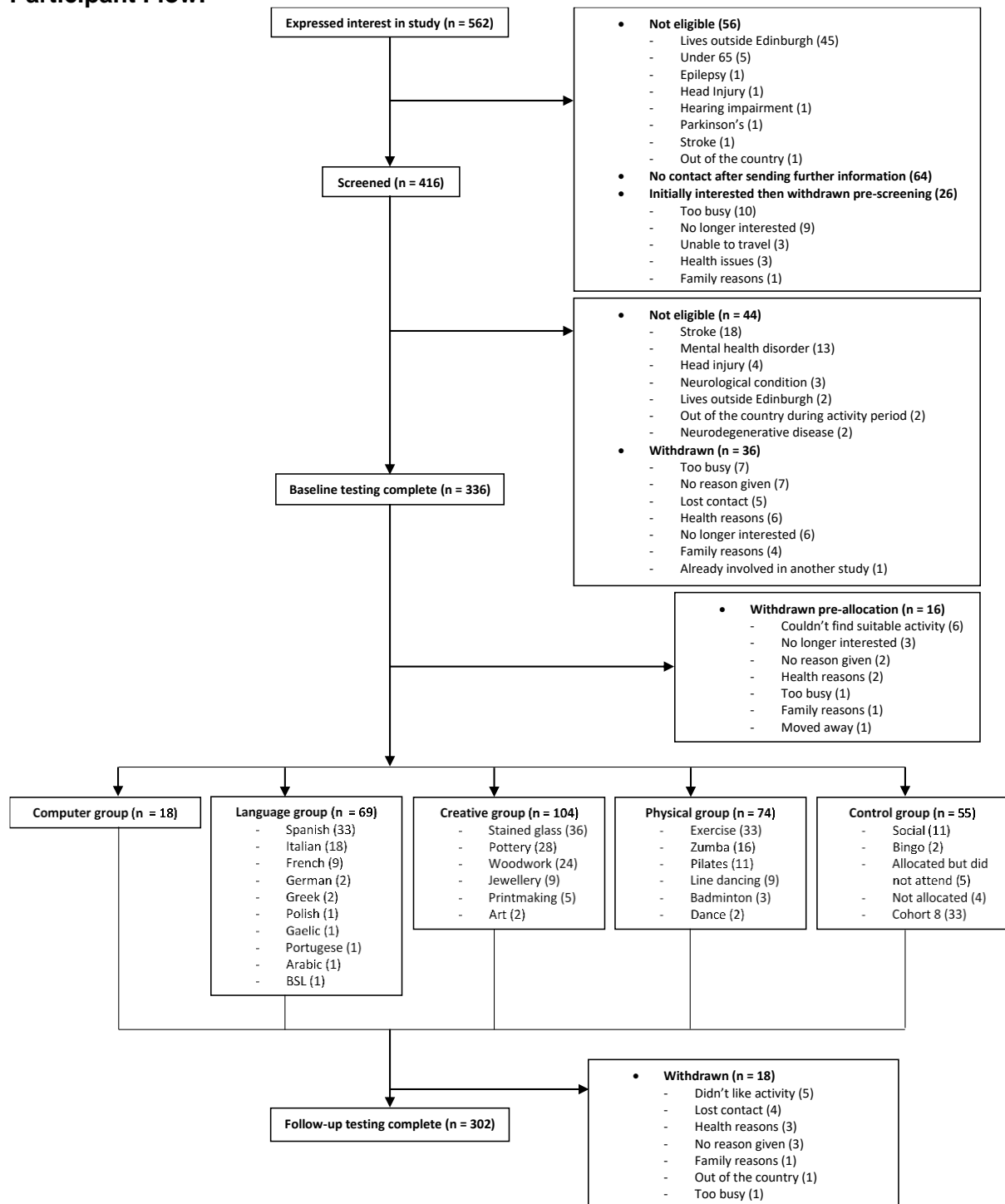


ISRCTN96478815

Does taking up a new activity benefit our thinking skills?

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Participant Flow:



Baseline Characteristics:

Variable	Mean	SD	Min	Max	Skew	Kurtosis
Age	71.4	5.4	65	92	1.00	0.67
Years of Education	15.9	3.5	9	26	0.03	-0.51
Deprivation	16.2	4.6	2	20	-1.23	0.53
Self-Rated Health ^a	3.7	0.9	1	5	-0.47	-0.13
MMSE Total Score	28.9	1.2	23 ^b	30	-1.62	3.55

Note. Deprivation = Scottish Index of Multiple Deprivation (vigintile ranking [i.e. 1-20] based on postcode); lower values indicate higher deprivation. MMSE = Mini-Mental State Examination, scores range from 0 to 30; lower values indicate cognitive problems.

^a 1 = Poor, 2 = Fair, 3 = Good, 4 = Very Good, 5 = Excellent. ^b MMSE scores ≤ 23 are often taken to indicate potential cognitive impairment. One participant scored below this cut-off. However, MMSE was not used as an exclusion criterion in the present study in order to avoid excluding individuals with low education (MMSE score has been shown to be sensitive to level of education; Crum et al., 1993).

Outcome Measures:**Study variables at baseline**

Variable	Valid N	Mean	SD	SE	Min	Max	Skew	Kurtosis
Age	302	71.27	5.25	0.30	65	92	0.98	0.73
Years of Education	302	16.11	3.41	0.20	9	26	0.01	-0.41
Deprivation	302	16.28	4.49	0.26	2	20	-1.25	0.62
Self-Rated Health	302	3.73	0.89	0.05	1	5	-0.46	-0.08
SPPPB Total Score	302	11.23	1.50	0.09	0	12	-3.51	17.04
HADS Anxiety	302	4.91	3.03	0.17	0	15	0.58	0.01
HADS Depression	302	2.85	2.10	0.12	0	10	0.76	0.00
Neuroticism	293	81.82	22.18	1.30	21	158	0.30	0.40
Extraversion	290	102.33	17.54	1.03	48	146	-0.32	0.16
Openness to Experience	295	120.98	16.72	0.97	67	174	-0.06	0.19
Agreeableness	293	131.72	15.79	0.92	79	178	0.00	0.25
Conscientiousness	292	112.47	17.87	1.05	59	152	-0.27	-0.30
MMSE	302	28.95	1.10	0.06	24	30	-1.40	2.70
Clock Drawing Test	287	5.11	1.35	0.08	0	6	-1.62	2.40
Verbal Comprehension	302	109.24	10.95	0.63	74	138	-0.10	0.16
Perceptual Reasoning	302	105.01	13.19	0.76	75	136	0.17	-0.54
Working Memory	296	111.38	12.99	0.76	74	145	-0.11	-0.25
Processing Speed	301	105.00	12.46	0.72	68	137	-0.14	-0.26
Full Scale IQ	301	109.29	11.65	0.67	72	141	-0.17	0.18
Auditory Memory	291	118.23	14.23	0.83	62	146	-0.76	0.61
Visual Memory	298	99.49	13.76	0.80	50	135	-0.61	1.22
Immediate Memory	291	115.09	13.75	0.81	75	145	-0.44	-0.12
Delayed Memory	287	110.64	14.19	0.84	49	146	-0.78	1.64

Note. SPPPB = Short Portable Physical Performance Battery. MMSE = Mini Mental State Examination.

Adverse Events: There were no adverse events associated with this trial.