## Supplementary Table 1. Cognitive Reserve Questionnaire (CRQ).

A questionnaire developed in Spanish (Rami et al., 2011), comprised of 8 questions whose total score serves as a proxy for cognitive reserve (this is not an official translation).

| Items (mark the highest applicable option) |  | Scoring |
| :---: | :---: | :---: |
| 1 | Years of education / Academic achievement |  |
|  | No formal education | 0 |
|  | Self-taught reading and writing | 1 |
|  | Basic education ( $<6$ years) | 2 |
|  | Primary education ( $\geq 6$ years) | 3 |
|  | Secondary education ( $\geq 9$ years) | 4 |
|  | Higher education | 5 |
| 2 | Parental level of education |  |
|  | No formal education | 0 |
|  | Basic or primary education | 1 |
|  | Secondary or higher education | 2 |
| 3 | Occupational training courses |  |
|  | None | 0 |
|  | One or two | 1 |
|  | Between two and five | 2 |
|  | More than five | 3 |
| 4 | Occupation |  |
|  | No employment (includes housekeeping) | 0 |
|  | Manual labour | 1 |
|  | Skilled labour (includes secretarial and technical professions) | 2 |
|  | Highly skilled labour (requiring higher education) | 3 |
|  | Managerial labour | 4 |
| 5 | Musical Training |  |
|  | Does not play an instrument nor listens to music frequently | 0 |
|  | Amateur musician or music aficionado | 1 |
|  | Formal musical training | 2 |
| 6 | Languages (ability to maintain a conversation) |  |
|  | Only in one language (mother tongue) | 0 |
|  | Two languages (includes spanish, galician, catalan and basc) | 1 |
|  | Two or three languages (with one different to galician, catalan or basc) | 2 |
|  | More than 2 languages | 3 |
| 7 | Reading activity |  |
|  | Never | 0 |
|  | Occasionaly | 1 |
|  | Two to five books per year | 2 |
|  | Five to ten books per year | 3 |
|  | More than ten books per year | 4 |
| 8 | Playing intellectual games (chess, puzles, crosswords, etc.) |  |
|  | Never or rarely | 0 |
|  | Occasionally (up to five times per month) | 1 |
|  | Frequently (more than five times per month) | 2 |

Supplementary Table 2. Comparative demographics and performance of four participants with subjective cognitive decline (SCD).

