**Table 4:** Mixed measures three-way Anova effects.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Cognitive assessments** | **Group** | **Intervention** | **Time** | **Intervention\* group** | **Time\* group** | **Intervention\* time** | **Intervention\* time\* group** |
| MMSE | **F(1,16) = 18.05, p ≤ 0.001\*, *n*2 = 0.53** | F(1,16) = 0.002, p = 0.964, *n*2 = 0.00 | F(2,32) = 1.811, p = 0.180, *n*2 = 0.10 | F(1,16) = 2.485, p = 0.135, *n*2 = 0.13 | F(2,32) = 1.343, p = 0.275, *n*2 = 0.08 | F(2,32) = 0.100, p = 0.905, *n*2 = 0.01 | F(2,32) = 0.269, p = 0.766, *n*2 = 0.02 |
| VF | **F(1,16) = 17.176, p ≤ 0.001\*, *n*2 = 0.52** | F(1,16) = 0.004, p = 0.950, *n*2 = 0.00 | F(2,32) = 0.061, p = 0.941, *n*2 = 0.00. | F(1,16) = 0.004, p = 0.950, *n*2 = 0.00 | F(2,32) = 0.516, p = 0.602, *n*2 = 0.03 | F(2,32) = 1.205, p = 0.313, *n*2 = 0.07 | F(2,32) = 1.866, p = 0.171, *n*2 = 0.10 |
| HVLT | **F(1,16) = 23.69, p ≤ 0.001\*, *n*2 = 0.60** | F(1,16) = 0.001, p = 0.980, *n*2 = 0.00 | F(2,32) = 0.094, p = 0.911, *n*2 = 0.01 | F(1,16) = 3.59, p = 0.076, *n*2  = 0.18 | **F(2,32) = 3.913, p = 0.030\*, *n*2 = 0.20** | F(2,32) = 0.605, p = 0.552, *n*2 = 0.04 | F(2,32) = 1.121, p = 0.338, *n*2 =0.07 |
| Series | **F(1,12) = 7.893, p = 0.016\*, *n*2 = 0.40** | F(1,12) = 2.237, p = 0.161, *n*2 = 0.16 | F(2,24) = 0.994, p = 0.385, *n*2 = 0.08 | F(1,12) = 1.047, p = 0.326, *n*2 = 0.08 | F(2,24) = 3.121, p = 0.062, *n*2 = 0.21 | F(2,24) = 2.170, p = 0.136, *n*2 = 0.15 | *F(2,24) = 3.024, p = 0.067, n*2 *= 0.20* |
| Odd One Out | F**(1,12)** = 2.256, p = 0.159, *n*2 = 0.16 | F(1,12) = 0.145, p = 0.710, *n*2 = 0.01 | F(2,24) = 1.200, p = 0.319, *n*2 = 0.09 | F(1,12) = 0.634, p = 0.441, *n*2 = 0.05 | F(2,24) = 1.989, p = 0.159, *n*2 = 0.14 | F(2,24) = 1.406, p = 0.265, *n*2 = 0.11 | F(2,24) = 0.695, p = 0.509, *n*2 = 0.06 |
| Jigsaw | F(1,7) = 4.727, p = 0.066, *n*2 = 0.40 | F(1,7) = 0.451, p = 0.523, *n*2 = 0.06 | F(2,14)= 0.700, p = 0.513, *n*2 = 0.09 | F(1,7) = 0.451, p = 0.523, *n*2 = 0.06 | F(2,14) = 0.247, p = 0.784, *n*2 = 0.03 | F(2,14) = 0.162, p = 0.852, *n*2 = 0.02 | F(2,14) = 0.585, p = 0.570, *n*2 = 0.08 |
| Total CCIID | **F(1,12) = 6.87, p = 0.022\*, *n*2 = 0.36** | F(1,12) = 0.480, p = 0.502, *n*2 = 0.04 | F(2,24) = 0.525, p = 0.598, *n*2 = 0.04 | F(1,12) = 0.524, p = 0.483, *n*2 = 0.04 | F(2,24) = 1.615, p = 0.220, *n*2 = 0.12 | F(2,24) = 0.333, p = 0.720, *n*2 = 0.03 | *F(2,24) = 3.119, p = 0.062, n*2 *= 0.21* |

\*Indicates a significant result (p ≤ 0.05); \*\*Indicates a significant result (p ≤ 0.01\*\*); Italics indicates a trend towards significance.