**Appendix Table P1. Characteristics of eligible studies: antidementia interventions in adults with normal cognition**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Study**  **Design Country**  **RoB** | **N=** | **Population**  **Inclusion**  **Age (mean)**  **Sex**  **Race**  **Education**  **Baseline Cog** | **Intervention**  **Mode**  **Components**  **Frequency**  **Duration** | **Comparison**  **Mode**  **Components**  **Frequency**  **Duration** | **Outcome**  **timing** | **Outcome**  **Domain [Instrument]** |
| Gavrilova 20111  Observational  Russia  High | 110 | Adults aged 55 to 85 with MMSE scores above 26, signs of cognitive deficit corresponding to stage 3 on the Global Deterioration Scale (GDS), and assessments of 0.5 on the Clinical Dementia Rating (CDR) scale  Mean age: 67 years  74% Female  Race: NR  Education: NR  Mean MMSE (SD):  28.4 (0.1) | Cerebrolysin (two courses per year for 3 years [lasting 4 weeks each] of 30ml cerebrolysin infusions in 100ml of physiological saline), or Cavinton (two courses per year for three years [lasting 4 weeks each] of 5 mg three times daily | Groups compared to one-another | 3 years | Brief Cognitive Test Performance [MMSE]  Executive/Attention/Processing Speed [Forward Number Naming] [Reverse Number Naming] [Frontal Dysfunction Battery] [Wechsler Scale, Sound and Categorical Associations]  Memory [Delayed 10-Word Reproduction]  Language [Boston Naming Test]  Visuospatial [CLOX-1] |
| Devi 20072  RCT  USA  Medium | 28 | Postmenopausal women aged 46 to 60 without depression  Mean age: 54  100% female  75% White  Education:  100% ≥16 years  Baseline global cognition: NR | Donepezil 5mg daily for 6 weeks, then 10mg daily (if tolerated) for the remaining 20 weeks | Placebo daily for 6 months | 6 months | Executive/Attention/Processing Speed [WMS-III, Working Memory]  Memory [WMS-III, Logical Memory] [Buschke Selective Reminding Test, List Learning]  Language [Boston Diagnostic Aphasia Examination, naming] [WAIS-III, Vocabulary]  Language [COWAT] |

ADAS=Cog-Alzheimer’s Disease Assessment Scale-Cognitive; AVLT=Auditory Verbal Learning Test; BEM= Batterie d’Efficience Mnesique; BVRT=Benton Visual Retention Test; CDR=Change in Dementia Rating; CLOX-1=Clock Drawing Test; COWAT=Controlled Oral Word Association Test; CVFT=Category Verbal Fluency Test; CVLT=California Verbal Learning Test; DS=Digit Span; DSM=Diagnostic Statistical Manual of Mental Disorders; FDG-PET=; MCI=Mild Cognitive Impairment; MMSE=Mini Mental Status Exam; n=sample size; NR=not reported; RBANS=Repeat Battery for the Assessment of Neuropsychological Status; RCT=randomized controlled trial; RoB=risk of bias; SCWT=Stroop Test; SD=Standard Deviation; TMT=Trail Making Trial (Parts A and/or B); USA=United States; WAIS=Wechsler Adult Intelligence Scale; WMS=Wechsler Memory Scale