**Supplementary Table 1.**Pearson correlations between possible predictors and improvement following treatment in the memory strategy training group and the control memory training group, using difference scores for post-training measures (T1-T0) and 6-month follow-up measures (T2-T0).

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Improvement | | | | | | |  |
|  | Memory strategy training | | | |  | Control memory training | | | |
|  | Personal memory goals | | Subjective memory complaints | |  | Personal memory goals | | Subjective memory complaints | |
|  | T1-T0 | T2-T0 | T1-T0 | T2-T0 |  | T1-T0 | T2-T0 | T1-T0 | T2-T0 |
| Age | -.29 | -.30 | .06 | .22 |  | .00 | .07 | .15 | .27 |
| Education | .-.13 | -.28 | -.04 | .06 |  | -.02 | .07 | -.04 | .06 |
| IQ estimate | -.34 | -.38\* | -.21 | -.19 |  | -.20 | -.09 | .11 | .20 |
| Strategy Use Inventory |  |  |  |  |  |  |  |  |  |
| Internal strategies T1-T0 | .57\*\* | .47\* | -.33 | -.35 |  | -.26 | -.22 | .18 | .35 |
| Internal strategies T2-T0 | .42\* | .38\* | -.35\* | -.31 |  | .05 | .07 | .17 | .14 |
| External strategies T1-T0 | -.01 | .05 | -.10 | -.04 |  | -.01 | .15 | -.22 | -.10 |
| External strategies T2-T0 | .05 | .10 | .01 | .04 |  | -.12 | .03 | .19 | .18 |

T0 = baseline; T1 = post-training; T2 = 6 month follow-up.  
\**p* < .05; \*\**p* < .01