**Supplementary Materials**

**Supplementary table 1: Mean standardized cognitive domain scores for intervention groups across four assessments**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Group** | **Cognitive Domains** | **Accuracy** | | | | **Speed** | | | |
| **Baseline** | **21 Days** | **3 Months** | **6 Months** | **Baseline** | **21 Days** | **3 Months** | **6 Months** |
| **Mean±SD** | **Mean±SD** | **Mean±SD** | **Mean±SD** | **Mean±SD** | **Mean±SD** | **Mean±SD** | **Mean±SD** |
| **YT** | **Abstraction and Mental flexibility** | -1.63±0.69 | -1.65±0.81 | -1.49±0.77 | -1.53±0.70 | -0.86±1.56 | -0.68±1.38 | -0.41±0.98 | -0.44±1.20 |
| **Attention** | -1.16±1.30 | -0.86±1.28 | -0.83±1.24 | -0.94±1.45 | -1.34±1.90 | -1.53±2.31 | -1.24±1.68 | -1.05±1.54 |
| **Face Memory** | -0.69±1.08 | -0.50±1.64 | -0.33±1.45 | -0.29±1.35 | -2.40±5.72 | -0.99±3.12 | -0.11±2.03 | -0.28±2.17 |
| **Spatial Memory** | -0.69±0.98 | -0.67±1.30 | -0.58±0.94 | -0.51±0.98 | -0.68±2.21 | -0.20±1.63 | 0.13±1.67 | 0.11±1.54 |
| **Working Memory** | -1.27±1.14 | -1.30±1.33 | -1.32±1.32 | -1.39±1.21 | -0.64±1.60 | -0.61±1.60 | -0.67±1.64 | -0.79±2.02 |
| **Spatial ability** | -0.32±0.90 | -0.22±0.87 | -0.35±0.84 | -0.28±0.78 | -1.67±2.60 | -1.56±2.25 | -1.25±2.15 | -1.44±2.61 |
| **Sensorimotor** | -0.23±1.22 | 0.17±0.85 | 0.14±0.89 | 0.21±0.92 | -0.13±1.05 | 0.11±0.92 | 0.20±0.84 | 0.26±0.87 |
| **Emotion** | -0.75±0.92 | -1.06±1.01 | -0.96±0.90 | -0.99±0.91 | -1.02±2.48 | -0.47±2.00 | -0.29±1.78 | -0.02±1.43 |
| **PE** | **Abstraction and Mental flexibility** | -1.71±0.53 | -1.58±0.63 | -1.63±0.65 | -1.55±0.60 | -0.66±0.94 | -0.47±0.90 | -0.41±0.85 | -0.27±0.98 |
| **Attention** | -1.08±1.39 | -0.59±1.16 | -0.77±1.29 | -0.60±1.09 | -0.80±1.48 | -0.95±1.61 | -1.05±1.69 | -1.10±1.38 |
| **Face Memory** | -0.88±1.33 | -0.20±1.67 | -0.11±1.43 | -0.08±1.45 | -1.85±5.51 | -0.07±1.95 | -0.39±2.68 | -0.16±3.36 |
| **Spatial Memory** | -0.82±0.88 | -0.66±1.22 | -0.44±0.99 | -0.49±0.84 | 0.02±1.85 | 0.14±1.49 | 0.21±1.45 | 0.26±1.29 |
| **Working Memory** | -1.52±1.29 | -1.21±1.24 | -1.17±1.16 | -1.00±1.06 | -0.67±1.39 | -0.43±1.35 | -0.73±1.41 | -0.31±1.38 |
| **Spatial ability** | -0.35±0.76 | -0.34±0.88 | -0.26±0.75 | -0.13±0.76 | -1.91±2.34 | -1.37±2.12 | -1.33±2.95 | -1.27±2.93 |
| **Sensorimotor** | -0.06±1.06 | 0.33±0.75 | 0.36±0.69 | 0.40±0.67 | -0.07±0.95 | 0.33±0.72 | 0.22±0.78 | 0.37±0.70 |
| **Emotion** | -1.06±0.83 | -1.07±0.91 | -1.09±0.77 | -1.02±0.82 | -0.75±1.91 | -0.09±1.34 | -0.31±1.78 | -0.11±1.37 |
| **TAU** | **Abstraction and Mental flexibility** | -1.80±0.65 | -1.74±0.70 | -1.84±0.64 | -1.81±0.67 | -0.80±1.36 | -0.52±1.23 | -0.31±1.03 | -0.61±2.22 |
| **Attention** | -1.11±1.42 | -1.05±1.17 | -1.15±1.35 | -1.20±1.47 | -1.15±1.40 | -1.31±1.66 | -1.43±1.63 | -1.33±1.49 |
| **Face Memory** | -1.01±0.95 | -0.78±1.10 | -0.72±1.16 | -0.71±1.22 | -1.26±2.95 | -1.16±4.12 | -0.81±3.31 | -0.93±3.26 |
| **Spatial Memory** | -1.07±1.01 | -0.94±1.01 | -0.74±0.87 | -0.60±0.77 | -0.14±1.42 | -0.65±3.10 | 0.19±1.49 | -0.33±3.03 |
| **Working Memory** | -1.44±1.27 | -1.80±1.32 | -1.53±1.30 | -1.35±1.25 | -0.95±1.97 | -1.48±2.50 | -0.53±1.55 | -0.86±1.98 |
| **Spatial ability** | -0.33±0.69 | -0.34±0.81 | -0.11±0.81 | -0.34±0.77 | -1.42±1.67 | -1.87±4.75 | -1.17±1.76 | -1.02±1.86 |
| **Sensorimotor** | -0.42±1.25 | -0.10±1.09 | 0.22±0.83 | 0.29±0.82 | -0.32±1.04 | -0.09±0.95 | 0.17±0.81 | 0.23±0.79 |
| **Emotion** | -1.24±0.87 | -1.23±0.82 | -1.20±0.94 | -1.11±0.67 | -0.33±1.63 | -0.29±1.57 | -0.01±2.28 | -0.33±2.08 |

