

**CARDIOVASCULAR AND MENTAL HEALTH BENEFITS OF SOY CONSUMPTION:
ROLE OF SOY ISOFLAVONES**

Alicia A Thorp

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APPENDIX 6- Isoflavone Supplement Specification Information

NOTE:

This appendix is included on pages 275-279 of the print copy of the thesis held in the University of Adelaide Library.

APPENDIX 7- Cognitive Tests used in Isoflavone Supplement Intervention

RAVLT A - ID _____

List A	A1	A2	A3	A4	A5	List B	B1	A6	A7
drum						desk			
curtain						ranger			
bell						bird			
coffee						shoe			
school						stove			
parent						mountain			
moon						glasses			
garden						towel			
hat						cloud			
farmer						boat			
nose						lamb			
turkey						gun			
color						pencil			
house						church			
river						fish			
# correct									

Total A1 to A5 = _____
 Trial A6 - A5 = _____

Intrusions _____

Verbal Paired Associates IA

List A	Recall A (Response)	Score: 0 or 1
Truck-Arrow	1. Bank (Cartoon)	
Insect-Acorn	2. Reptile (Clown)	
Reptile-Clown	3. Star (Ladder)	
Bank-Cartoon	4. Rose (Bag)	
Star-Ladder	5. Elephant (Glass)	
Raccoon-Paper	6. Truck (Arrow)	
Rose-Bag	7. Insect (Acorn)	
Elephant-Glass	8. Raccoon (Paper)	
<i>Total List A Recall</i>		

List B	Recall B (Response)	Score: 0 or 1
Star-Ladder	1. Elephant (Glass)	
Elephant-Glass	2. Insect (Acorn)	
Insect-Acorn	3. Reptile (Clown)	
Truck-Arrow	4. Rose (Bag)	
Reptile-Clown	5. Star (Ladder)	
Bank-Cartoon	6. Raccoon (Paper)	
Raccoon-Paper	7. Bank (Cartoon)	
Rose-Bag	8. Truck (Arrow)	
<i>Total List B Recall</i>		

List C	Recall C (Response)	Score: 0 or 1
Rose-Bag	1. Insect (Acorn)	
Raccoon-Paper	2. Star (Ladder)	
Star-Ladder	3. Truck (Arrow)	
Reptile-Clown	4. Rose (Bag)	
Elephant-Glass	5. Elephant (Glass)	
Insect-Acorn	6. Reptile (Clown)	
Bank-Cartoon	7. Bank (Cartoon)	
Truck-Arrow	8. Raccoon (Paper)	
<i>Total List C Recall</i>		

List D	Recall D (Response)	Score: 0 or 1
Raccoon-Paper	1. Star (Ladder)	
Truck-Arrow	2. Rose (Bag)	
Star-Ladder	3. Insect (Acorn)	
Insect-Acorn	4. Raccoon (Paper)	
Rose-Bag	5. Elephant (Glass)	
Reptile-Clown	6. Bank (Cartoon)	
Bank-Cartoon	7. Reptile (Clown)	
Elephant-Glass	8. Truck (Arrow)	
<i>Total List D Recall</i>		

Verbal Paired Associates IIA

Delayed Recall E (Response)	Score: 0 or 1
1. Bank (Cartoon)	
2. Star (Ladder)	
3. Truck (Arrow)	
4. Insect (Acorn)	
5. Elephant (Glass)	
6. Rose (Bag)	
7. Raccoon (Paper)	
8. Reptile (Clown)	
<i>Total List E Recall</i>	

Recognition: Need to get stimulus folder from Psych test library for additional word pairs.

Digits Backward

Discontinue after failure of both trials of any item.

Digits Backward Trial 1/Response		Trial score	Trial 2/Response	Trial Score	Item Score
1.	2 - 4		5 - 7		
2.	6 - 2 - 9		4 - 1 - 5		
3.	3 - 2 - 7 - 9		4 - 9 - 6 - 8		
4.	1 - 5 - 2 - 8 - 6		6 - 1 - 8 - 4 - 3		
5.	5 - 3 - 9 - 4 - 1 - 8		7 - 2 - 4 - 8 - 5 - 6		
6.	8 - 1 - 2 - 9 - 3 - 6 - 5		4 - 7 - 3 - 9 - 1 - 2 - 8		
7.	9 - 4 - 3 - 7 - 6 - 2 - 5 - 8		7 - 2 - 8 - 1 - 9 - 6 - 5 - 3		
Digits Backward Score					
Total Score					

Trail Making

Part A - Time _____

Part B - Time _____

[then Verbal Paired Associates Recall]

