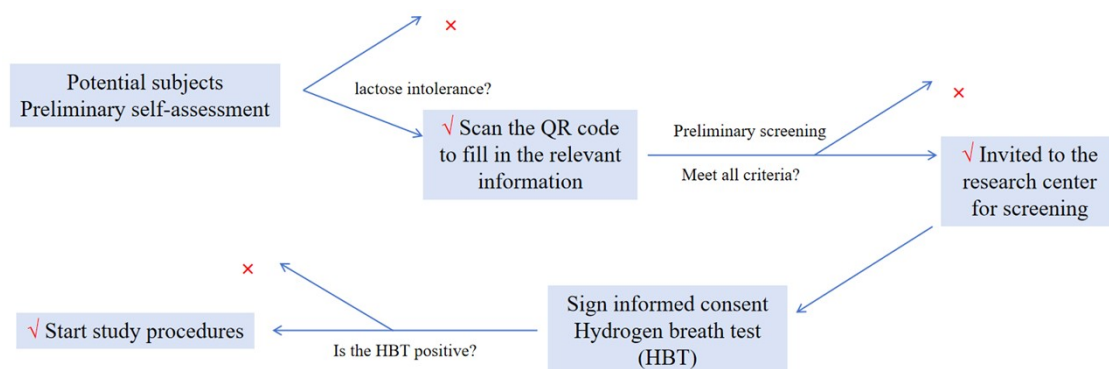
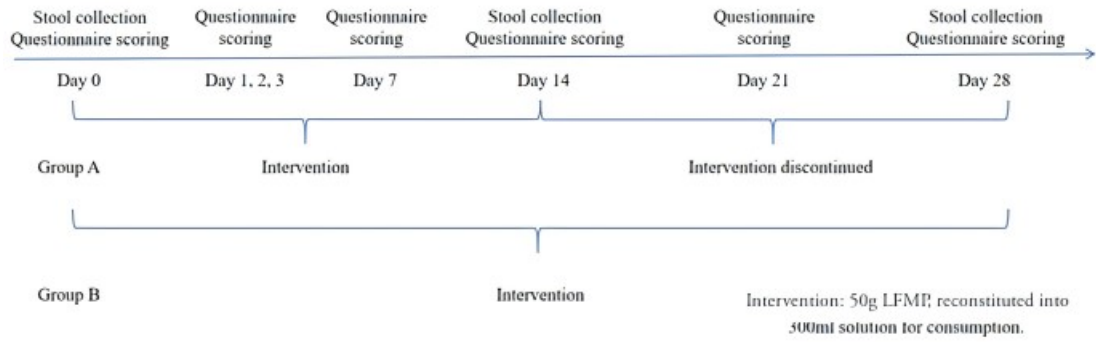


Supplementary materials



Supplementary Fig. 1. Flowchart of participant screening and enrollment



Supplementary Fig. 2. Flowchart of the intervention trial

Supplementary Table 1. List of ingredients for two types of milk powder

Zero-lactose whole milk powder	egular full-fat milk powder
0% lactose	containing lactose
Raw milk	
<i>Bifidobacterium animalis subsp. lactis</i> HN019,	
Bb-12, and BL-99 (each bacterial strain is added at a concentration of $\geq 2 \times 10^6$ CFU/g)	
GOS, 13.4 g/100 g ; (GOS degree of polymerization: n=2, 44.2%; n=3, 42.8%; n=4,	Raw milk
8.6%; n=4, 5, 6, below the limit of	
quantification)	
Phospholipids	

**Supplementary Table 2. Preparation of simulated digestion electrolyte solution
(1.25 x)**

Inorganic salt solutions	Potency/ (g/L)	SSF/mL	SGF/mL	SIF/mL
KCl	37.3	37.75	17.25	17
KH ₂ PO ₄	68	9.25	2.25	2
NaHCO ₃	84	17	31.25	106.25
NaCl	117	/	29.5	24
MgCl ₂ ·6H ₂ O	30.5	1.25	/	2.75
(NH ₄) ₂ CO ₃	48	0.15	1.25	/
CaCl ₂ ·2H ₂ O	44.1	50	10	80

Note: CaCl₂·2H₂O is added when used.

1 **Supplementary Table 3. Baseline characteristics of participants**

Parameter	Group A (n=22)	Group B (n=19)
Height (cm)	177.86±6.27 (M), 161±5.19 (F)	171.28±4.68 (M), 163.55±6.89 (F)
Weight (kg)	70.18±9.62 (M), 57.11±6.93 (F)	68.25±9.82 (M), 54.36±5.87 (F)
BMI (kg/m ²)	22.05±1.87 (M), 22.07±2.34 (F)	23.2±3.46 (M), 20.26±1.23 (F)

2 Note: (M: male; F: female).

Supplementary Table 4. Gastrointestinal symptom scores pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	-0.455	1.980	0.820	-4.460	3.551
	B	A	0.455	1.980	0.820	-3.551	4.460
1	A	B	0.868	2.156	0.689	-3.492	5.229
	B	A	-0.868	2.156	0.689	-5.229	3.492
2	A	B	2.079	1.912	0.284	-1.789	5.947
	B	A	-2.079	1.912	0.284	-5.947	1.789
3	A	B	2.261	1.835	0.225	-1.452	5.973
	B	A	-2.261	1.835	0.225	-5.973	1.452
7	A	B	2.840	2.328	0.230	-1.870	7.549
	B	A	-2.840	2.328	0.230	-7.549	1.870
14	A	B	3.553	2.331	0.136	-1.162	8.268
	B	A	-3.553	2.331	0.136	-8.268	1.162
21	A	B	1.117	2.100	0.598	-3.131	5.366
	B	A	-1.117	2.100	0.598	-5.366	3.131
28	A	B	-0.012	1.906	0.995	-3.867	3.843
	B	A	0.012	1.906	0.995	-3.843	3.867

Based on estimated marginal means

a. Adjustment for multiple comparisons: Bonferroni.

group	(I) day	(J) day	Mean		Sig. ^b	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^b	
						Lower Bound	Upper Bound
A	0	1	-1.955	1.161	1.000	-5.849	1.940
		2	0.045	1.074	1.000	-3.556	3.647
		3	0.864	0.913	1.000	-2.198	3.925

	7	-1.136	1.235	1.000	-5.279	3.006
	14	-0.955	1.265	1.000	-5.198	3.289
	21	0.955	1.134	1.000	-2.849	4.758
	28	2.136	1.141	1.000	-1.690	5.963
	0	1.955	1.161	1.000	-1.940	5.849
	2	2.000	1.280	1.000	-2.291	6.291
	3	2.818	1.112	0.430	-0.910	6.546
1	7	0.818	1.351	1.000	-3.713	5.349
	14	1.000	1.518	1.000	-4.089	6.089
	21	2.909	1.576	1.000	-2.375	8.193
	28	4.091	1.458	0.218	-0.797	8.979
	0	-0.045	1.074	1.000	-3.647	3.556
	1	-2.000	1.280	1.000	-6.291	2.291
	3	0.818	0.752	1.000	-1.704	3.340
2	7	-1.182	1.334	1.000	-5.657	3.293
	14	-1.000	1.353	1.000	-5.537	3.537
	21	0.909	1.165	1.000	-2.998	4.816
	28	2.091	1.077	1.000	-1.522	5.704
	0	-0.864	0.913	1.000	-3.925	2.198
	1	-2.818	1.112	0.430	-6.546	.910
	2	-0.818	0.752	1.000	-3.340	1.704
3	7	-2.000	0.927	1.000	-5.107	1.107
	14	-1.818	1.064	1.000	-5.387	1.751
	21	0.091	1.012	1.000	-3.303	3.485
	28	1.273	0.987	1.000	-2.038	4.584
	0	1.136	1.235	1.000	-3.006	5.279
	1	-0.818	1.351	1.000	-5.349	3.713
7	2	1.182	1.334	1.000	-3.293	5.657
	3	2.000	0.927	1.000	-1.107	5.107

