Bayes Factor analysis. As there was no model matching to mixed linear model used in the analysis, the Bayes Factors were calculated by Bayes factor Repeated Measure ANOVA (anovaBF) with interaction between group and session as main effect, and participant's id as random factor. The denominator was the main effect of group and session with id as a random effect. Due to the model restriction, age, gender and education were not included as covariates.

```
Bayes factor analysis
--------------
[1] group + session + group:session + id

Against denominator:
   group + session + id
---------------
Bayes factor type: BFlinearModel, JZS
```

	Group by Time Bayes Factor at post-training		Group by Time Bayes Factor at 6-months follow-up	
	Bayes Factor	proportional error	Bayes Factor	proportional error
Overall Cognitive Composite	46.25	±1.75%	0.75	±0.81%
Processing Speed	1.07	±0.46%	0.21	±1.45%
Memory	0.49	±0.65%	0.36	±2.16%
Executive Function	12.13	±0.6%	2.55	±1.34%