**Supplementary table 2: Demographic and clinical features of participants who did or did not complete the 21 day assessment**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variables** | **Non-completers (n=48)** | **Completers (n=238)** | **p-value** |
| **Demographic Variables** | | | |
| Age, Mean(SD),y | 34.65 (8.74) | 35.33 (9.87) | 0.66 |
| Men/women | 32/16 | 149/89 | 0.63 |
| Education, Mean(SD), y | 9.76 (3.56) | 9.44 (4.38) | 0.64 |
| Married/Not Married | 26/22 | 132/106 | 0.43 |
| Occupationa | 0/2/5/42 | 2/5/17/212 | 0.64 |
| HOH Occupationa,b | 5/15/7/21 | 11/34/39/144 | 0.01 |
| **Clinical Variables** | | | |
| Total SAPS score | 13.23 (13.86) | 11.89 (12.01) | 0.51 |
| Total SANS score | 27.48 (22.11) | 23.63 (17.45) | 0.38 |
| Age at onset, years | 25.90 (7.64) | 24.78 (7.76) | 0.36 |
| Duration of illness, weeksb | 353.07 (300.67) | 460.81 (309.34) | 0.03 |
| GAF Score (Past month) | 36.53 (15.86) | 38.31 (14.87) | 0.48 |
| MMMSE Score Mean(SD) | 26.45 (6.51) | 24.78 (7.76) | 0.43 |
| **Cognitive domain z scores**  **Accuracy** | | | |
| Abstraction and mental flexibility | -1.806 (0.471) | -1.713 (0.630) | 0.34 |
| Attention | -1.079 (1.351) | -1.118 (1.356) | 0.87 |
| Face memory | -0.854 (1.134) | -0.852 (1.135) | 0.99 |
| Spatial memory | -0.759 (0.908) | -0.855 (0.970) | 0.53 |
| Working memory | -1.704 (1.048) | -1.408 (1.231) | 0.13 |
| Spatial ability | -0.487 (0.799) | -0.335 (0.781) | 0.29 |
| Sensorimotor | -0.088 (1.193) | -0.239 (1.182) | 0.42 |
| Emotion | -1.001 (0.852) | -1.006 (0.894) | 0.97 |
| **Speed** | | | |
| Abstraction and mental flexibility | -0.581 (0.862) | -0.776 (1.313) | 0.33 |
| Attention | -1.086 (2.028) | -1.098 (1.637) | 0.97 |
| Face memory | -0.598 (2.616) | -1.861 (4.935) | 0.09 |
| Spatial memory | -0.133 (1.669) | -0.279 (1.884) | 0.62 |
| Working memory | -1.012 (1.686) | -0.751 (1.662) | 0.34 |
| Spatial ability | -1.855 (2.452) | -1.665 (2.212) | 0.66 |
| Sensorimotor | -0.265 (2.371) | -0.172 (1.018) | 0.67 |
| Emotion | -0.578 (1.501) | -0.712 (2.064) | 0.67 |