|  | $\begin{aligned} & \text { Entire Sample } \\ & \mathrm{N}=48 \\ & \mathrm{~m} / \mathrm{f}=21 / 27 \end{aligned}$ | $\begin{array}{\|l\|} \hline \text { Controls } \\ \mathrm{n}_{\mathrm{a}}=18 \\ \mathrm{~m} / \mathrm{f}=7 / 11 \\ \hline \end{array}$ | $\begin{array}{\|l\|} \hline \text { SCD } \\ n_{b}=4 \\ m / f=0 / 4 \\ \hline \end{array}$ | $\begin{aligned} & \hline \text { PreAD } \\ & \mathrm{n}_{\mathrm{d}}=7 \\ & \mathrm{~m} / \mathrm{f}=4 / 3 \\ & \hline \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: |
| Age | $\begin{aligned} & \hline \mathrm{M}=62.705 \\ & \mathrm{SD}=4.628 \end{aligned}$ | $\begin{aligned} & \hline \mathrm{M}=62.143 \\ & \mathrm{SD}=4.690 \\ & \hline \end{aligned}$ | $\begin{array}{\|l} \hline \mathrm{M}=65.468 \\ \mathrm{SD}=2.197 \end{array}$ | $\begin{aligned} & \hline \mathrm{M}=64.919 \\ & \mathrm{SD}=3.202 \end{aligned}$ |
| A $\mathbf{\beta} 42$ | $\begin{aligned} & \mathrm{M}=1186.200 \\ & \mathrm{SD}=424.678 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=1492.111 \\ & \mathrm{SD}=232.529 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=921.700 \\ & \mathrm{SD}=362.514 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=771.06 \\ & \mathrm{SD}=190.47 \\ & \hline \end{aligned}$ |
| p-Tau | $\begin{aligned} & \hline \mathrm{M}=18.233 \\ & \mathrm{SD}=9.007 \\ & \hline \end{aligned}$ | $\begin{aligned} & \hline \mathrm{M}=14.735 \\ & \mathrm{SD}=3.046 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=20.625 \\ & \mathrm{SD}=7.294 \\ & \hline \end{aligned}$ | $\begin{aligned} & \hline \mathrm{M}=26.513 \\ & \mathrm{SD}=6.554 \\ & \hline \end{aligned}$ |
| t-Tau | $\begin{aligned} & \mathrm{M}=220.273 \\ & \mathrm{SD}=86.623 \end{aligned}$ | $\begin{array}{\|l\|} \hline \mathrm{M}=1.906 \\ \mathrm{SD}=37.090 \\ \hline \end{array}$ | $\begin{aligned} & \mathrm{M}=244.500 \\ & \mathrm{SD}=65.579 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=285.071 \\ & \mathrm{SD}=55.774 \end{aligned}$ |
| p-Tau / A $\mathbf{\beta 4 2}^{\text {a }}$ | $\begin{aligned} & \mathrm{M}=0.017 \\ & \mathrm{SD}=0.010 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.010 \\ & \mathrm{SD}=0.002 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.024 \\ & \mathrm{SD}=0.010 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.035 \\ & \mathrm{SD}=0.009 \end{aligned}$ |
| $\begin{array}{\|l\|} \hline \begin{array}{l} \text { FCSRT } \\ \text { Total recall } \end{array} \\ \hline \end{array}$ | $\begin{aligned} & \mathrm{M}=44.292 \\ & \mathrm{SD}=3.989 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=43 \\ & \mathrm{SD}=5.053 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=44 \\ & \mathrm{SD}=5.354 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=45 \\ & \mathrm{SD}=2.082 \end{aligned}$ |
| FCSRT <br> Retention Index | $\begin{aligned} & \hline \mathrm{M}=0.980 \\ & \mathrm{SD}=0.066 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.980 \\ & \mathrm{SD}=0.077 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.973 \\ & \mathrm{SD}=0.136 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.973 \\ & \mathrm{SD}=0.033 \end{aligned}$ |
| FCSRT <br> Delayed cued recall | $\begin{aligned} & \mathrm{M}=3.708 \\ & \mathrm{SD}=1.675 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=3.667 \\ & \mathrm{SD}=1.910 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=3.250 \\ & \mathrm{SD}=1.500 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=3.429 \\ & \mathrm{SD}=1.902 \end{aligned}$ |
| FCSRT <br> Delayed free recall | $\begin{aligned} & \mathrm{M}=11.479 \\ & \mathrm{SD}=1.935 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=11.222 \\ & \mathrm{SD}=2.315 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=11.750 \\ & \mathrm{SD}=2.217 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=12 \\ & \mathrm{SD}=2 \end{aligned}$ |
| FCSRT <br> Total free recall | $\begin{array}{\|l} \hline \mathrm{M}=28.562 \\ \mathrm{SD}=5.379 \end{array}$ | $\begin{array}{\|l\|l\|} \hline M=27.889 \\ S D=6.173 \\ \hline \end{array}$ | $\begin{aligned} & \hline M=27.750 \\ & S D=6.850 \\ & \hline \end{aligned}$ | $\begin{aligned} & \hline \mathrm{M}=26.857 \\ & \mathrm{SD}=5.014 \\ & \hline \end{aligned}$ |
| FCSRT <br> Total cued recall | $\begin{aligned} & \mathrm{M}=15.729 \\ & \mathrm{SD}=4.409 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=15.111 \\ & \mathrm{SD}=4.071 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=16.250 \\ & \mathrm{SD}=2.363 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=18.143 \\ & \mathrm{SD}=4.413 \end{aligned}$ |
| FCSRT <br> Total delayed recall | $\begin{aligned} & \mathrm{M}=15.187 \\ & \mathrm{SD}=1.214 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=14.889 \\ & \mathrm{SD}=1.323 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=15 \\ & \mathrm{SD}=1.414 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=15.429 \\ & \mathrm{SD}=0.534 \end{aligned}$ |
| WAIS IV Visual Puzzles Total Score | $\begin{aligned} & \hline \mathrm{M}=13.083 \\ & \mathrm{SD}=4.297 \end{aligned}$ | $\begin{array}{\|l\|} \hline \mathrm{M}=13.222 \\ \mathrm{SD}=4.023 \end{array}$ | $\begin{aligned} & \mathrm{M}=14 \\ & \mathrm{SD}=5.598 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=12.143 \\ & \mathrm{SD}=4.670 \end{aligned}$ |
| CRQ score | $\begin{aligned} & \hline \mathrm{M}=16.479 \\ & \mathrm{SD}=3.724 \end{aligned}$ | $\begin{aligned} & \hline \mathrm{M}=15.778 \\ & \mathrm{SD}=4.427 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=17.500 \\ & \mathrm{SD}=2.887 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=15.429 \\ & \mathrm{SD}=3.690 \end{aligned}$ |
| Years of education | $\begin{aligned} & \mathrm{M}=13.750 \\ & \mathrm{SD}=3.778 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=13.444 \\ & \mathrm{SD}=3.959 \end{aligned}$ | $\begin{aligned} & \hline \mathrm{M}=15.500 \\ & \mathrm{SD}=2.646 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=13.000 \\ & \mathrm{SD}=3.697 \end{aligned}$ |
| Hippocampal volume / TIV | $\begin{aligned} & \mathrm{M}=0.005 \\ & \mathrm{SD}=0.001 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.005 \\ & \mathrm{SD}=0.001 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.005 \\ & \mathrm{SD}=0.001 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.005 \\ & \mathrm{SD}=0.001 \\ & \hline \end{aligned}$ |
| Hippocampal downregulation NF score | $\begin{aligned} & \mathrm{M}=-0.038 \\ & \mathrm{SD}=0.462 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=-0.098 \\ & \mathrm{SD}=0.437 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.182 \\ & \mathrm{SD}=0.476 \end{aligned}$ | $\begin{aligned} & \mathrm{M}=-0.043 \\ & \mathrm{SD}=0.568 \end{aligned}$ |
| Mean EC in CA1 | $\begin{aligned} & \mathrm{M}=0.282 \\ & \mathrm{SD}=0.040 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.290 \\ & \mathrm{SD}=0.037 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.290 \\ & \mathrm{SD}=0.022 \\ & \hline \end{aligned}$ | $\begin{aligned} & \mathrm{M}=0.277 \\ & \mathrm{SD}=0.054 \\ & \hline \end{aligned}$ |

