Supplemental Material

Table 1: Items deleted from the original 70-item version of the EComp separated by reason for removal.

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| Reason For Removal | Questionnaire Item |
| Poor Response Variability | 1. Use written notes, an alarm on smartphone, or other reminders to indicate that prescriptions need to be refilled. |
|  | 2. Use the sound generated from the car lock or alarm on car key to help locate car in parking lot. |
|  | 3. Use home delivery to have medications automatically refilled. |
|  | 4. When cooking large meals, prepare some of the food ahead of time. |
|  | 5. Take more time and/or pay more attention when cooking to not forget steps or make errors. |
|  | 6. Give oneself more time to prepare meals. |
|  | 7. Limit distractions while cooking (e.g., limit number of people in the kitchen, clear counters). |
|  | 8. Use an automatic pill dispenser or organizer as a way to remember to take medications. |
|  | 9. Take more time or double check when organizing medications to avoid errors. |
| Internal strategy | 10. Mentally rehearse or visualize in one's mind a route ahead of time |
|  | 11. Visualize ahead of time what items to purchase at the store. |
|  | 12. Mentally rehearse a list of the items to buy before going shopping. |
|  | 13. Repeat or rehearse in one's mind when it is getting close to the time to take medications. |
|  | 14. Rehearse the recipe in one's mind while preparing food. |
|  | 15. Repeat or rehearse in one's mind that an appointment is coming up. |
| Not specific strategy type | 16. Purposely avoid high speed freeways. |
|  | 17. Purposely avoid left-hand turns. |
|  | 18. Use public transportation instead of driving. |
|  | 19. Drive only during the daytime to avoid night driving. |
|  | 20. Routinely purchase the same items at the store. |
|  | 21. Shop at the same well-known stores in order to find items easily. |
|  | 22. Take medications as part of a routine (e.g., with breakfast). |
|  | 23. Cook only one thing at a time. |
|  | 24. Use a log, spreadsheet or computer program to organize bills. |
| Low Utility | 25. Shop at off hours when the store is not crowded to cut down on distractions. |
|  | 26. Schedule all or most appointments on the same day of the week. |
|  | 27. Only make one or a few appointments each day or week to keep things manageable. |
|  | 28. Cook the same meals each week. |
|  | 29. Shop frequently (e.g., nearly daily) to limit the need for remembering a lot of items. |