Continuous variables listed as mean (standard deviation, SD). Performance estimates for cognitive domains are listed as the mean (SD) of standardized z scores as described in Methods.

a Occupations were considered under the following four categories, derived from the DIGS: managerial and professional specialty occupations; technical, sales and administrative support occupations; service occupations (household, protective); and all other occupations (farming, forestry, fishing, mechanic, construction, transportation, laborers, armed services, homemaker, student, unemployed, retired)

b No significant difference after adjustment for multiple comparisons

HOH: Head of the household. SAPS: Scale for Assessment of Positive Symptoms, SANS: Scale for assessment of Negative symptoms, MMMSE: Modified Mini Mental State Examination.

**Supplementary table 3: Comparison of groups on smoking status**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Group**  **Smoking status** | **YT** | **PE** | **TAU** | **Chi square (p value)** |
| **Never smoked** | 87 | 75 | 73 | 1.658 (0.798) |
| **Smoked** | 11 | 13 | 15 |
| **Smoked in past** | 5 | 5 | 4 |

**Supplementary table 4: Contrast analyses of all cognitive domains at all time points between groups**

**Accuracy Index**

| **Obs** | **Label** | **domain** | **Estimate** | **StdErr** | **tValue** | **Probt** |
| --- | --- | --- | --- | --- | --- | --- |
|  | Comparison | Domains  Accuracy |  |  |  |  |
| **1** | T2-T1, PE vs TAU | **Abstraction and Mental flexibility** | 0.06751 | 0.1074 | 0.63 | 0.5297 |
| **2** | T2-T1, PE vs TAU | Attention | 0.2994 | 0.2496 | 1.20 | 0.2309 |
| **3** | T2-T1, PE vs TAU | Emotion | -0.01109 | 0.1307 | -0.08 | 0.9324 |
| **4** | T2-T1, PE vs TAU | Face memory | 0.4588 | 0.1998 | 2.30 | 0.0220 |
| **5** | T2-T1, PE vs TAU | Sensorimotor | -0.00098 | 0.1265 | -0.01 | 0.9938 |
| **6** | T2-T1, PE vs TAU | Spatial memory | 0.03773 | 0.1647 | 0.23 | 0.8189 |
| **7** | T2-T1, PE vs TAU | Spatial ability | 0.02769 | 0.1076 | 0.26 | 0.7970 |
| **8** | T2-T1, PE vs TAU | Working memory | 0.6651 | 0.2426 | 2.74 | 0.0063 |
| **9** | T2-T1, YT vs PE | **Abstraction and Mental flexibility** | -0.1110 | 0.1043 | -1.06 | 0.2876 |
| **10** | T2-T1, YT vs PE | Attention | -0.04631 | 0.2345 | -0.20 | 0.8435 |
| **11** | T2-T1, YT vs PE | Emotion | -0.2201 | 0.1265 | -1.74 | 0.0824 |
| **12** | T2-T1, YT vs PE | Face memory | -0.4514 | 0.1941 | -2.33 | 0.0204 |