		14	0.182	1.036	1.000	-3.293	3.656
		21	2.091	1.162	1.000	-1.805	5.987
		28	3.273	1.109	.149	-0.446	6.991
		0	0.955	1.265	1.000	-3.289	5.198
		1	-1.000	1.518	1.000	-6.089	4.089
		2	1.000	1.353	1.000	-3.537	5.537
	14	3	1.818	1.064	1.000	-1.751	5.387
		7	-0.182	1.036	1.000	-3.656	3.293
		21	1.909	1.125	1.000	-1.865	5.683
		28	3.091	1.272	.555	-1.175	7.357
		0	-0.955	1.134	1.000	-4.758	2.849
		1	-2.909	1.576	1.000	-8.193	2.375
		2	-0.909	1.165	1.000	-4.816	2.998
	21	3	-0.091	1.012	1.000	-3.485	3.303
		7	-2.091	1.162	1.000	-5.987	1.805
		14	-1.909	1.125	1.000	-5.683	1.865
		28	1.182	0.780	1.000	-1.434	3.798
		0	-2.136	1.141	1.000	-5.963	1.690
		1	-4.091	1.458	.218	-8.979	.797
		2	-2.091	1.077	1.000	-5.704	1.522
	28	3	-1.273	0.987	1.000	-4.584	2.038
		7	-3.273	1.109	.149	-6.991	.446
		14	-3.091	1.272	.555	-7.357	1.175
		21	-1.182	0.780	1.000	-3.798	1.434
		1	-0.632	1.250	1.000	-4.823	3.559
	0	2	2.579	1.156	.881	-1.296	6.454
B		3	3.579*	0.982	.022	.284	6.874
		7	2.158	1.329	1.000	-2.299	6.615
		14	3.053	1.362	.861	-1.514	7.619

	21	2.526	1.220	1.000	-1.566	6.619
	28	2.579	1.228	1.000	-1.539	6.697
	0	0.632	1.250	1.000	-3.559	4.823
	2	3.211	1.377	.700	-1.407	7.828
1	3	4.211*	1.196	.031	.199	8.222
	7	2.789	1.454	1.000	-2.086	7.665
	14	3.684	1.633	.833	-1.792	9.160
	21	3.158	1.696	1.000	-2.528	8.844
	28	3.211	1.568	1.000	-2.049	8.470
	0	-2.579	1.156	.881	-6.454	1.296
	1	-3.211	1.377	.700	-7.828	1.407
2	3	1.000	0.809	1.000	-1.714	3.714
	7	-0.421	1.436	1.000	-5.236	4.394
	14	0.474	1.456	1.000	-4.409	5.356
	21	-0.053	1.254	1.000	-4.257	4.152
	28	0.000	1.159	1.000	-3.887	3.887
	0	-3.579*	0.982	.022	-6.874	-0.284
	1	-4.211*	1.196	.031	-8.222	-0.199
3	2	-1.000	0.809	1.000	-3.714	1.714
	7	-1.421	0.997	1.000	-4.765	1.922
	14	-0.526	1.145	1.000	-4.367	3.314
	21	-1.053	1.089	1.000	-4.704	2.599
	28	-1.000	1.062	1.000	-4.563	2.563
	0	-2.158	1.329	1.000	-6.615	2.299
	1	-2.789	1.454	1.000	-7.665	2.086
7	2	0.421	1.436	1.000	-4.394	5.236
	3	1.421	0.997	1.000	-1.922	4.765
	14	0.895	1.115	1.000	-2.844	4.633
	21	0.368	1.250	1.000	-3.824	4.561

	28	0.421	1.193	1.000	-3.580	4.422
	0	-3.053	1.362	.861	-7.619	1.514
	1	-3.684	1.633	.833	-9.160	1.792
14	2	-0.474	1.456	1.000	-5.356	4.409
	3	0.526	1.145	1.000	-3.314	4.367
	7	-0.895	1.115	1.000	-4.633	2.844
	21	-0.526	1.211	1.000	-4.587	3.534
	28	-0.474	1.369	1.000	-5.064	4.117
21	0	-2.526	1.220	1.000	-6.619	1.566
	1	-3.158	1.696	1.000	-8.844	2.528
	2	0.053	1.254	1.000	-4.152	4.257
	3	1.053	1.089	1.000	-2.599	4.704
	7	-0.368	1.250	1.000	-4.561	3.824
	14	0.526	1.211	1.000	-3.534	4.587
	28	0.053	0.839	1.000	-2.763	2.868
28	0	-2.579	1.228	1.000	-6.697	1.539
	1	-3.211	1.568	1.000	-8.470	2.049
	2	0.000	1.159	1.000	-3.887	3.887
	3	1.000	1.062	1.000	-2.563	4.563
	7	-0.421	1.193	1.000	-4.422	3.580
	14	0.474	1.369	1.000	-4.117	5.064
	21	-0.053	0.839	1.000	-2.868	2.763

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

b. Adjustment for multiple comparisons: Bonferroni.

Supplementary Table 5. Physical functioning score pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	0.431	1.698	0.801	-3.005	3.866
	B	A	-0.431	1.698	0.801	-3.866	3.005
1	A	B	0.323	1.547	0.836	-2.806	3.452
	B	A	-0.323	1.547	0.836	-3.452	2.806
2	A	B	-0.694	1.363	0.614	-3.451	2.064
	B	A	0.694	1.363	0.614	-2.064	3.451
3	A	B	0.514	1.405	0.716	-2.328	3.357
	B	A	-0.514	1.405	0.716	-3.357	2.328
7	A	B	0.706	1.184	0.554	-1.689	3.100
	B	A	-0.706	1.184	0.554	-3.100	1.689
14	A	B	0.969	1.135	0.399	-1.327	3.265
	B	A	-0.969	1.135	0.399	-3.265	1.327
21	A	B	5.813	4.964	0.249	-4.226	15.853
	B	A	-5.813	4.964	0.249	-15.853	4.226
28	A	B	1.495	1.244	0.237	-1.020	4.011
	B	A	-1.495	1.244	0.237	-4.011	1.020

group	(I) day	(J) day	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
		1	-0.682	0.515	1.000	-2.410	1.047
		2	-0.455	0.723	1.000	-2.878	1.969
	0	3	-1.136	0.662	1.000	-3.355	1.082
		7	-1.591	0.602	0.332	-3.611	0.429
		14	-1.591	0.590	0.287	-3.568	0.386

	21	-0.909	3.393	1.000	-12.287	10.468
	28	-1.591	0.605	0.341	-3.620	0.438
	0	0.682	0.515	1.000	-1.047	2.410
	2	0.227	0.526	1.000	-1.535	1.990
1	3	-0.455	0.656	1.000	-2.654	1.745
	7	-0.909	0.454	1.000	-2.430	0.612
	14	-0.909	0.546	1.000	-2.739	0.921
	21	-0.227	3.371	1.000	-11.530	11.076
	28	-0.909	0.546	1.000	-2.739	0.421
	0	0.455	0.723	1.000	-1.969	2.878
	1	-0.227	0.526	1.000	-1.990	1.535
2	3	-0.682	0.494	1.000	-2.339	0.475
	7	-1.136	0.445	0.414	-2.630	0.358
	14	-1.136	0.430	1.000	-2.915	0.642
	21	-0.455	3.358	1.000	-11.715	10.806
	28	-1.136	0.567	1.000	-3.037	0.764
	0	1.136	0.662	1.000	-1.082	3.355
	1	0.455	0.656	1.000	-1.745	2.654
3	2	0.682	0.494	1.000	-0.975	2.339
	7	-0.455	0.505	1.000	-2.149	1.240
	14	-0.455	0.334	1.000	-1.573	0.664
	21	0.227	3.348	1.000	-11.001	11.455
	28	-0.455	0.582	1.000	-2.405	1.496
	0	1.591	0.602	0.332	-0.429	3.611
	1	0.909	0.454	1.000	-0.612	2.430
7	2	1.136	0.445	0.414	-0.358	2.630
	3	0.455	0.505	1.000	-1.240	2.149
	14	0.000	0.293	1.000	-0.983	0.983
	21	0.682	3.350	1.000	-10.552	11.915

