Supplementary Table 2. Normality tests for urinary oxidative stress biomarkers and comparison with parametric ANCOVA (*N*=50)

Biomarker	T1	T3	Change	Model residuals and parametric ANCOVA
	W (*p*)	W (*p*)	W (*p*)	
MDA (μg/g creatinine)				Parametric ANCOVA residuals: W = .511, *p* < .001
				Ranked ANCOVA residuals: W = .961, *p* = .103
				Parametric ANCOVA: B = −379.91 (95% CI, −822.56–62.73), F(1, 47) = 2.98, *p* = .091
Exp.	.641 (< .001)	.943 (.178)	.616 (< .001)	
Cont.	.419 (< .001)	.548 (< .001)	.657 (< .001)	
8-OHdG (μg/g creatinine)				Parametric ANCOVA residuals: W = .950, *p* = .035
				Ranked ANCOVA residuals: W = .977, *p* = .446
				Parametric ANCOVA: B = −4.55 (95% CI, −7.60 – −1.50), F(1, 47) = 9.00, *p* = .004
Exp.	.875 (.005)	.961 (.437)	.961 (.442)	
Cont.	.943 (.174)	.967 (.574)	.984 (.945)	

W: Shapiro-Wilk statistic; B: adjusted mean difference between the experimental and control groups at T3, with the T1 value entered as a covariate. Both models used non-detectable values entered as zero (primary analysis). Departures from normality (Shapiro-Wilk p < .05) in the biomarker distributions and parametric ANCOVA residuals supported the use of ranked ANCOVA as the primary between-group analysis.

ANCOVA, analysis of covariance; CI, confidence interval; Cont., control group; Exp., experimental group; MDA, malondialdehyde; T1, pre-test; T3, 2-week follow-up; 8-OHdG, 8-hydroxydeoxyguanosine.