| **13** | T2-T1, YT vs PE | Sensorimotor | 0.04067 | 0.1239 | 0.33 | 0.7429 |
| **14** | T2-T1, YT vs PE | Spatial memory | -0.1031 | 0.1605 | -0.64 | 0.5209 |
| **15** | T2-T1, YT vs PE | Spatial ability | 0.03274 | 0.1070 | 0.31 | 0.7598 |
| **16** | T2-T1, YT vs PE | Working memory | -0.3661 | 0.2366 | -1.55 | 0.1223 |
| **17** | T2-T1, YT vs TAU | **Abstraction and Mental flexibility** | -0.04350 | 0.1051 | -0.41 | 0.6792 |
| **18** | T2-T1, YT vs TAU | Attention | 0.2531 | 0.2436 | 1.04 | 0.2992 |
| **19** | T2-T1, YT vs TAU | Emotion | -0.2312 | 0.1275 | -1.81 | 0.0703 |
| **20** | T2-T1, YT vs TAU | Face memory | 0.007396 | 0.1948 | 0.04 | 0.9697 |
| **21** | T2-T1, YT vs TAU | Sensorimotor | 0.03969 | 0.1231 | 0.32 | 0.7473 |
| **22** | T2-T1, YT vs TAU | Spatial memory | -0.06539 | 0.1609 | -0.41 | 0.6845 |
| **23** | T2-T1, YT vs TAU | Spatial ability | 0.06043 | 0.1076 | 0.56 | 0.5747 |
| **24** | T2-T1, YT vs TAU | Working memory | 0.2989 | 0.2396 | 1.25 | 0.2127 |
| **25** | T3-T1, PE vs TAU | **Abstraction and Mental flexibility** | 0.1711 | 0.1132 | 1.51 | 0.1310 |
| **26** | T3-T1, PE vs TAU | Attention | 0.4077 | 0.2547 | 1.60 | 0.1102 |
| **27** | T3-T1, PE vs TAU | Emotion | -0.00060 | 0.1376 | -0.00 | 0.9965 |
| **28** | T3-T1, PE vs TAU | Face memory | 0.6465 | 0.2123 | 3.04 | 0.0024 |
| **29** | T3-T1, PE vs TAU | Sensorimotor | -0.08911 | 0.1345 | -0.66 | 0.5078 |
| **30** | T3-T1, PE vs TAU | Spatial memory | 0.1094 | 0.1734 | 0.63 | 0.5283 |
| **31** | T3-T1, PE vs TAU | Spatial ability | -0.09431 | 0.1117 | -0.84 | 0.3989 |
| **32** | T3-T1, PE vs TAU | Working memory | 0.4440 | 0.2559 | 1.74 | 0.0833 |
| **33** | T3-T1, YT vs PE | **Abstraction and Mental flexibility** | 0.08824 | 0.1081 | 0.82 | 0.4148 |
| **34** | T3-T1, YT vs PE | Attention | 0.007225 | 0.2413 | 0.03 | 0.9761 |
| **35** | T3-T1, YT vs PE | Emotion | -0.1173 | 0.1313 | -0.89 | 0.3720 |
| **36** | T3-T1, YT vs PE | Face memory | -0.4141 | 0.2010 | -2.06 | 0.0398 |
| **37** | T3-T1, YT vs PE | Sensorimotor | -0.00863 | 0.1281 | -0.07 | 0.9463 |
| **38** | T3-T1, YT vs PE | Spatial memory | -0.2368 | 0.1663 | -1.42 | 0.1550 |
| **39** | T3-T1, YT vs PE | Spatial ability | 0.07655 | 0.1075 | 0.71 | 0.4770 |
| **40** | T3-T1, YT vs PE | Working memory | -0.3562 | 0.2439 | -1.46 | 0.1446 |
| **41** | T3-T1, YT vs TAU | **Abstraction and Mental flexibility** | 0.2594 | 0.1098 | 2.36 | 0.0185 |
| **42** | T3-T1, YT vs TAU | Attention | 0.4149 | 0.2493 | 1.66 | 0.0967 |
