|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Tests of Between-Subjects Effects (SPSS)** | | | | | |
| Dependent Variable: Variable1 | | | | | |
| Source | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | 756,267a | 5 | 151,253 | 45,834 | ,000 |
| Intercept | 3328,533 | 1 | 3328,533 | 1008,646 | ,000 |
| Group | 634,800 | 1 | 634,800 | 192,364 | ,000 |
| Time | ,067 | 2 | ,033 | ,010 | ,990 |
| Group \* Time | 121,400 | 2 | 60,700 | 18,394 | ,000 |
| Error | 79,200 | 24 | 3,300 |  |  |
| Total | 4164,000 | 30 |  |  |  |
| Corrected Total | 835,467 | 29 |  |  |  |
| a. R Squared = ,905 (Adjusted R Squared = ,885) | | | | | |

| **ANOVA - Variable 1 (JASP)** | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Cases** | | **Sum of Squares** | | **df** | | **Mean Square** | | **F** | | **p** | |
| Group |  | 634.800 |  | 1.000 |  | 634.800 |  | 192.364 |  | < .001 |  |
| Time |  | 0.067 |  | 2.000 |  | 0.033 |  | 0.010 |  | 0.990 |  |
| Group ✻ Time |  | 121.400 |  | 2.000 |  | 60.700 |  | 18.394 |  | < .001 |  |
| Residual |  | 79.200 |  | 24.000 |  | 3.300 |  |  |  |  |  |
|  | | | | | | | | | | | |
| *Note.*  Type III Sum of Squares | | | | | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Pairwise Comparisons (SPSS)** | | | | | | | |
| Dependent Variable: Variable1 | | | | | | | |
| Group | (I) Time | (J) Time | Mean Difference (I-J) | Std. Error | Sig.b | 95% Confidence Interval for Differenceb | |
| Lower Bound | Upper Bound |
| Sedentary | 4 days | 7 days | -2,800 | 1,149 | ,068 | -5,757 | ,157 |
| 10 days | -4,800\* | 1,149 | ,001 | -7,757 | -1,843 |
| 7 days | 4 days | 2,800 | 1,149 | ,068 | -,157 | 5,757 |
| 10 days | -2,000 | 1,149 | ,284 | -4,957 | ,957 |
| 10 days | 4 days | 4,800\* | 1,149 | ,001 | 1,843 | 7,757 |
| 7 days | 2,000 | 1,149 | ,284 | -,957 | 4,957 |
| Exercised | 4 days | 7 days | 3,000\* | 1,149 | ,046 | ,043 | 5,957 |
| 10 days | 5,000\* | 1,149 | ,001 | 2,043 | 7,957 |
| 7 days | 4 days | -3,000\* | 1,149 | ,046 | -5,957 | -,043 |
| 10 days | 2,000 | 1,149 | ,284 | -,957 | 4,957 |
| 10 days | 4 days | -5,000\* | 1,149 | ,001 | -7,957 | -2,043 |
| 7 days | -2,000 | 1,149 | ,284 | -4,957 | ,957 |
| Based on estimated marginal means | | | | | | | |
| \*. The mean difference is significant at the 0,05 level. | | | | | | | |
| b. Adjustment for multiple comparisons: Bonferroni. | | | | | | | |

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Pairwise Comparisons (SPSS)** | | | | | | | |
| Dependent Variable: Variable1 | | | | | | | |
| Time | (I) Group | (J) Group | Mean Difference (I-J) | Std. Error | Sig.b | 95% Confidence Interval for Differenceb | |
| Lower Bound | Upper Bound |
| 4 days | Sedentary | Exercised | 4,000\* | 1,149 | ,002 | 1,629 | 6,371 |
| Exercised | Sedentary | -4,000\* | 1,149 | ,002 | -6,371 | -1,629 |
| 7 days | Sedentary | Exercised | 9,800\* | 1,149 | ,000 | 7,429 | 12,171 |
| Exercised | Sedentary | -9,800\* | 1,149 | ,000 | -12,171 | -7,429 |
| 10 days | Sedentary | Exercised | 13,800\* | 1,149 | ,000 | 11,429 | 16,171 |
| Exercised | Sedentary | -13,800\* | 1,149 | ,000 | -16,171 | -11,429 |
| Based on estimated marginal means | | | | | | | |
| \*. The mean difference is significant at the 0,05 level. | | | | | | | |
| b. Adjustment for multiple comparisons: Bonferroni. | | | | | | | |

**Post Hoc Tests (JASP)**

| **Post Hoc Comparisons - Group ✻ Time** | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | | **Mean Difference** | | **SE** | | **t** | | **p bonf** | |
| Sedentary,4 days |  | Exercised,4 days |  | 4.000 |  | 1.149 |  | 3.482 |  | 0.029 |  |
|  |  | Sedentary,7 days |  | -2.800 |  | 1.149 |  | -2.437 |  | 0.339 |  |
|  |  | Exercised,7 days |  | 7.000 |  | 1.149 |  | 6.093 |  | < .001 |  |
|  |  | Sedentary,10 days |  | -4.800 |  | 1.149 |  | -4.178 |  | 0.005 |  |
|  |  | Exercised,10 days |  | 9.000 |  | 1.149 |  | 7.833 |  | < .001 |  |
| Exercised,4 days |  | Sedentary,7 days |  | -6.800 |  | 1.149 |  | -5.919 |  | < .001 |  |
|  |  | Exercised,7 days |  | 3.000 |  | 1.149 |  | 2.611 |  | 0.230 |  |
|  |  | Sedentary,10 days |  | -8.800 |  | 1.149 |  | -7.659 |  | < .001 |  |
|  |  | Exercised,10 days |  | 5.000 |  | 1.149 |  | 4.352 |  | 0.003 |  |
| Sedentary,7 days |  | Exercised,7 days |  | 9.800 |  | 1.149 |  | 8.530 |  | < .001 |  |
|  |  | Sedentary,10 days |  | -2.000 |  | 1.149 |  | -1.741 |  | 1.000 |  |
|  |  | Exercised,10 days |  | 11.800 |  | 1.149 |  | 10.271 |  | < .001 |  |
| Exercised,7 days |  | Sedentary,10 days |  | -11.800 |  | 1.149 |  | -10.271 |  | < .001 |  |
|  |  | Exercised,10 days |  | 2.000 |  | 1.149 |  | 1.741 |  | 1.000 |  |
| Sedentary,10 days |  | Exercised,10 days |  | 13.800 |  | 1.149 |  | 12.011 |  | < .001 |  |
|  | | | | | | | | | | | |