Supplementary Table 1. Sensitivity analyses of the intervention effects on urinary oxidative stress biomarkers

Biomarker	Analysis	No.	T1	T3	Change	Z[a] (*p*)	F[b] (*p*)	Partial η^2 (95% CI)
			mean±SD	mean±SD	mean±SD			
MDA (μg/g creatinine)	Primary analysis[c]						0.42 (.518)	.01 (.00–.12)
	Exp.	25	410.56±554.70	234.76±107.49	−175.80±586.63	−1.06 (.288)		
	Cont.	25	422.15±832.74	614.94±1,083.51	192.79±1,340.76	−0.09 (.932)		
	Sensitivity 1[d]						0.77 (.386)	.02 (.00–.15)
	Exp.	22	345.99±303.16	248.99±98.86	−97.00±284.85	−1.22 (.223)		
	Cont.	23	454.28±861.83	668.41±1,115.06	214.12±1,398.16	−0.24 (.808)		
	Sensitivity 2[e]						0.00 (.999)	.00 (.00–.00)
	Exp.	18	287.76±269.06	240.51±104.19	−47.25±238.76	−0.59 (.557)		
	Cont.	19	305.50±226.79	313.44±283.29	7.94±285.67	−0.56 (.573)		
8-OHdG (μg/g creatinine)	Primary analysis[c]						7.46 (.009)	.14 (.01–.32)
	Exp.	25	14.16±7.89	6.55±3.06	−7.61±6.84	−3.97 (<.001)		
	Cont.	25	7.19±2.45	10.04±5.76	2.85±6.59	−2.03 (.042)		
	Sensitivity 1[d]						10.12 (.003)	.18 (.03–.37)
	Exp.	24	14.30±8.03	6.82±2.80	−7.48±6.95	−3.86 (<.001)		
	Cont.	24	7.07±2.43	10.46±5.49	3.39±6.16	−2.43 (.015)		
	Sensitivity 2[e]						14.42 (<.001)	.28 (.06–.47)
	Exp.	20	14.79±8.49	6.72±3.02	−8.07±7.10	−3.62 (<.001)		
	Cont.	21	7.05±2.44	11.47±4.85	4.41±5.84	−3.04 (.002)		

Analyses were restricted to participants with both T1 and T3 values.

CI, confidence interval; Cont., control group; Exp., experimental group; MDA, malondialdehyde; SD, standard deviation; T1, pre-test; T3, 2-week follow-up; 8-OHdG, 8-hydroxydeoxyguanosine.

[a]By Wilcoxon signed-rank test (within-group change from T1 to T3). [b]By ranked analysis of covariance with the T1 value entered as a covariate (between-group). [c]Non-detectable values entered as zero (as in Table 2). d)Non-detectable values treated as missing. e)Non-detectable values treated as missing and samples with urinary creatinine concentrations outside 0.3–3.0 g/L excluded.