

Cognimapp online assessments

The following assessments were completed on each occasion and appear in the dataset. The order is the same for all of the assessment timepoints: Baseline, Intervention months 1, 2 and 3, and one month post intervention.

Cognitive Measures

Simple Reaction Time (msec)

The symbol ^ is presented in the centre of the screen. The participant has to click on the button as quickly as possible. There are 50 trials and the intertrial interval varies randomly between 1 and 2.5 seconds.

Choice Reaction Time Accuracy (%)

Choice Reaction Time (msec)

Either the symbol > or the symbol < is presented in the centre of the screen. The participant has to click the corresponding button as appropriate and as quickly as possible. There are 50 trials (25 > and 25 <) and the intertrial interval varies randomly between 1 and 2.5 seconds.

Alphabetic Working Memory Accuracy (%)

Alphabetic Working Memory Reaction Time (msec)

Five letters are presented singly at the rate of one every second for the participant to remember. A series of thirty letters is then presented. For each, the participant must press Yes or No according to whether the letter is thought to be one of the five presented initially. Fifteen stimuli require a Yes response and 15 a No response. This is repeated three times using a different 5 letters on each occasion.

Stroop Task Accuracy (%)

Stroop Task Reaction Time (msec)

A colour word eg Red is flashed on the screen. The font will be either in a congruent colour ie Red or an incongruent colour eg Blue. The participant has to click the square that is in the colour of the font NOT the colour of the word eg for RED the correct response would be the blue square.

Corsi Blocks Maximum Correct (Number)

A random pattern of nine squares appear on the screen. Three are lit sequentially and the participant then has to repeat the sequence by clicking on the appropriate squares. The number of the squares lit increases in subsequent trials.

Digit Vigilance Accuracy (%)

Digit Vigilance Reaction Time (msec)

A number is displayed constantly to the right of the screen. A series of 240 digits is presented one at a time in the centre at a rate of 80 per minute; 45 match the constantly displayed digit. The participant

has to press the Yes button as quickly as possible every time the digit in the centre matches the one constantly displayed.

Numeric Working Memory Accuracy (%)

Numeric Working Memory Reaction Time (msec)

Five digits are presented singly at the rate of one every second for the participant to remember. A series of thirty digits is then presented. For each, the participant must press Yes or No according to whether the digit is thought to be one of the five presented initially. Fifteen stimuli require a Yes response and 15 a No response. This is repeated three times using a different 5 digits on each occasion.

Rapid Visual Information Processing Accuracy (%)

Rapid Visual Information Processing Reaction Time (msec)

A continuous series of digits (100 per minute) is presented on the screen. Participants press the button when sequences of three consecutive odd digits or three consecutive even digits are presented. The task lasts three minutes.

Word Recognition Accuracy (%)

Word Recognition Reaction Time (msec)

At the very start of the test battery a series of 15 words is presented sequentially for one second each with an inter-stimulus interval of one second. The 15 words presented at the start of the session are presented again in random order interspersed with 15 new words. The participant presses Yes or No each time to signal whether or not the word was from the original list.

Picture Recognition Accuracy (%)

Picture Recognition Reaction Time (msec)

At the start of the test battery twenty photographs are presented, with a stimuli duration of 2 seconds each, and inter stimuli interval of 1 second. The 20 pictures presented earlier are shown again in random order interspersed with 20 similar new ones. The participant signals recognition by clicking the Yes or No button as appropriate.

Mood scales

Alert

Content

Calm

Womens Health Questionnaire Subscales

Anxiety/Fears

Attractiveness

Somatic symptoms

Memory/Concentration

Vasomotor symptoms

Depressed mood

Sleep problems

Sexual behaviour

Menstrual symptoms

Stanford Presenteeism Scale

Completing work

Avoiding distraction

Work Ability Index

Work ability compared to lifetime best

Work ability with respect to physical demands

Work ability with respect to mental demands

Enjoying activities

Feeling active and alert

Feeling full of hope

Intervention Compliance

Days intervention not used