Supplementary Table 1. Preferred Reporting Items for Systematic Reviews and Meta-Analysis (PRISMA) checklist.

Section/topic	#	Checklist item	Reported on page #
TITLE			
Title	1	Identify the report as a systematic review, meta-analysis, or both.	1
ABSTRACT			
Structured summary	2	Provide a structured summary including, as applicable: background; objectives; data sources; study eligibility criteria, participants, and interventions; study appraisal and synthesis methods; results; limitations; conclusions and implications of key findings; systematic review registration number.	1
INTRODUCTION			
Rationale	3	Describe the rationale for the review in the context of what is already known.	1-3
Objectives	4	Provide an explicit statement of questions being addressed with reference to participants, interventions, comparisons, outcomes, and study design (PICOS).	1-3
METHODS			
Protocol and registration	5	Indicate if a review protocol exists, if and where it can be accessed (e.g., Web address), and, if available, provide registration information including registration number.	NA
Eligibility criteria	6	Specify study characteristics (e.g., PICOS, length of follow-up) and report characteristics (e.g., years considered, language, publication status) used as criteria for eligibility, giving rationale.	3-4
Information sources	7	Describe all information sources (e.g., databases with dates of coverage, contact with study authors to identify additional studies) in the search and date last searched.	3-4
Search	8	Present full electronic search strategy for at least one database, including any limits used, such that it could be repeated.	3-4
Study selection	9	State the process for selecting studies (i.e., screening, eligibility, included in systematic review, and, if applicable, included in the meta-analysis).	3-4, Figure 1
Data collection process	10	Describe method of data extraction from reports (e.g., piloted forms, independently, in duplicate) and any processes for obtaining and confirming data from investigators.	3-4
Data items	11	List and define all variables for which data were sought (e.g., PICOS, funding sources) and any assumptions and simplifications made.	3
Risk of bias in individual studies	12	Describe methods used for assessing risk of bias of individual studies (including specification of whether this was done at the study or outcome level), and how this information is to be used in any data synthesis.	4
Summary measures	13	State the principal summary measures (e.g., risk ratio, difference in means).	4
Synthesis of results	14	Describe the methods of handling data and combining results of studies, if done, including measures of consistency (e.g., I^2) for each meta-analysis.	4

Section/topic	#	Checklist item	Reported on page #

Risk of bias across studies	15	Specify any assessment of risk of bias that may affect the cumulative evidence (e.g., publication bias, selective reporting within studies).	4-5
Additional analyses	16	Describe methods of additional analyses (e.g., sensitivity or subgroup analyses, meta-regression), if done, indicating which were pre-specified.	4-5
RESULTS			
Study selection	17	Give numbers of studies screened, assessed for eligibility, and included in the review, with reasons for exclusions at each stage, ideally with a flow diagram.	4-5
Study characteristics	18	For each study, present characteristics for which data were extracted (e.g., study size, PICOS, follow-up period) and provide the citations.	4-11
Risk of bias within studies	19	Present data on risk of bias of each study and, if available, any outcome level assessment (see item 12).	8
Results of individual studies	20	For all outcomes considered (benefits or harms), present, for each study: (a) simple summary data for each intervention group (b) effect estimates and confidence intervals, ideally with a forest plot.	8-14
Synthesis of results	21	Present results of each meta-analysis done, including confidence intervals and measures of consistency.	8-14
Risk of bias across studies	22	Present results of any assessment of risk of bias across studies (see Item 15).	Supplementary Figure 2
Additional analysis	23	Give results of additional analyses, if done (e.g., sensitivity or subgroup analyses, meta-regression [see Item 16]).	Supplementary Table 3
DISCUSSION			
Summary of evidence	24	Summarize the main findings including the strength of evidence for each main outcome; consider their relevance to key groups (e.g., healthcare providers, users, and policy makers).	12-13
Limitations	25	Discuss limitations at study and outcome level (e.g., risk of bias), and at review-level (e.g., incomplete retrieval of identified research, reporting bias).	13
Conclusions	26	Provide a general interpretation of the results in the context of other evidence, and implications for future research.	13-14
FUNDING			
Funding	27	Describe sources of funding for the systematic review and other support (e.g., supply of data); role of funders for the systematic review.	14

Supplementary Table 2. NIH Quality Assessment of Controlled Intervention Studies.