	28	1.421E-14	0.363	1.000	-1.218	1.218
	0	1.591	0.590	0.287	-0.386	3.568
	1	0.909	0.546	1.000	-0.921	2.739
	2	1.136	0.530	1.000	-0.642	2.915
14	3	0.455	0.334	1.000	-0.664	1.573
	7	0.000	0.293	1.000	-0.983	0.983
	21	0.682	3.338	1.000	-10.512	11.875
	28	1.421E-14	0.411	1.000	-1.377	1.377
	0	0.909	3.393	1.000	-10.468	12.287
	1	0.227	3.371	1.000	-11.076	11.530
	2	0.455	3.358	1.000	-10.806	11.715
21	3	-0.227	3.348	1.000	-11.455	11.001
	7	-0.682	3.350	1.000	-11.915	10.552
	14	-0.682	3.338	1.000	-11.875	10.512
	28	-0.682	3.391	1.000	-12.052	10.689
	0	1.591	0.605	.341	-0.438	3.620
	1	0.909	0.546	1.000	-0.921	2.739
	2	1.136	0.567	1.000	-0.764	3.037
28	3	0.455	0.582	1.000	-1.496	2.405
	7	-1.421E-14	0.363	1.000	-1.218	1.218
	14	-1.421E-14	0.411	1.000	-1.377	1.377
	21	0.682	3.391	1.000	-10.689	12.052
	1	-0.789	0.555	1.000	-2.649	1.070
	2	-1.579	0.778	1.000	-4.187	1.029
0	3	-1.053	0.712	1.000	-3.440	1.335
	7	-1.316	0.648	1.000	-3.490	0.858
	14	-1.053	0.634	1.000	-3.180	1.075
	21	4.474	3.651	1.000	-7.769	16.716
	28	-0.526	0.651	1.000	-2.709	1.657

	0	0.789	0.555	1.000	-1.070	2.649
	2	-0.789	0.566	1.000	-2.686	1.107
1	3	-0.263	0.706	1.000	-2.630	2.104
	7	-0.526	0.488	1.000	-2.163	1.111
	14	-0.263	0.587	1.000	-2.232	1.706
	21	5.263	3.627	1.000	-6.899	17.426
	28	0.263	0.587	1.000	-1.706	2.232
	0	1.579	0.778	1.000	-1.029	4.187
	1	0.789	0.566	1.000	-1.107	2.686
2	3	0.526	0.532	1.000	-1.257	2.309
	7	0.263	0.479	1.000	-1.344	1.871
	14	0.526	0.571	1.000	-1.387	2.440
	21	6.053	3.613	1.000	-6.064	18.169
	28	1.053	0.610	1.000	-0.992	3.098
	0	1.053	0.712	1.000	-1.335	3.440
	1	0.263	0.706	1.000	-2.104	2.630
3	2	-0.526	0.532	1.000	-2.309	1.257
	7	-0.263	0.544	1.000	-2.087	1.560
	14	-1.421E-14	0.359	1.000	-1.204	1.204
	21	5.526	3.603	1.000	-6.556	17.608
	28	0.526	0.626	1.000	-1.572	2.625
	0	1.316	0.648	1.000	-0.858	3.490
	1	0.526	0.488	1.000	-1.111	2.163
7	2	-0.263	0.479	1.000	-1.871	1.344
	3	0.263	0.544	1.000	-1.560	2.087
	14	0.263	0.315	1.000	-0.794	1.321
	21	5.789	3.605	1.000	-6.298	17.877
	28	0.789	0.391	1.000	-0.521	2.100
	0	1.053	0.634	1.000	-1.075	3.180

	1	0.263	0.587	1.000	-1.706	2.232
	2	-0.526	0.571	1.000	-2.440	1.387
	3	1.421E-14	0.359	1.000	-1.204	1.204
	7	-0.263	0.315	1.000	-1.321	0.794
	21	5.526	3.592	1.000	-6.518	17.571
	28	0.526	0.442	1.000	-0.956	2.008
	0	-4.474	3.651	1.000	-16.716	7.769
	1	-5.263	3.627	1.000	-17.426	6.899
21	2	-6.053	3.613	1.000	-18.169	6.064
	3	-5.526	3.603	1.000	-17.608	6.556
	7	-5.789	3.605	1.000	-17.877	6.298
	14	-5.526	3.592	1.000	-17.571	6.518
	28	-5.000	3.649	1.000	-17.235	7.235
	0	0.526	0.651	1.000	-1.657	2.709
	1	-0.263	0.587	1.000	-2.232	1.706
28	2	-1.053	0.610	1.000	-3.098	0.992
	3	-0.526	0.626	1.000	-2.625	1.572
	7	-0.789	0.391	1.000	-2.100	.521
	14	-0.526	0.442	1.000	-2.008	0.956
	21	5.000	3.649	1.000	-7.235	17.235

Based on estimated marginal means

a. Adjustment for multiple comparisons: Bonferroni.

Supplementary Table 6. Role-Physical score pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	-7.416	6.865	0.287	-21.302	6.469
	B	A	7.416	6.865	0.287	-6.469	21.302
1	A	B	-2.691	6.626	0.687	-16.094	10.711
	B	A	2.691	6.626	0.687	-10.711	16.094
2	A	B	-4.785	8.235	0.565	-21.441	11.871
	B	A	4.785	8.235	0.565	-11.871	21.441
3	A	B	-4.964	6.690	0.463	-18.497	8.568
	B	A	4.964	6.690	0.463	-8.568	18.497
7	A	B	-4.007	6.052	0.512	-16.248	8.234
	B	A	4.007	6.052	0.512	-8.234	16.248
14	A	B	-2.333	7.872	0.769	-18.255	13.590
	B	A	2.333	7.872	0.769	-13.590	18.255
21	A	B	-7.775	6.871	0.265	-21.674	6.124
	B	A	7.775	6.871	0.265	-6.124	21.674
28	A	B	-1.914	5.474	0.728	-12.986	9.158
	B	A	1.914	5.474	0.728	-9.158	12.986

group	(I) day	(J) day	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
A	0	1	-3.409	4.793	1.000	-19.482	12.664
		2	1.421E-14	5.384	1.000	-18.054	18.054
		3	-1.136	4.508	1.000	-16.255	13.982
		7	-3.409	5.020	1.000	-20.242	13.424
		14	-1.136	5.628	1.000	-20.009	17.736

