

Table S1. Dual task programs per session

Daily living activity		Attention/executive function	
Continuous subtraction/ presenting a virtual situation	Simple addition, subtraction/explaining the order of wearing clothes	Counting numbers from 1 to 20 forward, backward in order/ talking about daily routine	Reading words backwards/ making a shopping list
Climbing stairs	Session 1. 20-3.../What if you found an ID card on your way to community center?	Session 3. 1 to 20 in order/Talk about daily routine.	Session 4. Hat/making a shopping list for convenience store
Making tea/coffee	Session 6. 30-4.../You're in a taxi but you do not have your wallet.	Session 8. 1 to 20 backward/Talk about daily routine.	Session 9. Pencil/making a shopping list for the grocery store
Folding tops/ bottoms	Session 11. 40-2.../What if you don't have the keys to your door?	Session 13. 1 to 20 forward/Talk about daily routine.	Session 14. Soap/making a shopping list for the market
Buttoning and unbuttoning	Session 16. 50-4.../What if you left your wallet on the bus?	Session 18. 20 to 1 backward/Talk about daily routine.	Session 19. Ballpoint pen/making shopping list for the pharmacy
Moving beans	Session 21. 100-3.../What if the bag is torn while you are putting in groceries at the market?	Session 23. 20 to 1 forward/Talk about daily routine.	Session 24. Cars/making a shopping list for the bookstore
			Session 5. Standing-train-garage/Talk about types of land animals. Session 10. Pencil-pencil case-log/Talk about types of drinks. Session 15. Desk-brand-label/Talk about colors. Session 20. Bicycle-web-jump rope/Talk about types of transportation. Session 25. Monitor-terminal-see-saw/Talk about types of soups.