| **43** | T3-T1, YT vs TAU | Emotion | -0.1179 | 0.1329 | -0.89 | 0.3756 |
| **44** | T3-T1, YT vs TAU | Face memory | 0.2324 | 0.2044 | 1.14 | 0.2560 |
| **45** | T3-T1, YT vs TAU | Sensorimotor | -0.09774 | 0.1291 | -0.76 | 0.4491 |
| **46** | T3-T1, YT vs TAU | Spatial memory | -0.1274 | 0.1679 | -0.76 | 0.4480 |
| **47** | T3-T1, YT vs TAU | Spatial ability | -0.01777 | 0.1091 | -0.16 | 0.8707 |
| **48** | T3-T1, YT vs TAU | Working memory | 0.08780 | 0.2482 | 0.35 | 0.7236 |
| **49** | T4-T1, PE vs TAU | **Abstraction and Mental flexibility** | 0.1807 | 0.1110 | 1.63 | 0.1042 |
| **50** | T4-T1, PE vs TAU | Attention | 0.5606 | 0.2496 | 2.25 | 0.0252 |
| **51** | T4-T1, PE vs TAU | Emotion | -0.03405 | 0.1352 | -0.25 | 0.8013 |
| **52** | T4-T1, PE vs TAU | Face memory | 0.5618 | 0.2070 | 2.71 | 0.0068 |
| **53** | T4-T1, PE vs TAU | Sensorimotor | -0.1685 | 0.1307 | -1.29 | 0.1978 |
| **54** | T4-T1, PE vs TAU | Spatial memory | -0.07088 | 0.1705 | -0.42 | 0.6778 |
| **55** | T4-T1, PE vs TAU | Spatial ability | 0.1341 | 0.1122 | 1.20 | 0.2328 |
| **56** | T4-T1, PE vs TAU | Working memory | 0.4543 | 0.2507 | 1.81 | 0.0705 |
| **57** | T4-T1, YT vs PE | **Abstraction and Mental flexibility** | -0.05231 | 0.1068 | -0.49 | 0.6244 |
| **58** | T4-T1, YT vs PE | Attention | -0.1698 | 0.2360 | -0.72 | 0.4722 |
| **59** | T4-T1, YT vs PE | Emotion | -0.2226 | 0.1293 | -1.72 | 0.0856 |
| **60** | T4-T1, YT vs PE | Face memory | -0.3582 | 0.1987 | -1.80 | 0.0720 |
| **61** | T4-T1, YT vs PE | Sensorimotor | -0.01620 | 0.1263 | -0.13 | 0.8979 |
| **62** | T4-T1, YT vs PE | Spatial memory | -0.1396 | 0.1649 | -0.85 | 0.3978 |
| **63** | T4-T1, YT vs PE | Spatial ability | -0.01577 | 0.1102 | -0.14 | 0.8863 |
| **64** | T4-T1, YT vs PE | Working memory | -0.5931 | 0.2408 | -2.46 | 0.0141 |
| **65** | T4-T1, YT vs TAU | **Abstraction and Mental flexibility** | 0.1284 | 0.1075 | 1.19 | 0.2328 |
| **66** | T4-T1, YT vs TAU | Attention | 0.3908 | 0.2453 | 1.59 | 0.1118 |
| **67** | T4-T1, YT vs TAU | Emotion | -0.2566 | 0.1307 | -1.96 | 0.0500 |
| **68** | T4-T1, YT vs TAU | Face memory | 0.2036 | 0.1989 | 1.02 | 0.3063 |
| **69** | T4-T1, YT vs TAU | Sensorimotor | -0.1847 | 0.1255 | -1.47 | 0.1416 |
| **70** | T4-T1, YT vs TAU | Spatial memory | -0.2104 | 0.1654 | -1.27 | 0.2037 |
| **71** | T4-T1, YT vs TAU | Spatial ability | 0.1184 | 0.1093 | 1.08 | 0.2794 |
| **72** | T4-T1, YT vs TAU | Working memory | -0.1388 | 0.2445 | -0.57 | 0.5704 |

