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| Appendix. Proportion of variance explained (R2) of the executive function measures reported in Table 5. |
|  | Young | Old |
| Working memory |  |  |
| Digit Span (forward) | .024 | .065 |
| Digit Span (backward) | .011 | .105 |
| N-Back | .023 | .058 |
| Vigilance | .003 | .055 |
| Cognitive flexibility | .018 | .013 |
| Attentional networks |  |  |
| Alerting | .008 | .058 |
| Orienting | .006 | .080 |
| Conflict | .050 | .035 |