Randomisation

Recruitment Pool n=1926

Assessment for eligibility n=154

Baseline Assessment n=78

Randomisation n=76

Allocation

Cognitive (CT) and Progressive Resistance Training (PRT) n=20
Did not start n=0

PRT and sham Cognitive (SCOG) n=17
Did not start n=1

CT and Sham physical (SPEX) n=18
Did not start n=0

SCO and SPEX n=20
Did not start n=0

Enrollment

Ineligible n=46
On hold n=155
Not interested n=1510
No contact n=61

Ineligible n=44
On hold n=21
Withdrawals n=11

Withdrawals n=0
On hold n=2

6 month Follow-Up

CT and PRT interventions n=14
Discontinued n=3
Adverse events n=1

PRT and SCOG interventions n=12
Discontinued n=1
Adverse events n=0

CT and SPEX Interventions n=15
Discontinued n=1
Adverse events n=0

SCO and SPEX n=17
Discontinued n=1
Adverse events n=0
Drop out n=2

18 month Follow-Up

CT and PRT n=3
Discontinued n=0
Lost n=0

PRT and SCOG n=6
Discontinued n=0
Lost n=0

CT and SPEX n=6
Discontinued n=0
Lost n=0

SCO and SPEX n=8
Discontinued n=0
Lost n=0