**Speed Index**

| **Obs** | **Label** | **domain** | **Estimate** | **StdErr** | **tValue** | **Probt** |
| --- | --- | --- | --- | --- | --- | --- |
|  | Comparisons | **Speed** |  |  |  |  |
| **1** | T2-T1, PE vs TAU | **Abstraction and Mental flexibility** | -0.1394 | 0.2193 | -0.64 | 0.5251 |
| **2** | T2-T1, PE vs TAU | Attention | 0.06858 | 0.2655 | 0.26 | 0.7963 |
| **3** | T2-T1, PE vs TAU | Emotion | 0.5761 | 0.3170 | 1.82 | 0.0697 |
| **4** | T2-T1, PE vs TAU | Face memory | 1.6752 | 0.6918 | 2.42 | 0.0158 |
| **5** | T2-T1, PE vs TAU | Sensorimotor | 0.6139 | 0.3427 | 1.79 | 0.0738 |
| **6** | T2-T1, PE vs TAU | Spatial memory | 0.1205 | 0.1063 | 1.13 | 0.2574 |
| **7** | T2-T1, PE vs TAU | Spatial ability | 0.5415 | 0.4873 | 1.11 | 0.2672 |
| **8** | T2-T1, PE vs TAU | Working memory | 0.7219 | 0.3319 | 2.17 | 0.0300 |
| **9** | T2-T1, YT vs PE | **Abstraction and Mental flexibility** | -0.01339 | 0.2134 | -0.06 | 0.9500 |
| **10** | T2-T1, YT vs PE | Attention | 0.008131 | 0.2477 | 0.03 | 0.9738 |
| **11** | T2-T1, YT vs PE | Emotion | 0.001848 | 0.3076 | 0.01 | 0.9952 |
| **12** | T2-T1, YT vs PE | Face memory | -0.3016 | 0.6726 | -0.45 | 0.6541 |
| **13** | T2-T1, YT vs PE | Sensorimotor | 0.3842 | 0.3341 | 1.15 | 0.2506 |
| **14** | T2-T1, YT vs PE | Spatial memory | -0.1050 | 0.1038 | -1.01 | 0.3120 |
| **15** | T2-T1, YT vs PE | Spatial ability | -0.1881 | 0.4917 | -0.38 | 0.7023 |
| **16** | T2-T1, YT vs PE | Working memory | -0.2328 | 0.3255 | -0.72 | 0.4747 |
| **17** | T2-T1, YT vs TAU | **Abstraction and Mental flexibility** | -0.1528 | 0.2145 | -0.71 | 0.4765 |
| **18** | T2-T1, YT vs TAU | Attention | 0.07671 | 0.2575 | 0.30 | 0.7660 |
| **19** | T2-T1, YT vs TAU | Emotion | 0.5779 | 0.3089 | 1.87 | 0.0618 |
| **20** | T2-T1, YT vs TAU | Face memory | 1.3736 | 0.6728 | 2.04 | 0.0416 |
| **21** | T2-T1, YT vs TAU | Sensorimotor | 0.9981 | 0.3346 | 2.98 | 0.0030 |
| **22** | T2-T1, YT vs TAU | Spatial memory | 0.01547 | 0.1033 | 0.15 | 0.8811 |
| **23** | T2-T1, YT vs TAU | Spatial ability | 0.3534 | 0.4887 | 0.72 | 0.4701 |
| **24** | T2-T1, YT vs TAU | Working memory | 0.4891 | 0.3289 | 1.49 | 0.1375 |
| **25** | T3-T1, PE vs TAU | **Abstraction and Mental flexibility** | -0.2090 | 0.2303 | -0.91 | 0.3645 |
| **26** | T3-T1, PE vs TAU | Attention | 0.2904 | 0.2712 | 1.07 | 0.2847 |
| **27** | T3-T1, PE vs TAU | Emotion | 0.3352 | 0.3326 | 1.01 | 0.3139 |
| **28** | T3-T1, PE vs TAU | Face memory | 1.1877 | 0.7289 | 1.63 | 0.1038 |
| **29** | T3-T1, PE vs TAU | Sensorimotor | 0.02406 | 0.3595 | 0.07 | 0.9467 |
| **30** | T3-T1, PE vs TAU | Spatial memory | -0.08068 | 0.1134 | -0.71 | 0.4769 |
| **31** | T3-T1, PE vs TAU | Spatial ability | 0.05725 | 0.5039 | 0.11 | 0.9096 |
| **32** | T3-T1, PE vs TAU | Working memory | -0.4665 | 0.3505 | -1.33 | 0.1837 |
| **33** | T3-T1, YT vs PE | **Abstraction and Mental flexibility** | 0.1202 | 0.2201 | 0.55 | 0.5850 |
| **34** | T3-T1, YT vs PE | Attention | 0.04309 | 0.2539 | 0.17 | 0.8653 |
| **35** | T3-T1, YT vs PE | Emotion | 0.2325 | 0.3173 | 0.73 | 0.4641 |
| **36** | T3-T1, YT vs PE | Face memory | 0.7669 | 0.6902 | 1.11 | 0.2669 |
| **37** | T3-T1, YT vs PE | Sensorimotor | 0.4881 | 0.3443 | 1.42 | 0.1567 |
| **38** | T3-T1, YT vs PE | Spatial memory | 0.05965 | 0.1074 | 0.56 | 0.5788 |
| **39** | T3-T1, YT vs PE | Spatial ability | 0.3397 | 0.5023 | 0.68 | 0.4994 |
