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| **Supplementary Table 1.** *Questionnaire for self-rating of cognitive reserve (format used for the study).* |
| **Instruction**I will ask you about different activities we usually do, and how stimulants you think they are for you. By ‘stimulating activities’ I mean the degree to which: you feel voluntarily involved in them; they maintain your attention or your productivity for a long time; they demand mental challenge or effort from your part; or they provide a dynamic and varied interaction. The opposite of this would be activities that are boring or tedious, or that you perform disinterestedly and almost automatically. |
| In the **last 12 months including your time here**a, on a scale from 0 to 10, how stimulating has it been… | **Nothing stimulating or****I do not do it** |  |  |  |  |  | **More stimulating than anything else** |
| **1** your educational or work activities? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **2** your leisure activities? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **3** your physical activities? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **4** your social activities? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **5** the place you usually live in? | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| **6** the current place you live in?a | 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Notes: a For this study, this place refers to the community-based residential facility. |