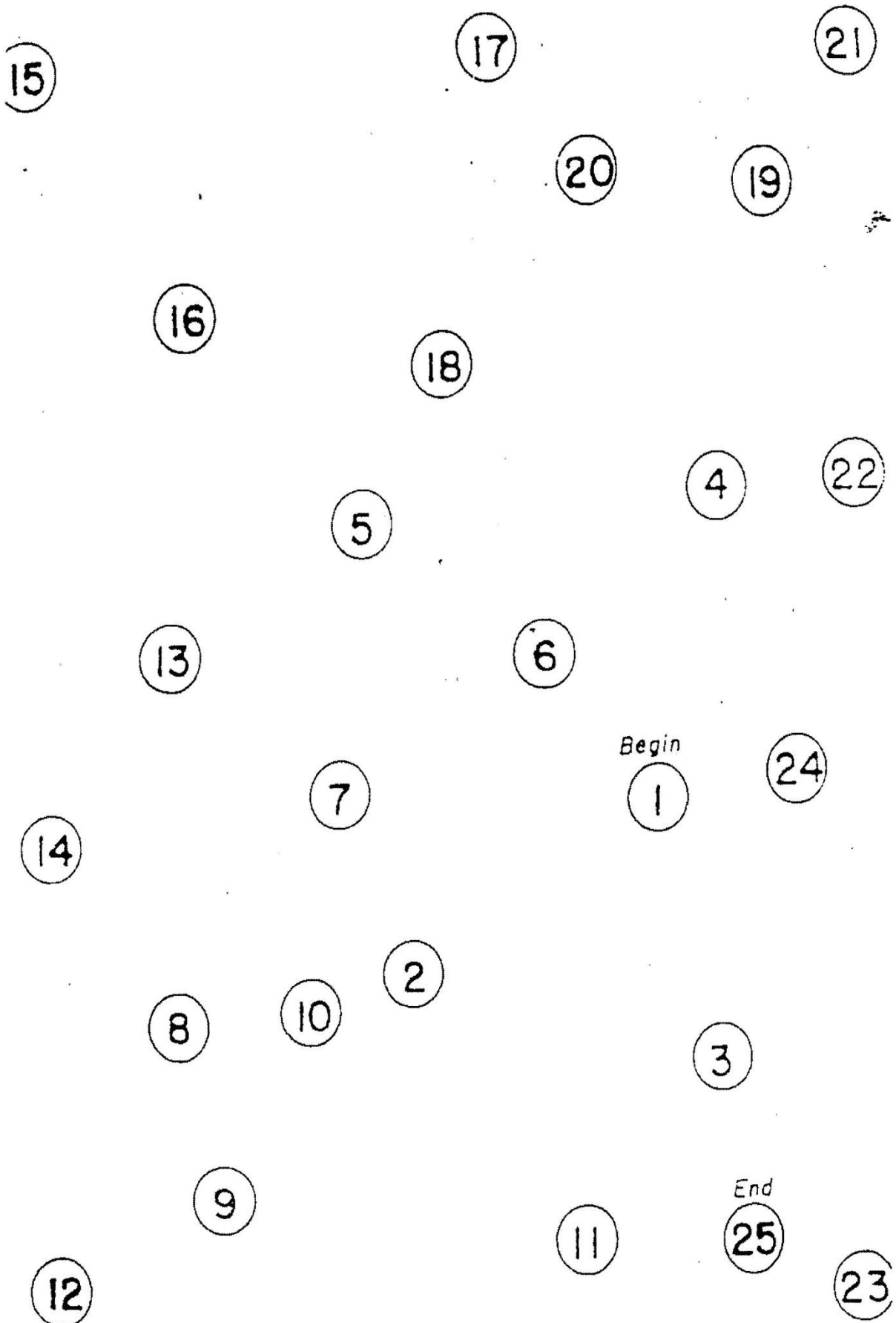
Letter-Number Sequencing

Discontinue after failure on all three trials of an item.

