

RPE.FUN Mixed Linear Models

Ian Brown

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RPE - HIIT vs PLAY

```
## Linear mixed model fit by REML. t-tests use Satterthwaite's method [
## lmerModLmerTest]
## Formula: score ~ outcome + (1 | SUBJECT)
## Data: RPE
##
## REML criterion at convergence: 2113.5
##
## Scaled residuals:
##      Min       1Q   Median       3Q      Max
## -2.80992 -0.57150 -0.06175  0.55799  2.97122
##
## Random effects:
## Groups   Name                Variance Std.Dev.
## SUBJECT (Intercept)  3.794      1.948
## Residual                2.173      1.474
## Number of obs: 542, groups: SUBJECT, 60
##
## Fixed effects:
##              Estimate Std. Error      df t value Pr(>|t|)
## (Intercept)    5.0195    0.2727  65.1067  18.410 < 2e-16 ***
## outcomePLAY.RPE -0.5018    0.1266 481.0544  -3.963 8.52e-05 ***
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
##
## Correlation of Fixed Effects:
##              (Intr)
## otcPLAY.RPE -0.232
```

Mean HIIT.RPE = 5.0195

Mean PLAY.RPE = 4.5177

Mean Difference = -0.5018

FUN - HIIT vs PLAY

```
## Linear mixed model fit by REML. t-tests use Satterthwaite's method [
## lmerModLmerTest]
## Formula: score ~ outcome + (1 | SUBJECT)
## Data: FUN
```

```
##
## REML criterion at convergence: 1893.5
##
## Scaled residuals:
##      Min       1Q   Median       3Q      Max
## -2.1307 -0.6202 -0.1006  0.5395  4.7619
##
## Random effects:
##   Groups   Name      Variance Std.Dev.
## SUBJECT (Intercept) 1.004     1.002
## Residual              1.587     1.260
## Number of obs: 542, groups: SUBJECT, 60
##
## Fixed effects:
##              Estimate Std. Error      df t value Pr(>|t|)
## (Intercept)      3.2198      0.1564  71.1057  20.591 < 2e-16 ***
## outcomePLAY.FUN  -0.7786      0.1082 480.5960  -7.193 2.44e-12 ***
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
##
## Correlation of Fixed Effects:
##              (Intr)
## otcPLAY.FUN -0.346
```

Mean HIIT.FUN = 3.2198

Mean PLAY.FUN = 2.4412

Mean Difference = -0.7786

VIG% - HIIT vs PLAY

```
## Linear mixed model fit by REML. t-tests use Satterthwaite's method [
## lmerModLmerTest]
## Formula: value ~ measure + (1 | SUBJECT)
##   Data: VIG
##
## REML criterion at convergence: 231.6
##
## Scaled residuals:
##      Min       1Q   Median       3Q      Max
## -2.30144 -0.70392 -0.04483  0.68681  2.62004
##
## Random effects:
##   Groups   Name      Variance Std.Dev.
## SUBJECT (Intercept) 0.03740  0.1934
## Residual              0.07456  0.2731
## Number of obs: 542, groups: SUBJECT, 60
##
## Fixed effects:
##              Estimate Std. Error      df t value Pr(>|t|)
## (Intercept)      0.33188      0.03130  75.03769  10.60 <2e-16 ***
## measurePLAY.VIG.PERC 0.27173      0.02346 482.28948  11.58 <2e-16 ***
## ---
```

```
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
##
## Correlation of Fixed Effects:
##          (Intr)
## mPLAY.VIG.P -0.375
```

Mean HIIT Vig% = 0.33188

Mean PLAY vig% = 0.60361

Mean Difference = 0.27173

MOD% - HIIT vs PLAY

```
## Linear mixed model fit by REML. t-tests use Satterthwaite's method [
## lmerModLmerTest]
## Formula: value ~ measure + (1 | SUBJECT)
##    Data: MOD
##
## REML criterion at convergence: 184.9
##
## Scaled residuals:
##      Min       1Q   Median       3Q      Max
## -2.52724 -0.75949 -0.08512  0.79574  2.33925
##
## Random effects:
##   Groups   Name                Variance Std.Dev.
## SUBJECT (Intercept) 0.01695  0.1302
## Residual              0.07229  0.2689
## Number of obs: 542, groups:  SUBJECT, 60
##
## Fixed effects:
##              Estimate Std. Error      df t value Pr(>|t|)
## (Intercept)      0.54665    0.02466  91.03889   22.17 < 2e-16 ***
## measurePLAY.MOD.PERC -0.18594    0.02310 488.58874   -8.05 6.34e-15 ***
## ---
## Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1
##
## Correlation of Fixed Effects:
##          (Intr)
## mPLAY.MOD.P -0.468
```

Mean HIIT Mod% = 0.54665

Mean PLAY Mod% = 0.36071

Mean Difference = -0.18594