**Appendix A:** Details of assessment measures

**Processing Speed**

Tasks for the processing speed construct were taken from the Virginia Cognitive Aging Project (Salthouse, 2004, 2010; Salthouse & Ferrer-Caja, 2003).

***Digit-symbol coding (paper and pencil).*** Participants wrote the corresponding symbol for each digit using a coding table for reference. Primary measure was total correct.

***Letter comparison and Pattern comparison (paper and pencil).*** Participants determined whether a pair of patterns or letter combinations were the same or different. Primary measures were mean of total correct on each task.

**Working Memory**

***Visual short-term memory (E-prime).*** An array of four objects briefly appeared on the screen. After a delay, an object appeared and participants had to decide whether this stimulus was in the original array. The experiment consisted of three blocks with targets varying in color, shape, (practice blocks) and conjunctions of color and shape (task block), respectively. Visual short-term memory was measured by the composite of RT and accuracy (i.e., average of normalized scores of RT and accuracy; RT was reverse coded to be consistent to accuracy, therefore higher score represents better performance) on the conjunction condition.

***N-back (E-prime).*** Participants viewed a sequence of centrally presented letters. For each letter, participants were instructed to determine if the letter was the same as the previous letter (practice block), or the same as the letter two back (task block). N-back memory was measured by the composite of RT and accuracy (i.e., average of normalized scores of RT and accuracy; RT was reverse coded to be consistent to accuracy, therefore higher score represents better performance) on the two-back condition.

**SRT – [edit please]**

**Face Name Task (E-prime) - [edit please]**

**Executive Control**

***Flanker task (E-prime).*** Participants responded to the direction of a central arrow that pointed in the same (congruent) or opposite direction (incongruent) as four other adjacent arrows (two on each side). The Flanker score was calculated by the composite scores (i.e., average of normalized scores of reversed RT and accuracy) of incongruent condition.

***Task Switch task (fMRI task, E-prime)***. [Need to edit]

**Functional Ability**

**Timed Instrumental Activities of Daily Living (TIADL) – [edit]**

**Psychological Well-Being**

***General life satisfaction.*** This self-report measure assessed global feelings and attitudes about one's life.

***Perceived stress.*** This self-report measure assessed how unpredictable, uncontrollable, and overloaded participants find their lives.

***Self-efficacy.*** This self-report measure assessed participants' sense of global self-efficacy.