

Table S1. Study interview guide.

1. Assessment visits
<ul style="list-style-type: none">• What were your thoughts and feelings prior to the initial cognitive assessment?• How did you find the difficulty of assessment tasks?• Did you find the length of the assessment visit appropriate?• What were your thoughts and feelings with regards to giving blood samples?• Did you think it is appropriate to extract blood samples in adults with T2DM?
2. Cognitive training
<ul style="list-style-type: none">• What were your thoughts and feeling towards being allocated to the cognitive training group?• How did you find the difficulty of tasks throughout the training period?• Was the length of training visits appropriate?• Was the number of training visits a week suitable?• Was the overall length of the training intervention appropriate?• How did you find using the study equipment?• Did you find using the brain training sessions enjoyable?
3. Usual care control
<ul style="list-style-type: none">• What were your thoughts and feelings prior to the initial cognitive assessment?• What were your thoughts and feelings when allocated to the control group?• What were your thoughts and feelings prior to the follow up visits?• Was your motivation influenced by the randomisation to the control group?• Do you have any suggestions for improving the control group experience?
4. Study location
<ul style="list-style-type: none">• How did you find travelling to and from the university?• What were your thoughts and feelings towards been given the choice of training locations and timings?• Did you prefer home or university visits?• Do you think an intervention like this would benefit from group sessions?