**Supplementary Table 3: Changes in cognitive domains after three weeks and three months after completion of intervention/no intervention (Paired t-test)**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Domains | After three weeks (Paired t-test) | | | After three months (Paired t-test) | | |
| ***Accuracy*** | YT (t-value (p-value) | MYT (t-value (p-value) | TAU  (t-value (p-value) | YT  (t-value (p-value) | MYT (t-value (p-value) | TAU (t-value (p-value) |
| Abstraction and Mental Flexibility | -1.063 (0.29) | -1.406 (0.17) | -0.972 (0.34) | -1.736 (0.091) | **-2.925 (0.006)** | -0.464 (0.65) |
| **Attention** | -1.395 (0.17) | -**2.736 (0.010**) | 0.069 (0.95) | -1.070 (0.29) | -1.805 (0.08) | **-3.335 (0.004)** |
| Face Memory | -0.823 (0.42) | -0.621 (0.54) | -1.562 (0.13) | -.157 (0.88) | -0.489 (0.63) | **-2.343 (0.026)** |
| Spatial Memory | 0.762 (0.45) | **-2.865 (0.007)** | -1.221 (0.230 | 1.148 (0.26) | -1.818 (0.08) | -.951 (0.35) |
| Working Memory | 0.008 (0.99) | -0.478 (0.64) | -0.829 (0.47) | -1.599 (0.12) | -0.407 (0.69) | -.740 (0.47) |
| Spatial Ability | -0.299 (0.77) | .093 (0.94) | 0.130 (0.9) | -1.119 (0.28) | 0.205 0.84) | -.537 (0.599) |
| **Sensorimotor** | **-3.781 (0.001)** | -**2.967 (0.005)** | **-2.577 (0.014)** | **-3.443 (0.001)** | **-3.062 (0.004)** | **-2.936 (0.006)** |
| Emotional Acuity | 1.143 (0.26) | 0.293 (0.77) | -0.332 (0.74) | .961(0.34) | 1.414 (0.17) | -.314 (0.76) |
| Abstraction and Mental Flexibility | -1.467(0.15) | -0.656 (0.52) | 0.481 (0.63) | -1.773 (0.084) | -1.556 (0.13) | -.151 (0.88) |
| Attention | -1.370(0.18) | -1.851(0.07) | -0.282 (0.78) | 0.728 (0.47) | -1.671 (0.11) | -.229 (0.82) |
| Face Memory | 1.422(0.16) | -**2.673 (0.011)** | -0.838 (0.41) | -0.043 (0.97) | **-2.930 (0.006)** | -1.572 (0.13) |
| Spatial Memory | .960(0.34) | -2.452 (0.27) | -0.293 (0.77) | 1.128 (0.27) | -**2.113 (0.042)** | .872 (0.39) |
| Working Memory | .135(0.89) | -1.315 (0.90) | 1.765 (0.09) | 0.128 (0.90) | -.762 (0.45) | 1.454 (0.16) |
| Spatial Ability | .022(0.98) | -1.823 (0.083) | -0.996 (0.33) | 0.560 (0.58) | -.547 (0.59) | -.578 (0.57) |
| Sensorimotor | -1.476(0.15) | -1.956 (0.058) | -1.234 90.23) | -1.211 (0.23) | **-3.143 (0.004)** | -1.465 (0.15) |
| Emotional Acuity | 1.229(0.23) | -1.306 (0.20) | 0.343 (0.73) | -0.018 (0.99) | -1.498 (0.14) | -.850 (0.40) |