	21	-2.273	5.371	1.000	-20.285	15.740
	28	-6.818	5.213	1.000	-24.301	10.664
	0	3.409	4.793	1.000	-12.664	19.482
	2	3.409	2.636	1.000	-5.430	12.248
1	3	2.273	2.386	1.000	-5.730	10.275
	7	0.000	2.824	1.000	-9.470	9.470
	14	2.273	4.798	1.000	-13.818	18.364
	21	1.136	4.308	1.000	-13.311	15.584
	28	-3.409	3.659	1.000	-15.680	8.861
	0	-1.421E-14	5.384	1.000	-18.054	18.054
	1	-3.409	2.636	1.000	-12.248	5.430
2	3	-1.136	2.073	1.000	-8.089	5.817
	7	-3.409	3.003	1.000	-13.480	6.661
	14	-1.136	5.525	1.000	-19.663	17.390
	21	-2.273	5.595	1.000	-21.035	16.490
	28	-6.818	5.041	1.000	-23.724	10.088
	0	1.136	4.508	1.000	-13.982	16.255
	1	-2.273	2.386	1.000	-10.275	5.730
3	2	1.136	2.073	1.000	-5.817	8.089
	7	-2.273	2.220	1.000	-9.717	5.172
	14	0.000	4.658	1.000	-15.621	15.621
	21	-1.136	4.634	1.000	-16.676	14.404
	28	-5.682	3.784	1.000	-18.370	7.006
	0	3.409	5.020	1.000	-13.424	20.242
	1	0.000	2.824	1.000	-9.470	9.470
7	2	3.409	3.003	1.000	-6.661	13.480
	3	2.273	2.220	1.000	-5.172	9.717
	14	2.273	3.656	1.000	-9.986	14.531
	21	1.136	3.492	1.000	-10.575	12.848

		28	-3.409	3.140	1.000	-13.940	7.122
		0	1.136	5.628	1.000	-17.736	20.009
		1	-2.273	4.798	1.000	-18.364	13.818
	14	2	1.136	5.525	1.000	-17.390	19.663
		3	0.000	4.658	1.000	-15.621	15.621
		7	-2.273	3.656	1.000	-14.531	9.986
		21	-1.136	2.509	1.000	-9.549	7.276
		28	-5.682	4.095	1.000	-19.414	8.051
		0	2.273	5.371	1.000	-15.740	20.285
		1	-1.136	4.308	1.000	-15.584	13.311
	21	2	2.273	5.595	1.000	-16.490	21.035
		3	1.136	4.634	1.000	-14.404	16.676
		7	-1.136	3.492	1.000	-12.848	10.575
		14	1.136	2.509	1.000	-7.276	9.549
		28	-4.545	3.838	1.000	-17.415	8.324
		0	6.818	5.213	1.000	-10.664	24.301
		1	3.409	3.659	1.000	-8.861	15.680
	28	2	6.818	5.041	1.000	-10.088	23.724
		3	5.682	3.784	1.000	-7.006	18.370
		7	3.409	3.140	1.000	-7.122	13.940
		14	5.682	4.095	1.000	-8.051	19.414
		21	4.545	3.838	1.000	-8.324	17.415
		1	1.316	5.158	1.000	-15.980	18.611
	0	2	2.632	5.793	1.000	-16.795	22.058
B		3	1.316	4.851	1.000	-14.952	17.584
		7	0.000	5.401	1.000	-18.113	18.113
		14	3.947	6.056	1.000	-16.361	24.255
		21	-2.632	5.780	1.000	-22.014	16.751
		28	-1.316	5.610	1.000	-20.128	17.496

	0	-1.316	5.158	1.000	-18.611	15.980
1	2	1.316	2.836	1.000	-8.196	10.827
	3	0.000	2.568	1.000	-8.611	8.611
	7	-1.316	3.039	1.000	-11.506	8.874
	14	2.632	5.163	1.000	-14.683	19.946
	21	-3.947	4.636	1.000	-19.494	11.599
	28	-2.632	3.937	1.000	-15.835	10.572
2	0	-2.632	5.793	1.000	-22.058	16.795
	1	-1.316	2.836	1.000	-10.827	8.196
	3	-1.316	2.231	1.000	-8.798	6.166
	7	-2.632	3.231	1.000	-13.468	8.205
	14	1.316	5.945	1.000	-18.620	21.252
	21	-5.263	6.021	1.000	-25.453	14.927
3	28	-3.947	5.425	1.000	-22.139	14.244
	0	-1.316	4.851	1.000	-17.584	14.952
	1	0.000	2.568	1.000	-8.611	8.611
	2	1.316	2.231	1.000	-6.166	8.798
	7	-1.316	2.389	1.000	-9.326	6.695
	14	2.632	5.013	1.000	-14.178	19.441
7	21	-3.947	4.987	1.000	-20.669	12.775
	28	-2.632	4.071	1.000	-16.285	11.022
	0	0.000	5.401	1.000	-18.113	18.113
	1	1.316	3.039	1.000	-8.874	11.506
	2	2.632	3.231	1.000	-8.205	13.468
	3	1.316	2.389	1.000	-6.695	9.326
14	14	3.947	3.934	1.000	-9.243	17.138
	21	-2.632	3.758	1.000	-15.234	9.971
	28	-1.316	3.379	1.000	-12.648	10.016
	0	-3.947	6.056	1.000	-24.255	16.361

	1	-2.632	5.163	1.000	-19.946	14.683
	2	-1.316	5.945	1.000	-21.252	18.620
	3	-2.632	5.013	1.000	-19.441	14.178
	7	-3.947	3.934	1.000	-17.138	9.243
	21	-6.579	2.699	.545	-15.631	2.473
	28	-5.263	4.407	1.000	-20.040	9.514
	0	2.632	5.780	1.000	-16.751	22.014
21	1	3.947	4.636	1.000	-11.599	19.494
	2	5.263	6.021	1.000	-14.927	25.453
	3	3.947	4.987	1.000	-12.775	20.669
	7	2.632	3.758	1.000	-9.971	15.234
	14	6.579	2.699	0.545	-2.473	15.631
	28	1.316	4.130	1.000	-12.533	15.164
	0	1.316	5.610	1.000	-17.496	20.128
28	1	2.632	3.937	1.000	-10.572	15.835
	2	3.947	5.425	1.000	-14.244	22.139
	3	2.632	4.071	1.000	-11.022	16.285
	7	1.316	3.379	1.000	-10.016	12.648
	14	5.263	4.407	1.000	-9.514	20.040
	21	-1.316	4.130	1.000	-15.164	12.533

Based on estimated marginal means

a. Adjustment for multiple comparisons: Bonferroni.

Supplementary Table 7. Role-Emotional score pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	4.386	10.562	0.680	-16.978	25.750
	B	A	-4.386	10.562	0.680	-25.750	16.978
1	A	B	16.986	9.967	0.096	-3.174	37.145
	B	A	-16.986	9.967	0.096	-37.145	3.174
2	A	B	10.686	10.729	0.325	-11.017	32.388
	B	A	-10.686	10.729	0.325	-32.388	11.017
3	A	B	12.679	11.396	0.273	-10.372	35.731
	B	A	-12.679	11.396	0.273	-35.731	10.372
7	A	B	8.453	9.018	0.354	-9.787	26.693
	B	A	-8.453	9.018	0.354	-26.693	9.787
14	A	B	4.147	10.317	0.690	-16.720	25.014
	B	A	-4.147	10.317	0.690	-25.014	16.720
21	A	B	11.244	7.720	0.153	-4.371	26.859
	B	A	-11.244	7.720	0.153	-26.859	4.371
28	A	B	9.490	8.056	0.246	-6.805	25.784
	B	A	-9.490	8.056	0.246	-25.784	6.805

group	(I) day	(J) day	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
A	0	1	-9.091	5.356	1.000	-27.052	8.870
		2	-4.545	4.187	1.000	-18.587	9.496
		3	-3.030	4.601	1.000	-18.458	12.398
		7	-7.576	5.295	1.000	-25.333	10.182
		14	-1.515	7.710	1.000	-27.370	24.339