| **40** | T3-T1, YT vs PE | Working memory | 0.04515 | 0.3341 | 0.14 | 0.8925 |
| **41** | T3-T1, YT vs TAU | **Abstraction and Mental flexibility** | -0.08877 | 0.2234 | -0.40 | 0.6913 |
| **42** | T3-T1, YT vs TAU | Attention | 0.3335 | 0.2638 | 1.26 | 0.2068 |
| **43** | T3-T1, YT vs TAU | Emotion | 0.5677 | 0.3212 | 1.77 | 0.0777 |
| **44** | T3-T1, YT vs TAU | Face memory | 1.9546 | 0.7010 | 2.79 | 0.0055 |
| **45** | T3-T1, YT vs TAU | Sensorimotor | 0.5122 | 0.3481 | 1.47 | 0.1417 |
| **46** | T3-T1, YT vs TAU | Spatial memory | -0.02102 | 0.1088 | -0.19 | 0.8469 |
| **47** | T3-T1, YT vs TAU | Spatial ability | 0.3969 | 0.5017 | 0.79 | 0.4294 |
| **48** | T3-T1, YT vs TAU | Working memory | -0.4213 | 0.3411 | -1.24 | 0.2172 |
| **49** | T4-T1, PE vs TAU | **Abstraction and Mental flexibility** | 0.1502 | 0.2260 | 0.66 | 0.5065 |
| **50** | T4-T1, PE vs TAU | Attention | -0.08676 | 0.2661 | -0.33 | 0.7445 |
| **51** | T4-T1, PE vs TAU | Emotion | 0.8109 | 0.3267 | 2.48 | 0.0133 |
| **52** | T4-T1, PE vs TAU | Face memory | 1.3704 | 0.7109 | 1.93 | 0.0544 |
| **53** | T4-T1, PE vs TAU | Sensorimotor | 0.5005 | 0.3536 | 1.42 | 0.1575 |
| **54** | T4-T1, PE vs TAU | Spatial memory | -0.03496 | 0.1098 | -0.32 | 0.7503 |
| **55** | T4-T1, PE vs TAU | Spatial ability | 0.2091 | 0.5091 | 0.41 | 0.6815 |
| **56** | T4-T1, PE vs TAU | Working memory | 0.3161 | 0.3423 | 0.92 | 0.3561 |
| **57** | T4-T1, YT vs PE | **Abstraction and Mental flexibility** | -0.04583 | 0.2174 | -0.21 | 0.8331 |
| **58** | T4-T1, YT vs PE | Attention | 0.5244 | 0.2495 | 2.10 | 0.0361 |
| **59** | T4-T1, YT vs PE | Emotion | 0.2369 | 0.3126 | 0.76 | 0.4488 |
| **60** | T4-T1, YT vs PE | Face memory | 0.4482 | 0.6827 | 0.66 | 0.5117 |
| **61** | T4-T1, YT vs PE | Sensorimotor | 0.4161 | 0.3415 | 1.22 | 0.2235 |
| **62** | T4-T1, YT vs PE | Spatial memory | -0.06744 | 0.1058 | -0.64 | 0.5243 |
| **63** | T4-T1, YT vs PE | Spatial ability | -0.1804 | 0.5130 | -0.35 | 0.7253 |
| **64** | T4-T1, YT vs PE | Working memory | -0.5150 | 0.3302 | -1.56 | 0.1194 |
| **65** | T4-T1, YT vs TAU | **Abstraction and Mental flexibility** | 0.1044 | 0.2188 | 0.48 | 0.6335 |
| **66** | T4-T1, YT vs TAU | Attention | 0.4377 | 0.2614 | 1.67 | 0.0948 |
| **67** | T4-T1, YT vs TAU | Emotion | 1.0478 | 0.3157 | 3.32 | 0.0010 |
| **68** | T4-T1, YT vs TAU | Face memory | 1.8186 | 0.6824 | 2.67 | 0.0079 |
| **69** | T4-T1, YT vs TAU | Sensorimotor | 0.9166 | 0.3430 | 2.67 | 0.0077 |
| **70** | T4-T1, YT vs TAU | Spatial memory | -0.1024 | 0.1054 | -0.97 | 0.3318 |
| **71** | T4-T1, YT vs TAU | Spatial ability | 0.02865 | 0.5042 | 0.06 | 0.9547 |
| **72** | T4-T1, YT vs TAU | Working memory | -0.1989 | 0.3352 | -0.59 | 0.5530 |

**T1: baseline; T2: After 21 days; T3: 3 months; T4: 6 months**

**YT: Yoga training; PE: Physical exercise; TAU: Treatment as usual**

**Supplementary table 5: Comparison of YT and PE groups on compliance (interventions performed at home)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Assessment** | **YT (Yes/No)** | **PE (Yes/No)** | **Chi square (df 1)** | **p-value** |
| **Three months post-training** | 49/37\* | 37/38\* | 0.941 | 0.347 |
| **Six months post-training** | 44/42\* | 31/44\* | 1.556 | 0.268 |

\*These include participants who did not return compliance charts

Persons who were compliant were scored as yes and those not compliant were taken as no.