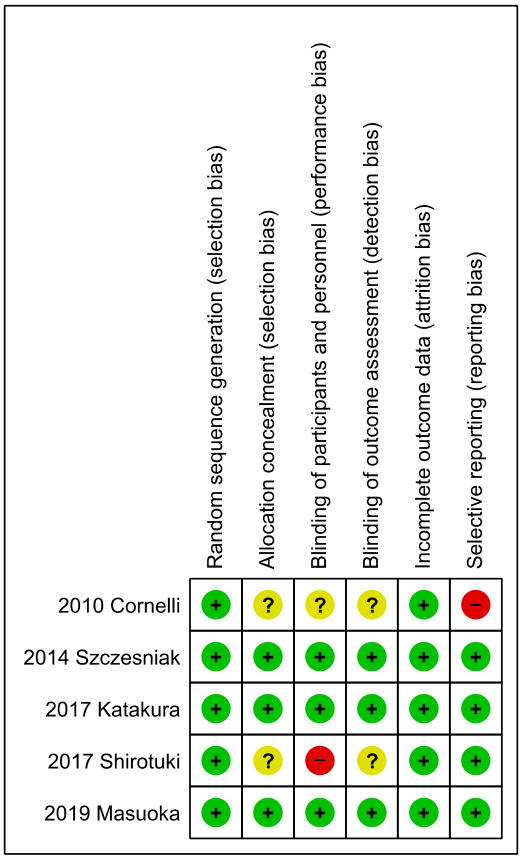
	C.1	C.2	C.3	C.4	C.5	C.6	C.7	C.8	C.9	C.10	C.11	C.12	C.13	C.14	Score	Quality
Intervention studies																
Budzen et al. 2014	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	NR	Y	NR	12	Good
Cornelli et al. 2010	Y	NR	Y	Y	Y	Y	Y	Y	Y	N	Y	Y	Y	NR	11	Good
Katakura et al. 2017	Y	NR	Y	Y	Y	Y	Y	NR	Y	Y	Y	NR	Y	NR	10	Good
Masuoka et al. 2019	Y	NR	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	Y	NR	12	Good
Shirotsuki et al. 2017	Y	Y	Y	NR	NR	Y	N	Y	Y	N	Y	N	Y	NR	8	Fair

Abbreviations: N (no); NA (not applicable); NR (not reported); Y (yes).

Supplementary Table 3. Meta-regression analysis for investigated outcomes. NA, not applicable.

Moderator	coef [95% CI]	p_{coef}	p_{heter}
MMSER&ADAS			
Participants' age [year]	0.00 [-0.03; 0.03]	0.898	0.829
Length of trial [weeks]	0.05 [-0.37; 0.47]	0.820	0.915
Age group difference [year]	0.00 [-0.10; 0.10]	0.943	0.810
Percentage of males [%]	0.00 [-0.03; 0.03]	0.980	0.803
Proportion of males group difference [%]	0.02 [-0.19; 0.24]	0.820	0.915
Sample size	0.00 [-0.05; 0.05]	0.984	0.802
WMS1			
Participants' age [year]	0.00 [-0.05; 0.06]	0.943	1.000
Length of trial [weeks]	0.02 [-0.26; 0.30]	0.887	0.943
Age group difference [year]	0.01 [-0.13; 0.14]	0.943	1.000
Percentage of males [%]	0 .00[-0.04; 0.04]	0.943	1.000
Proportion of males group difference [%]	0.02 [-0.26; 0.30]	0.887	0.943
Sample size	0.00 [-0.06; 0.06]	0.943	1.000
WMS2			
Participants' age [year]	-0.03 [-0.10; 0.03]	0.295	1.000
Length of trial [weeks]	0.22 [-0.06; 0.50]	0.126	0.295
Age group difference [year]	-0.09 [-0.25; 0.08]	0.295	1.000
Percentage of males [%]	-0.02 [-0.07; 0.02]	0.295	1.000
Proportion of males group difference [%]	0.22 [-0.06; 0.50]	0.126	0.295
Sample size	0.04 [-0.03; 0.10]	0.295	1.000
GDS&BDI			
Participants' age [year]	0.01 [-0.02; 0.04]	0.561	0.816
Length of trial [weeks]	0.10 [-0.34; 0.53]	0.668	0.648
Age group difference [year]	0.03 [-0.07; 0.14]	0.539	0.903
Percentage of males [%]	0.01 [-0.02; 0.05]	0.532	0.978
Proportion of males group difference [%]	0.05 [-0.17; 0.26]	0.668	0.648
Sample size	-0.02 [-0.08; 0.04]	0.534	0.941

Supplementary Figure 1. Risk of bias assessment of the included studies according to the Cochrane risk-of-bias tool for randomized trials (RoB-2).



Supplementary Figure 2. Funnel plots of studies for cognitive (A), verbal memory (B, C), and depressive symptoms (D) outputs.