

Article title: Multimodal Cognitive Training and Executive Functions in Public Managers: A Preregistered Randomized Controlled Trial Targeting Working Memory and Inhibitory Control

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Online Resource 2

2a. Working Memory Training Games

Lumosity game	Cognitive paradigm	Dominant executive process	Theoretical basis
Memory Matrix	Backward Corsi / spatial span	Visuospatial updating	Baddeley (2012); Miyake et al. (2000)
Memory Hotel	Dual n-back	Multimodal updating	Baddeley (2012); Miyake et al. (2000)
Speed Match	Visual 2-back	Updating with processing speed	Miyake et al. (2000)
Follow That Frog	Spatial n-back	Visuospatial updating	Miyake et al. (2000)
Pinball Recall	Visual 2-back	Continuous updating	Miyake et al. (2000)

2b. Inhibitory Control Training Games

Lumosity game	Cognitive paradigm	Dominant executive process	Theoretical basis
Robot Factory	Go/No-Go	Motor response inhibition	Miyake et al. (2000); Diamond (2013)
Color Match	Stroop	Interference inhibition	Stroop (1935); Diamond (2013)
Ebb and Flow	Response inhibition / task switching	Inhibitory flexibility	Miyake et al. (2000); Diamond (2013)
Lost in Migration	Attention and response inhibition	Selective attention and inhibition	Diamond (2013)