

**Table 1***Mediation analysis: direct, indirect and total effects Age-IRC-MoCA*

	$\beta$	Z	p	95% CI for $\beta$
<b>Direct effect</b>				
Age - MoCA	0.044	4.15	<.001	-0.06, -0.02
<b>Indirect Effect</b>				
Age-R-IRCq-MoCA	0.022	3.70	<.001	-0.03, -0.01
<b>Total effect</b>				
Age - MoCA	0.065	6.33	<.001	0.08, 0.04

*Note.* MoCA - Montreal Assessment; R-IRCq - Cognitive Reserve Index; CI - confidence interval.  $\beta$  - standardized regression coefficient, z - Sobel test (Sobel, 1982)