	21	-12.121	5.760	1.000	-31.436	7.193
	28	-12.121	7.570	1.000	-37.506	13.264
	0	9.091	5.356	1.000	-8.870	27.052
1	2	4.545	4.187	1.000	-9.496	18.587
	3	6.061	4.857	1.000	-10.228	22.350
	7	1.515	5.103	1.000	-15.599	18.629
	14	7.576	7.051	1.000	-16.069	31.220
	21	-3.030	4.761	1.000	-18.995	12.935
	28	-3.030	7.542	1.000	-28.322	22.261
	0	4.545	4.187	1.000	-9.496	18.587
2	1	-4.545	4.187	1.000	-18.587	9.496
	3	1.515	3.365	1.000	-9.769	12.800
	7	-3.030	5.379	1.000	-21.069	15.008
	14	3.030	6.979	1.000	-20.372	26.433
	21	-7.576	5.692	1.000	-26.665	11.513
	28	-7.576	7.510	1.000	-32.759	17.607
	0	3.030	4.601	1.000	-12.398	18.458
3	1	-6.061	4.857	1.000	-22.350	10.228
	2	-1.515	3.365	1.000	-12.800	9.769
	7	-4.545	4.591	1.000	-19.941	10.850
	14	1.515	6.245	1.000	-19.426	22.456
	21	-9.091	5.629	1.000	-27.968	9.786
	28	-9.091	7.267	1.000	-33.462	15.280
	0	7.576	5.295	1.000	-10.182	25.333
7	1	-1.515	5.103	1.000	-18.629	15.599
	2	3.030	5.379	1.000	-15.008	21.069
	3	4.545	4.591	1.000	-10.850	19.941
	14	6.061	5.364	1.000	-11.928	24.049
	21	-4.545	2.678	1.000	-13.526	4.435

		28	-4.545	5.845	1.000	-24.146	15.055
		0	1.515	7.710	1.000	-24.339	27.370
	14	1	-7.576	7.051	1.000	-31.220	16.069
		2	-3.030	6.979	1.000	-26.433	20.372
		3	-1.515	6.245	1.000	-22.456	19.426
		7	-6.061	5.364	1.000	-24.049	11.928
		21	-10.606	4.903	1.000	-27.047	5.835
		28	-10.606	5.493	1.000	-29.026	7.814
		0	12.121	5.760	1.000	-7.193	31.436
	21	1	3.030	4.761	1.000	-12.935	18.995
		2	7.576	5.692	1.000	-11.513	26.665
		3	9.091	5.629	1.000	-9.786	27.968
		7	4.545	2.678	1.000	-4.435	13.526
		14	10.606	4.903	1.000	-5.835	27.047
		28	0.000	4.953	1.000	-16.611	16.611
		0	12.121	7.570	1.000	-13.264	37.506
	28	1	3.030	7.542	1.000	-22.261	28.322
		2	7.576	7.510	1.000	-17.607	32.759
		3	9.091	7.267	1.000	-15.280	33.462
		7	4.545	5.845	1.000	-15.055	24.146
		14	10.606	5.493	1.000	-7.814	29.026
		21	0.000	4.953	1.000	-16.611	16.611
	0	1	3.509	5.764	1.000	-15.819	22.836
		2	1.754	4.506	1.000	-13.355	16.863
		3	5.263	4.951	1.000	-11.338	21.864
		7	-3.509	5.698	1.000	-22.617	15.599
		14	-1.754	8.296	1.000	-29.575	26.067
		21	-5.263	6.198	1.000	-26.047	15.521
		28	-7.018	8.146	1.000	-34.333	20.298

B

	0	-3.509	5.764	1.000	-22.836	15.819
1	2	-1.754	4.506	1.000	-16.863	13.355
	3	1.754	5.227	1.000	-15.774	19.282
	7	-7.018	5.492	1.000	-25.433	11.398
	14	-5.263	7.587	1.000	-30.706	20.180
	21	-8.772	5.123	1.000	-25.951	8.407
	28	-10.526	8.116	1.000	-37.741	16.688
	0	-1.754	4.506	1.000	-16.863	13.355
2	1	1.754	4.506	1.000	-13.355	16.863
	3	3.509	3.621	1.000	-8.634	15.651
	7	-5.263	5.788	1.000	-24.674	14.148
	14	-3.509	7.509	1.000	-28.691	21.673
	21	-7.018	6.125	1.000	-27.558	13.523
	28	-8.772	8.081	1.000	-35.870	18.326
	0	-5.263	4.951	1.000	-21.864	11.338
3	1	-1.754	5.227	1.000	-19.282	15.774
	2	-3.509	3.621	1.000	-15.651	8.634
	7	-8.772	4.940	1.000	-25.338	7.794
	14	-7.018	6.720	1.000	-29.551	15.516
	21	-10.526	6.057	1.000	-30.839	9.786
	28	-12.281	7.820	1.000	-38.505	13.944
	0	3.509	5.698	1.000	-15.599	22.617
7	1	7.018	5.492	1.000	-11.398	25.433
	2	5.263	5.788	1.000	-14.148	24.674
	3	8.772	4.940	1.000	-7.794	25.338
	14	1.754	5.772	1.000	-17.602	21.111
	21	-1.754	2.882	1.000	-11.418	7.909
	28	-3.509	6.289	1.000	-24.600	17.582
14	0	1.754	8.296	1.000	-26.067	29.575

	1	5.263	7.587	1.000	-20.180	30.706
	2	3.509	7.509	1.000	-21.673	28.691
	3	7.018	6.720	1.000	-15.516	29.551
	7	-1.754	5.772	1.000	-21.111	17.602
	21	-3.509	5.276	1.000	-21.201	14.183
	28	-5.263	5.911	1.000	-25.084	14.558
	0	5.263	6.198	1.000	-15.521	26.047
21	1	8.772	5.123	1.000	-8.407	25.951
	2	7.018	6.125	1.000	-13.523	27.558
	3	10.526	6.057	1.000	-9.786	30.839
	7	1.754	2.882	1.000	-7.909	11.418
	14	3.509	5.276	1.000	-14.183	21.201
	28	-1.754	5.330	1.000	-19.629	16.120
	0	7.018	8.146	1.000	-20.298	34.333
28	1	10.526	8.116	1.000	-16.688	37.741
	2	8.772	8.081	1.000	-18.326	35.870
	3	12.281	7.820	1.000	-13.944	38.505
	7	3.509	6.289	1.000	-17.582	24.600
	14	5.263	5.911	1.000	-14.558	25.084
	21	1.754	5.330	1.000	-16.120	19.629

Based on estimated marginal means

a. Adjustment for multiple comparisons: Bonferroni.

Supplementary Table 8. Bodily pain score pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	3.618	3.471	0.304	-3.402	10.639
	B	A	-3.618	3.471	0.304	-10.639	3.402
1	A	B	3.050	3.468	0.385	-3.965	10.066
	B	A	-3.050	3.468	0.385	-10.066	3.965
2	A	B	0.778	4.500	0.864	-8.324	9.879
	B	A	-0.778	4.500	0.864	-9.879	8.324
3	A	B	0.598	4.307	0.890	-8.113	9.309
	B	A	-0.598	4.307	0.890	-9.309	8.113
7	A	B	4.934	3.275	0.140	-1.690	11.558
	B	A	-4.934	3.275	0.140	-11.558	1.690
14	A	B	.867	4.361	0.843	-7.953	9.688
	B	A	-0.867	4.361	0.843	-9.688	7.953
21	A	B	-2.333	4.419	0.601	-11.271	6.606
	B	A	2.333	4.419	0.601	-6.606	11.271
28	A	B	3.349	3.405	0.331	-3.539	10.238
	B	A	-3.349	3.405	0.331	-10.238	3.539

group	(I) day	(J) day	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
A	0	1	0.568	1.858	1.000	-5.662	6.798
		2	2.841	2.170	1.000	-4.437	10.119
		3	1.705	1.927	1.000	-4.756	8.165
		7	0.000	1.465	1.000	-4.914	4.914
		14	3.409	2.388	1.000	-4.598	11.417