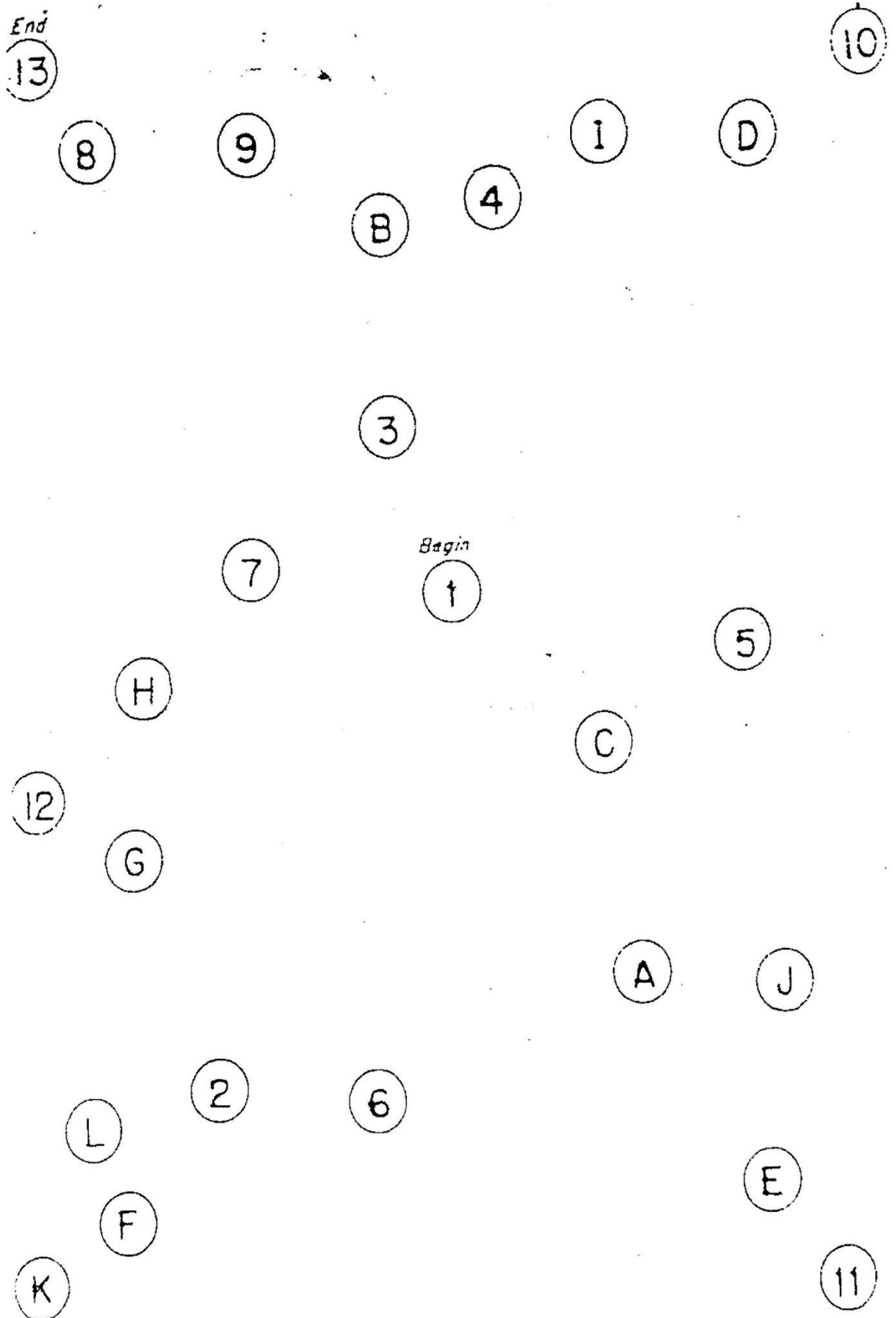
	Trial	Item/Response	Trial Score (0 or 1)	Item Score (0, 1, 2, 3)
1.	1	L - 2 (2 - L)		
	2	6 - P (6 - P)		
	3	B - 5 (5 - B)		
2.	1	F - 7 - L (7 - F - L)		
	2	R - 4 - D (4 - D - R)		
	3	H - 1 - 8 (1 - 8 - H)		
3.	1	T - 9 - A - 3 (3 - 9 - A - T)		
	2	V - 1 - J - 5 (1 - 5 - J - V)		
	3	7 - N - 4 - L (4 - 7 - L - N)		
4.	1	8 - D - 6 - G - 1 (1 - 6 - 8 - D - G)		
	2	K - 2 - C - 7 - S (2 - 7 - C - K - S)		
	3	5 - P - 3 - Y - 9 (3 - 5 - 9 - P - Y)		
5.	1	M - 4 - E - 7 - Q - 2 (2 - 4 - 7 - E - M - Q)		
	2	W - 8 - H - 5 - F - 3 (3 - 5 - 8 - F - H - W)		
	3	6 - G - 9 - A - 2 - S (2 - 6 - 9 - A - G - S)		
6.	1	R - 3 - B - 4 - Z - 1 - C (1 - 3 - 4 - B - C - R - Z)		
	2	5 - T - 9 - J - 2 - X - 7 (2 - 5 - 7 - 9 - J - T - X)		
	3	E - 1 - H - 8 - R - 4 - D (1 - 4 - 8 - D - E - H - R)		
7.	1	5 - H - 9 - S - 2 - N - 6 - A (2 - 5 - 6 - 9 - A - H - N - S)		
	2	D - 1 - R - 9 - B - 4 - K - 3 (1 - 3 - 4 - 9 - B - D - K - R)		
	3	7 - M - 2 - T - 6 - F - 1 - Z (1 - 2 - 6 - 7 - F - M - T - Z)		
			Total Raw Score (Max = 21)	

[RAVLT Delayed Recall]

Trail Making Part A



Trail Making Part B



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