

## Vedlegg 1

### Cognitive training compared to no treatment for healthy elderly

Patient or population: healthy elderly

Settings: Not reported

Intervention: cognitive training

Comparison: no treatment

Outcomes	Illustrative comparative risks* (95% CI)		Relative effect (95% CI)	No of Participants (studies)	Quality of the evidence (GRADE)	Comments
	Assumed risk no treatment	Corresponding risk cognitiv training				
Immediate recall Follow-up: 2 weeks - 2 years	-3,3 to 3,85	The mean Immediate recall in the intervention groups was 0.43 standard deviations higher (0.06 to 0.81 higher)		529 (11 studies)	⊕⊕○○ low <sup>1,2</sup>	
Delayed recall Follow-up: 4 to 8 weeks <sup>3</sup>	-0,83 to 1,8	The mean Delayed recall in the intervention groups was 0.39 standard deviations higher (0.16 to 0.62 higher)		872 (6 studies)	⊕⊕○○ low <sup>1,2</sup>	

\*The basis for the assumed risk (e.g. the median control group risk across studies) is provided in footnotes. The corresponding risk (and its 95% confidence interval) is based on the assumed risk in the comparison group and the relative effect of the intervention (and its 95% CI).

CI: Confidence interval;

<sup>1</sup> Randomisation procedure inadequately reported

<sup>2</sup> Uncertainty about the magnitude of effect

<sup>3</sup> Length of follow up inadequately reported in half of the studies