	21	3.977	2.742	1.000	-5.219	13.174
	28	-1.705	2.380	1.000	-9.687	6.278
	0	-0.568	1.858	1.000	-6.798	5.662
1	2	2.273	1.873	1.000	-4.010	8.555
	3	1.136	2.322	1.000	-6.650	8.923
	7	-0.568	1.746	1.000	-6.424	5.288
	14	2.841	2.038	1.000	-3.994	9.676
	21	3.409	2.592	1.000	-5.283	12.101
	28	-2.273	2.330	1.000	-10.085	5.539
	0	-2.841	2.170	1.000	-10.119	4.437
2	1	-2.273	1.873	1.000	-8.555	4.010
	3	-1.136	1.791	1.000	-7.141	4.869
	7	-2.841	1.688	1.000	-8.503	2.821
	14	0.568	2.172	1.000	-6.715	7.851
	21	1.136	2.427	1.000	-7.002	9.275
	28	-4.545	2.474	1.000	-12.843	3.752
	0	-1.705	1.927	1.000	-8.165	4.756
3	1	-1.136	2.322	1.000	-8.923	6.650
	2	1.136	1.791	1.000	-4.869	7.141
	7	-1.705	1.463	1.000	-6.610	3.201
	14	1.705	2.456	1.000	-6.531	9.940
	21	2.273	2.346	1.000	-5.594	10.140
	28	-3.409	2.147	1.000	-10.609	3.790
	0	0.000	1.465	1.000	-4.914	4.914
7	1	0.568	1.746	1.000	-5.288	6.424
	2	2.841	1.688	1.000	-2.821	8.503
	3	1.705	1.463	1.000	-3.201	6.610
	14	3.409	2.060	1.000	-3.500	10.318
	21	3.977	2.195	1.000	-3.383	11.338

		28	-1.705	1.922	1.000	-8.148	4.739
		0	-3.409	2.388	1.000	-11.417	4.598
	14	1	-2.841	2.038	1.000	-9.676	3.994
		2	-0.568	2.172	1.000	-7.851	6.715
		3	-1.705	2.456	1.000	-9.940	6.531
		7	-3.409	2.060	1.000	-10.318	3.500
		21	0.568	1.713	1.000	-5.176	6.312
		28	-5.114	2.023	0.438	-11.898	1.671
		0	-3.977	2.742	1.000	-13.174	5.219
	21	1	-3.409	2.592	1.000	-12.101	5.283
		2	-1.136	2.427	1.000	-9.275	7.002
		3	-2.273	2.346	1.000	-10.140	5.594
		7	-3.977	2.195	1.000	-11.338	3.383
		14	-0.568	1.713	1.000	-6.312	5.176
		28	-5.682	1.783	0.079	-11.661	0.297
		0	1.705	2.380	1.000	-6.278	9.687
	28	1	2.273	2.330	1.000	-5.539	10.085
		2	4.545	2.474	1.000	-3.752	12.843
		3	3.409	2.147	1.000	-3.790	10.609
		7	1.705	1.922	1.000	-4.739	8.148
		14	5.114	2.023	.438	-1.671	11.898
		21	5.682	1.783	0.079	-0.297	11.661
		1	1.421E-14	1.999	1.000	-6.704	6.704
	0	2	1.421E-14	2.335	1.000	-7.831	7.831
		3	-1.316	2.073	1.000	-8.268	5.636
		7	1.316	1.577	1.000	-3.972	6.603
		14	0.658	2.570	1.000	-7.959	9.274
		21	-1.974	2.951	1.000	-11.870	7.922
		28	-1.974	2.562	1.000	-10.564	6.616

B

	0	-1.421E-14	1.999	1.000	-6.704	6.704
1	2	0.000	2.016	1.000	-6.760	6.760
	3	-1.316	2.499	1.000	-9.695	7.063
	7	1.316	1.879	1.000	-4.985	7.617
	14	0.658	2.193	1.000	-6.697	8.013
	21	-1.974	2.789	1.000	-11.326	7.379
	28	-1.974	2.507	1.000	-10.380	6.432
	0	-1.421E-14	2.335	1.000	-7.831	7.831
2	1	0.000	2.016	1.000	-6.760	6.760
	3	-1.316	1.927	1.000	-7.777	5.146
	7	1.316	1.817	1.000	-4.777	7.408
	14	0.658	2.337	1.000	-7.179	8.495
	21	-1.974	2.612	1.000	-10.731	6.784
	28	-1.974	2.662	1.000	-10.902	6.955
	0	1.316	2.073	1.000	-5.636	8.268
3	1	1.316	2.499	1.000	-7.063	9.695
	2	1.316	1.927	1.000	-5.146	7.777
	7	2.632	1.574	1.000	-2.647	7.910
	14	1.974	2.643	1.000	-6.888	10.835
	21	-0.658	2.524	1.000	-9.123	7.807
	28	-0.658	2.310	1.000	-8.405	7.089
	0	-1.316	1.577	1.000	-6.603	3.972
7	1	-1.316	1.879	1.000	-7.617	4.985
	2	-1.316	1.817	1.000	-7.408	4.777
	3	-2.632	1.574	1.000	-7.910	2.647
	14	-0.658	2.217	1.000	-8.093	6.777
	21	-3.289	2.362	1.000	-11.210	4.631
	28	-3.289	2.068	1.000	-10.223	3.644
14	0	-0.658	2.570	1.000	-9.274	7.959

	1	-0.658	2.193	1.000	-8.013	6.697
	2	-0.658	2.337	1.000	-8.495	7.179
	3	-1.974	2.643	1.000	-10.835	6.888
	7	0.658	2.217	1.000	-6.777	8.093
	21	-2.632	1.843	1.000	-8.813	3.550
	28	-2.632	2.177	1.000	-9.932	4.669
	0	1.974	2.951	1.000	-7.922	11.870
21	1	1.974	2.789	1.000	-7.379	11.326
	2	1.974	2.612	1.000	-6.784	10.731
	3	0.658	2.524	1.000	-7.807	9.123
	7	3.289	2.362	1.000	-4.631	11.210
	14	2.632	1.843	1.000	-3.550	8.813
	28	0.000	1.918	1.000	-6.433	6.433
	0	1.974	2.562	1.000	-6.616	10.564
28	1	1.974	2.507	1.000	-6.432	10.380
	2	1.974	2.662	1.000	-6.955	10.902
	3	0.658	2.310	1.000	-7.089	8.405
	7	3.289	2.068	1.000	-3.644	10.223
	14	2.632	2.177	1.000	-4.669	9.932
	21	0.000	1.918	1.000	-6.433	6.433

Based on estimated marginal means

a. Adjustment for multiple comparisons: Bonferroni.

