

**Supplementary Table S3.** Sociodemographic and lifestyle characteristics of Epirus Health Study participants by binary categories of Verbal Fluency-semantic category scores.

| Variables                     | Verbal Fluency-semantic category score |                                | p value            |
|-------------------------------|----------------------------------------|--------------------------------|--------------------|
|                               | Normal performance<br>(n= 987)         | Abnormal performance<br>(n=60) |                    |
| Age                           | 47.82 ± 10.87                          | 49.20 ± 13.39                  | 0.347 <sup>a</sup> |
| Female                        | 583 (59.07)                            | 33 (55.00)                     | 0.534 <sup>b</sup> |
| Education                     |                                        |                                | 0.090 <sup>b</sup> |
| Primary and secondary school* | 72 (7.30)                              | 9 (15.00)                      |                    |
| High school**                 | 248 (25.15)                            | 15 (25.00)                     |                    |
| Higher education***           | 666 (67.55)                            | 36 (60.00)                     |                    |
| MEDAS score                   | 7.26 ± 1.77                            | 6.78 ± 1.55                    | 0.043 <sup>a</sup> |
| BMI                           | 26.40 ± 4.61                           | 27.01 ± 5.45                   | 0.339 <sup>a</sup> |
| Smoking status                |                                        |                                | 0.531 <sup>b</sup> |
| Non-smokers                   | 434 (43.97)                            | 29 (48.33)                     |                    |
| Former smokers                | 244 (24.72)                            | 11 (18.33)                     |                    |
| Current smokers               | 309 (31.31)                            | 20 (33.33)                     |                    |
| Alcohol consumption           |                                        |                                | 0.150 <sup>c</sup> |
| Never                         | 119 (12.06)                            | 10 (16.67)                     |                    |
| Less than once/month          | 279 (28.27)                            | 23 (38.33)                     |                    |
| 1-3 times/month               | 179 (18.14)                            | 5 (8.33)                       |                    |
| 1-2 times/week                | 280 (28.37)                            | 16 (26.67)                     |                    |
| Almost every day              | 130 (13.17)                            | 6 (10.00)                      |                    |
| Physical activity (METs)      | 16.06 ± 21.06                          | 12.31 ± 19.16                  | 0.178 <sup>a</sup> |

Abbreviations: BMI; Body mass index, METs; Metabolic Equivalents of Energy Expenditure

\*Elementary school or junior high school, up to 9 years of education. \*\*High school, up to 12 years of education. \*\*\*University degree/MSc/PhD/Postdoc, more than 13 years of education.

<sup>a</sup> Comparisons using t-test. <sup>b</sup> Comparisons using  $\chi^2$  test. <sup>c</sup> Comparison's using Fisher's exact test.

Mean ± standard deviation and frequency (percentage) are presented for continuous and categorical variables, respectively.