

Supplementary Material S1: Search Strategy

The search strategies below were used to identify relevant literature in PubMed (n=501), PsycINFO (n=556), Web of Science (n=715), generating a combined search result with 1,509 unique research publications after removing duplicates.

1. PubMed

Date of search: 13 November 2024

Search results: 501

Search terms:

```
((cognitive training[Title/Abstract] OR brain training[Title/Abstract] OR (comp* AND training[Title/Abstract]) OR game training[Title/Abstract] OR (multi* AND training[Title/Abstract]) OR working memory training[Title/Abstract] OR dual task training[Title/Abstract] OR n-back training[Title/Abstract] OR updating training[Title/Abstract] OR (inhib* AND training[Title/Abstract]) OR switching training[Title/Abstract] OR shifting training[Title/Abstract] OR flexibility training[Title/Abstract]) AND (working memory[Title/Abstract] OR executive funct*[Title/Abstract]) AND ((journalarticle[Filter]) AND (humans[Filter]) AND (alladult[Filter] OR youngadult[Filter] OR adult[Filter] OR middleagedaged[Filter] OR middleaged[Filter] OR aged[Filter] OR 80andover[Filter])) AND (unimpaired[Title/Abstract] OR healthy[Title/Abstract] OR normal[Title/Abstract] OR general population[Title/Abstract]))
```

2. PsycINFO

Date of search: 13 November 2024

Search results: 556

Search terms:

```
((tiab("cognitive training") OR tiab("brain training") OR tiab("comp* training") OR tiab("game training") OR tiab("multi* training") OR tiab("working memory training") OR tiab("dual task training") OR tiab("n-back training") OR tiab("updating training") OR tiab("inhib* training") OR tiab("switching training") OR tiab("shifting training") OR tiab("flexibility training")) AND (tiab("working memory") OR tiab("execut* function")))) NOT (rtype.exact("Erratum/Correction" OR "Comment/Reply" OR "Editorial" OR "Letter" OR "Column/Opinion" OR "Review-Book" OR "Obituary" OR "Interview" OR "Reprint" OR "Review-Software & Other") AND la.exact("ENG") NOT subject.exact("Childhood (birth-12 yrs)" OR "School Age (6-12 yrs)" OR "Adolescence (13-17 yrs)" OR "Preschool Age (2-5 yrs)" OR "Infancy (2-23 mo)" OR "Neonatal (birth-1 mo)")) NOT po.exact("Animal") AND PEER(yes))Limits applied
```

3. Web of Science

Date of search: 13 November 2024

Search results: 715

Search terms:

((((TS=("cognitive training" OR "brain training" OR (comp* AND training) OR "game training" OR (multi* AND training) OR "working memory training" OR "dual task training" OR "n-back training" OR "updating training" OR (inhib* AND training) OR "switching training" OR "shifting training" OR "flexibility training")) AND TS=("working memory" OR (executive funct*))) NOT TS=("animal model" OR "rat*" OR "mice" OR "infant*" OR "children")) AND TS=(adult OR older OR elderly OR human*) and Review Article or Early Access (Exclude – Document Types) and Open publisher-invited reviews (Exclude) and Proceeding Paper or Editorial Material or Meeting Abstract or Correction or Letter (Exclude – Document Types) and Neurosciences or Gerontology or Psychology or Psychology Experimental or Psychiatry or Psychology Multidisciplinary or Psychology Clinical or Psychology Developmental or Psychology Applied or Psychology Biological or Psychology Educational or Psychology Mathematical or Psychology Social or Clinical Neurology (Web of Science Categories) and Psychology or Psychiatry (Research Areas)