Supplementary Table 9. Vitality score pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	3.242	3.856	0.406	-4.558	11.041
	B	A	-3.242	3.856	0.406	-11.041	4.558
1	A	B	0.933	4.041	0.819	-7.240	9.106
	B	A	-0.933	4.041	0.819	-9.106	7.240
2	A	B	-0.526	4.690	0.911	-10.012	8.959
	B	A	0.526	4.690	0.911	-8.959	10.012
3	A	B	1.483	4.386	0.737	-7.389	10.355
	B	A	-1.483	4.386	0.737	-10.355	7.389
7	A	B	3.756	4.446	0.403	-5.236	12.748
	B	A	-3.756	4.446	0.403	-12.748	5.236
14	A	B	4.868	4.915	0.328	-5.074	14.810
	B	A	-4.868	4.915	0.328	-14.810	5.074
21	A	B	4.617	4.521	0.313	-4.527	13.762
	B	A	-4.617	4.521	0.313	-13.762	4.527
28	A	B	7.679	4.285	0.081	-0.988	16.347
	B	A	-7.679	4.285	0.081	-16.347	.988

group	(I) day	(J) day	Mean		Sig. ^b	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^b	
						Lower Bound	Upper Bound
A	0	1	2.045	2.240	1.000	-5.468	9.558
		2	1.136	2.294	1.000	-6.556	8.829
		3	-1.136	2.393	1.000	-9.160	6.888
		7	-3.409	2.422	1.000	-11.533	4.714
		14	-1.364	2.618	1.000	-10.144	7.417

	21	-2.955	2.435	1.000	-11.119	5.210
	28	-5.227	2.312	0.824	-12.981	2.526
	0	-2.045	2.240	1.000	-9.558	5.468
1	2	-0.909	2.402	1.000	-8.964	7.146
	3	-3.182	1.869	1.000	-9.448	3.084
	7	-5.455	1.859	0.156	-11.687	0.778
	14	-3.409	2.242	1.000	-10.929	4.110
	21	-5.000	2.046	0.537	-11.861	1.861
	28	-7.273*	2.043	0.028	-14.124	-0.422
	0	-1.136	2.294	1.000	-8.829	6.556
2	1	.909	2.402	1.000	-7.146	8.964
	3	-2.273	1.842	1.000	-8.449	3.903
	7	-4.545	1.876	0.564	-10.836	1.745
	14	-2.500	1.962	1.000	-9.080	4.080
	21	-4.091	2.149	1.000	-11.296	3.114
	28	-6.364	2.151	0.146	-13.577	0.849
	0	1.136	2.393	1.000	-6.888	9.160
3	1	3.182	1.869	1.000	-3.084	9.448
	2	2.273	1.842	1.000	-3.903	8.449
	7	-2.273	1.072	1.000	-5.868	1.323
	14	-0.227	1.521	1.000	-5.327	4.873
	21	-1.818	1.876	1.000	-8.109	4.473
	28	-4.091	1.723	0.633	-9.869	1.688
	0	3.409	2.422	1.000	-4.714	11.533
7	1	5.455	1.859	0.156	-0.778	11.687
	2	4.545	1.876	0.564	-1.745	10.836
	3	2.273	1.072	1.000	-1.323	5.868
	14	2.045	1.505	1.000	-3.002	7.092
	21	0.455	1.720	1.000	-5.312	6.222

		28	-1.818	1.820	1.000	-7.922	4.286
		0	1.364	2.618	1.000	-7.417	10.144
	14	1	3.409	2.242	1.000	-4.110	10.929
		2	2.500	1.962	1.000	-4.080	9.080
		3	0.227	1.521	1.000	-4.873	5.327
		7	-2.045	1.505	1.000	-7.092	3.002
		21	-1.591	1.630	1.000	-7.057	3.875
		28	-3.864	1.799	1.000	-9.895	2.168
		0	2.955	2.435	1.000	-5.210	11.119
	21	1	5.000	2.046	0.537	-1.861	11.861
		2	4.091	2.149	1.000	-3.114	11.296
		3	1.818	1.876	1.000	-4.473	8.109
		7	-0.455	1.720	1.000	-6.222	5.312
		14	1.591	1.630	1.000	-3.875	7.057
		28	-2.273	1.488	1.000	-7.262	2.717
		0	5.227	2.312	0.824	-2.526	12.981
	28	1	7.273*	2.043	0.028	0.422	14.124
		2	6.364	2.151	0.146	-0.849	13.577
		3	4.091	1.723	0.633	-1.688	9.869
		7	1.818	1.820	1.000	-4.286	7.922
		14	3.864	1.799	1.000	-2.168	9.895
		21	2.273	1.488	1.000	-2.717	7.262
		1	-0.263	2.411	1.000	-8.348	7.821
	0	2	-2.632	2.468	1.000	-10.909	5.646
		3	-2.895	2.575	1.000	-11.529	5.739
		7	-2.895	2.607	1.000	-11.636	5.847
		14	0.263	2.818	1.000	-9.185	9.712
		21	-1.579	2.620	1.000	-10.364	7.206
		28	-0.789	2.488	1.000	-9.133	7.554

	0	0.263	2.411	1.000	-7.821	8.348
1	2	-2.368	2.585	1.000	-11.036	6.299
	3	-2.632	2.011	1.000	-9.374	4.111
	7	-2.632	2.000	1.000	-9.338	4.075
	14	0.526	2.413	1.000	-7.565	8.618
	21	-1.316	2.202	1.000	-8.699	6.068
	28	-0.526	2.198	1.000	-7.898	6.846
	0	2.632	2.468	1.000	-5.646	10.909
2	1	2.368	2.585	1.000	-6.299	11.036
	3	-0.263	1.982	1.000	-6.909	6.382
	7	-0.263	2.019	1.000	-7.032	6.506
	14	2.895	2.111	1.000	-4.186	9.975
	21	1.053	2.312	1.000	-6.700	8.806
	28	1.842	2.315	1.000	-5.920	9.604
	0	2.895	2.575	1.000	-5.739	11.529
3	1	2.632	2.011	1.000	-4.111	9.374
	2	0.263	1.982	1.000	-6.382	6.909
	7	0.000	1.154	1.000	-3.869	3.869
	14	3.158	1.636	1.000	-2.330	8.646
	21	1.316	2.019	1.000	-5.453	8.085
	28	2.105	1.854	1.000	-4.113	8.323
	0	2.895	2.607	1.000	-5.847	11.636
7	1	2.632	2.000	1.000	-4.075	9.338
	2	0.263	2.019	1.000	-6.506	7.032
	3	0.000	1.154	1.000	-3.869	3.869
	14	3.158	1.620	1.000	-2.273	8.589
	21	1.316	1.851	1.000	-4.890	7.521
	28	2.105	1.959	1.000	-4.463	8.674
14	0	-0.263	2.818	1.000	-9.712	9.185

	1	-0.526	2.413	1.000	-8.618	7.565
	2	-2.895	2.111	1.000	-9.975	4.186
	3	-3.158	1.636	1.000	-8.646	2.330
	7	-3.158	1.620	1.000	-8.589	2.273
	21	-1.842	1.754	1.000	-7.724	4.040
	28	-1.053	1.935	1.000	-7.543	5.437
	0	1.579	2.620	1.000	-7.206	10.364
21	1	1.316	2.202	1.000	-6.068	8.699
	2	-1.053	2.312	1.000	-8.806	6.700
	3	-1.316	2.019	1.000	-8.085	5.453
	7	-1.316	1.851	1.000	-7.521	4.890
	14	1.842	1.754	1.000	-4.040	7.724
	28	0.789	1.601	1.000	-4.580	6.159
	0	0.789	2.488	1.000	-7.554	9.133
28	1	0.526	2.198	1.000	-6.846	7.898
	2	-1.842	2.315	1.000	-9.604	5.920
	3	-2.105	1.854	1.000	-8.323	4.113
	7	-2.105	1.959	1.000	-8.674	4.463
	14	1.053	1.935	1.000	-5.437	7.543
	21	-0.789	1.601	1.000	-6.159	4.580

Based on estimated marginal means

*. The mean difference is significant at the .05 level.

b. Adjustment for multiple comparisons: Bonferroni.

