

Appendix A Supplementary Data

Table A1 Demographic and Baseline Characteristics by Group (N=38)

	Total	Control	HRVB	t	p
	mean (SD)	mean (SD)	mean (SD)		
Age	34.9 (10.3)	33.6 (6)	36.3 (13.4)	-0.78	.44
Body Mass Index	25.7 (4.7)	25.6 (5.1)	25.8 (4.3)	-0.13	.90
PANAS					
Positive Affect	24.4 (7.9)	26.2 (6.6)	22.5 (8.9)	1.45	.16
Negative Affect	8.95 (6.5)	8.7 (5.9)	9.2 (7.2)	-0.20	.84
DASS-21					
Depression	1.58 (1.5)	1.63 (1.5)	1.53 (1.5)	0.22	.83
Anxiety	2.2 (1.6)	2.2 (1.5)	2.1 (1.5)	0.21	.84
Stress	1.1 (1.4)	1.1 (1.4)	1.1 (1.4)	0.00	1.0
PSQI					
Sleep Quality	6.66 (3.4)	7.21 (3.7)	6.11 (3.1)	1.0	.32
IPAQ					
MET	1547 (2196)	1092.3 (1152)	2002 (2855.3)	-1.29	.21
kCal	1848 (2765)	1198.8 (1068.3)	2497.3 (3699.5)	-1.47	.16
HRV Time					
MeanRR	783 (104)	766 (84)	800 (121)	-1.0	.32
RMSSD	46 (49)	52 (44)	40 (33)	0.97	.34
SDNN	60.4 (33)	61 (36)	59 (31)	0.18	.86
HRV Frequency					
LF Power	1557 (2799)	1949 (3277)	1165 (2246)	0.86	.40
HF Power	1266 (1707)	1368 (1856)	1164 (1588)	0.36	.72
LF/HF	1.8 (1.6)	2.1 (1.9)	1.6 (1.3)	0.97	.34
Total Power	3691 (4992)	4308 (5820)	3075 (4068)	0.76	.45

Table A2 Pearson Correlation Coefficients for HRV Measures and Affective States at Baseline

	Attentiveness		Fatigue		Serenity	
	r	P	r	P	r	P
RMSSD	.08	.61	-.19	.24	.22	.19
MeanRR	-.13	.42	.30	.06	.44	.01
SDNN	.16	.35	-.13	.43	.21	.20
HF Power	.08	.64	-.11	.53	.15	.36