months | 6 months | Executive/Attention/Processing Speed [Letter-Number Sequencing, Total Score] [Letter-Number Sequencing, Span] [Computerized Simple RT, 2-Second Interval] [Computerized Simple RT, 5-Second Interval] [Computerized Choice RT, 2-Second Interval] [Computerized Choice RT, 5-Second] [Mental Rotation]  Memory [RAVLT, Immediate] [RAVLT, Short Delay] [RAVLT, Long Delay] [Story Recall, Immediate] [Story Recall, Delay] [Visual Spatial Learning Test, Immediate & Delayed]  Language [Verbal Fluency]  Visuospatial [Route Test, Immediate] [Route Test, Delay] [Complex Design Construction] |
| **Soy** | Kato-Kataoka 201044  RCT  Japan  Medium | 78 | People aged 50-69 years with MCI  Mean age (SD): 60 (1) years  48% female  Japanese  Mean education (SD): 14 (0.4) years  Mean MMSE (SD) 27.8 (0.4) | Soybean derived phosphatidylerine (Soy-PS) 100 mg or 300 mg daily for 6 months | Placebo for 6 months | 6 months | Brief Cognitive Test Performance [MMSE] [Hasegawa Dementia Scale]  Memory [RBMT] |

3MS=Modified Mini Mental Status Examination; MCI=mild cognitive impairment; mg=milligrams; mg/d=milligrams per day; MMSE=Mini-Mental Status Examination; N=sample size; NR=not reported; RAVLT=Rey’s Auditory Verbal Learning Test; RBMT= Rivermead Behavioral Memory Test; RCT=randomized controlled trial; RoB=risk of bias; RT=reaction time; SD=standard deviation; vs.=versus