Supplementary Table 10. Mental health score pairwise comparisons

Day	(I) group	(J) group	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
0	A	B	-1.435	3.252	0.661	-8.013	5.142
	B	A	1.435	3.252	0.661	-5.142	8.013
1	A	B	2.191	4.240	0.608	-6.384	10.767
	B	A	-2.191	4.240	0.608	-10.767	6.384
2	A	B	1.493	4.613	0.748	-7.837	10.823
	B	A	-1.493	4.613	0.748	-10.823	7.837
3	A	B	6.239	4.088	0.135	-2.029	14.507
	B	A	-6.239	4.088	0.135	-14.507	2.029
7	A	B	5.522	3.755	0.150	-2.075	13.118
	B	A	-5.522	3.755	0.150	-13.118	2.075
14	A	B	4.928	4.270	0.255	-3.708	13.564
	B	A	-4.928	4.270	0.255	-13.564	3.708
21	A	B	5.981	4.241	0.166	-2.598	14.560
	B	A	-5.981	4.241	0.166	-14.560	2.598
28	A	B	5.368	4.002	0.188	-2.727	13.463
	B	A	-5.368	4.002	0.188	-13.463	2.727

group	(I) day	(J) day	Mean		Sig. ^a	95% Confidence Interval for	
			Difference (I- J)	Std. Error		Difference ^a	
						Lower Bound	Upper Bound
A	0	1	-2.364	2.339	1.000	-10.208	5.481
		2	-1.455	2.307	1.000	-9.192	6.283
		3	-4.727	2.477	1.000	-13.033	3.578
		7	-5.273	2.208	0.612	-12.677	2.131
		14	-6.364	2.701	0.661	-15.422	2.695
		21	-6.364	2.651	0.595	-15.255	2.528

	28	-4.909	2.246	0.978	-12.442	2.624
	0	2.364	2.339	1.000	-5.481	10.208
1	2	.909	1.954	1.000	-5.645	7.463
	3	-2.364	1.694	1.000	-8.046	3.318
	7	-2.909	1.812	1.000	-8.987	3.169
	14	-4.000	1.639	0.541	-9.497	1.497
	21	-4.000	1.722	0.713	-9.773	1.773
	28	-2.545	1.494	1.000	-7.554	2.463
	0	1.455	2.307	1.000	-6.283	9.192
2	1	-0.909	1.954	1.000	-7.463	5.645
	3	-3.273	1.736	1.000	-9.096	2.550
	7	-3.818	1.892	1.000	-10.162	2.526
	14	-4.909	2.429	1.000	-13.053	3.235
	21	-4.909	1.920	0.408	-11.347	1.529
	28	-3.455	2.161	1.000	-10.701	3.792
	0	4.727	2.477	1.000	-3.578	13.033
3	1	2.364	1.694	1.000	-3.318	8.046
	2	3.273	1.736	1.000	-2.550	9.096
	7	-0.545	1.608	1.000	-5.939	4.848
	14	-1.636	1.817	1.000	-7.729	4.456
	21	-1.636	1.695	1.000	-7.320	4.047
	28	-0.182	1.731	1.000	-5.986	5.622
	0	5.273	2.208	0.612	-2.131	12.677
7	1	2.909	1.812	1.000	-3.169	8.987
	2	3.818	1.892	1.000	-2.526	10.162
	3	0.545	1.608	1.000	-4.848	5.939
	14	-1.091	1.667	1.000	-6.681	4.499
	21	-1.091	1.598	1.000	-6.449	4.267
	28	0.364	1.795	1.000	-5.655	6.383

	0	6.364	2.701	0.661	-2.695	15.422
	1	4.000	1.639	0.541	-1.497	9.497
14	2	4.909	2.429	1.000	-3.235	13.053
	3	1.636	1.817	1.000	-4.456	7.729
	7	1.091	1.667	1.000	-4.499	6.681
	21	0.000	1.350	1.000	-4.526	4.526
	28	1.455	1.694	1.000	-4.225	7.134
	0	6.364	2.651	0.595	-2.528	15.255
	1	4.000	1.722	0.713	-1.773	9.773
21	2	4.909	1.920	0.408	-1.529	11.347
	3	1.636	1.695	1.000	-4.047	7.320
	7	1.091	1.598	1.000	-4.267	6.449
	14	0.000	1.350	1.000	-4.526	4.526
	28	1.455	1.283	1.000	-2.847	5.756
	0	4.909	2.246	0.978	-2.624	12.442
	1	2.545	1.494	1.000	-2.463	7.554
28	2	3.455	2.161	1.000	-3.792	10.701
	3	0.182	1.731	1.000	-5.622	5.986
	7	-0.364	1.795	1.000	-6.383	5.655
	14	-1.455	1.694	1.000	-7.134	4.225
	21	-1.455	1.283	1.000	-5.756	2.847
	1	1.263	2.517	1.000	-7.178	9.704
0	2	1.474	2.483	1.000	-6.853	9.800
B	3	2.947	2.665	1.000	-5.990	11.885
	7	1.684	2.376	1.000	-6.283	9.651
	14	1.421E-14	2.907	1.000	-9.748	9.748
	21	1.053	2.853	1.000	-8.515	10.620
	28	1.895	2.417	1.000	-6.211	10.001
1	0	-1.263	2.517	1.000	-9.704	7.178

	2	0.211	2.103	1.000	-6.842	7.263
	3	1.684	1.823	1.000	-4.430	7.798
	7	0.421	1.950	1.000	-6.119	6.961
	14	-1.263	1.764	1.000	-7.178	4.652
	21	-0.211	1.853	1.000	-6.423	6.002
	28	0.632	1.607	1.000	-4.758	6.021
	0	-1.474	2.483	1.000	-9.800	6.853
2	1	-0.211	2.103	1.000	-7.263	6.842
	3	1.474	1.869	1.000	-4.792	7.740
	7	0.211	2.036	1.000	-6.616	7.037
	14	-1.474	2.613	1.000	-10.237	7.290
	21	-0.421	2.066	1.000	-7.349	6.507
	28	0.421	2.325	1.000	-7.376	8.218
	0	-2.947	2.665	1.000	-11.885	5.990
3	1	-1.684	1.823	1.000	-7.798	4.430
	2	-1.474	1.869	1.000	-7.740	4.792
	7	-1.263	1.731	1.000	-7.066	4.540
	14	-2.947	1.955	1.000	-9.503	3.608
	21	-1.895	1.824	1.000	-8.011	4.221
	28	-1.053	1.862	1.000	-7.298	5.193
	0	-1.684	2.376	1.000	-9.651	6.283
7	1	-0.421	1.950	1.000	-6.961	6.119
	2	-0.211	2.036	1.000	-7.037	6.616
	3	1.263	1.731	1.000	-4.540	7.066
	14	-1.684	1.794	1.000	-7.699	4.331
	21	-0.632	1.719	1.000	-6.397	5.134
	28	0.211	1.931	1.000	-6.266	6.687
14	0	-1.421E-14	2.907	1.000	-9.748	9.748
	1	1.263	1.764	1.000	-4.652	7.178

	2	1.474	2.613	1.000	-7.290	10.237
	3	2.947	1.955	1.000	-3.608	9.503
	7	1.684	1.794	1.000	-4.331	7.699
	21	1.053	1.452	1.000	-3.818	5.923
	28	1.895	1.823	1.000	-4.217	8.006
	0	-1.053	2.853	1.000	-10.620	8.515
21	1	0.211	1.853	1.000	-6.002	6.423
	2	0.421	2.066	1.000	-6.507	7.349
	3	1.895	1.824	1.000	-4.221	8.011
	7	0.632	1.719	1.000	-5.134	6.397
	14	-1.053	1.452	1.000	-5.923	3.818
	28	0.842	1.380	1.000	-3.787	5.471
	0	-1.895	2.417	1.000	-10.001	6.211
28	1	-0.632	1.607	1.000	-6.021	4.758
	2	-0.421	2.325	1.000	-8.218	7.376
	3	1.053	1.862	1.000	-5.193	7.298
	7	-0.211	1.931	1.000	-6.687	6.266
	14	-1.895	1.823	1.000	-8.006	4.217
	21	-0.842	1.380	1.000	-5.471	3.787

Based on estimated marginal means

a. Adjustment for multiple comparisons: Bonferroni.
