**Supplementary Table 2.** Working memory and attention tasks pre- vs post-train intervention

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| **Task (/maximum score)** | **Intervention** | **Pre-intervention (SD)** | **Post-intervention (SD)** | **Group** | **Time** | **Group X Time Interaction** |
| WM 1 (/6) | Train | 4.79 (.98) | 5.42 (.77) | *F*(1,36) = 4.13, *p* = .05 | *F*(1,36) = 1.05,  *p* = .31 | *F*(1,36) = 9.44,  ***p* < .01**; ωp2 = .06 |
| Control | 4.73 (1.05) | 4.42 (.90) |
| WM 2 (/10) | Train | 5.16 (2.87) | 7.16 (2.22) | *F*(1,36) = .12, *p* = .73 | *F*(1,36) = .59,  *p* = .45 | *F*(1,36) = 8.27,  ***p* < .01**; ωp2 = .08 |
| Control | 6.94 (2.30) | 5.79 (2.57) |
| WM 3 (/2) | Train | 1.26 (.81) | 1.47 (.61) | *F*(1,36) = 1.13, *p* = .29 | *F*(1,36) = .88,  *p* = .35 | *F*(1,36) = .88,  *p* = .35 |
| Control | 1.16 (.69) | 1.16 (.69) |
| WM 4 (/8) | Train | 6.95 (1.65) | 6.42 (1.71) | *F*(1,36) = .58, *p* = .45 | *F*(1,36) = .90,  *p* = .35 | *F*(1,36) = 1.34,  *p* = .25 |
| Control | 1.33 (.31) | 1.61 (.37) |
| Attention 1 (/11) | Train | 10.95 (.23) | 11.00 (.00) | *F*(1,36) = .35, *p* = .56 | *F*(1,36) = .35,  *p* = .56; | *F*(1,36) = 3.11,  *p* = .09 |
| Control | 11.00 (.00) | 10.89 (.31) |
| Attention 2 (/6) | Train | 5.58 (.96) | 6.00 (.00) | *F*(1,36) = .88, *p* = .35 | *F*(1,36) = 4.56,  ***p* < .05**; ωp2 = .06 | *F*(1,36) = .94,  *p* = .34 |
| Control | 5.42 (1.22) | 5.58 (1.39) |

N/A, Not Applicable; SD, Standard Deviation, WM, Working Memory