Summary of Mixed ANOVA for Primary Outcomes.

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| **Measure** | **Time** | **Time ×**  **Modality** | **Time ×**  **Volume** | **Time ×**  **Modality ×**  **Volume** | **Pairwise Comparisons** |
| **Mass (kg)** | *F*(2, 54) = 1.8  *p* = .179  ηp² = .06 | *F*(2, 54) = 4.8  *p* = .012\*  ηp² = .15 | *F*(2, 54) = 1.1  *p* = .352  ηp² = .04 | *F*(2, 54) = 1.5  *p* = .239  ηp² = .05 | **Time × Modality:**  MI5×5 (Pre to Post: -0.9 kg, *p* = .027\*)  CT3×5 (Pre to Mid: 0.6 kg, *p* = .041\*)  CT5×5 (Pre to Mid: 0.6 kg, *p* = .041\*) |
| **BMI (kg/m²)** | *F*(2, 54) = 2.1  *p* = .128  ηp² = .07 | *F*(2, 54) = 3.7  *p* = .030\*  ηp² = .12 | *F*(2, 54) = 1.4  *p* = .248  ηp² = .05 | *F*(2, 54) = 1.6  *p* = .222  ηp² = .05 | **Time × Modality:**  MI5×5 (Pre to Post: -0.3 kg/m², *p* = .028\*)  CT3×5 (Pre to Mid: 0.3 kg/m², *p* = .032\*) |
| **Quality of life (SF-36)** | | | | | |
| **Physical functioning** (*a.u.)* | *F*(2, 54) = 11.3  *p* < .001\*  ηp² = .30 | *F*(2, 54) = 1.6  *p* = .217  ηp² = .06 | *F*(2, 54) = 1.3  *p* = .289  ηp² = .05 | *F*(2, 54) = 0.8  *p* = .440  ηp² = .03 | **Time main effect:**  MI3×5 (Mid to Post: -5.0\*, *p* = .010)  MI5×5 (Pre to Post: -6.4\*, *p* = .044)  CT5×5 (Pre to Mid: -10.0\*, *p* = .008;  Pre to Post: -10.0\*, *p* = .002) |
| **Role limitations due to physical health** (*a.u.)* | *F*(2, 54) = 1.7  *p* = .195  ηp² = .06 | *F*(2, 54) = 0.0  *p* = .999  ηp² < .01 | *F*(2, 54) = 0.1  *p* = .951  ηp² < .01 | *F*(2, 54) = 0.4  *p* = .663  ηp² = .02 | - |
| **Role limitations due to emotional problems** (*a.u.)* | *F*(2, 54) = 3.7  *p* = .030\*  ηp² = .12 | *F*(2, 54) = 0.5  *p* = .623  ηp² = .02 | *F*(2, 54) = 1.6  *p* = .216  ηp² = .06 | *F*(2, 54) = 0.3  *p* = .767  ηp² = .01 | **Time main effect:**  CT3×5 (Pre to Post: -12.4\*, *p* = .024) |
| **Energy/fatigue** (*a.u.)* | *F*(2, 54) = 3.7  *p* = .031\*  ηp² = .12 | *F*(2, 54) = 0.1  *p* = .866  ηp² < .01 | *F*(2, 54) = 1.6  *p* = .204  ηp² = .06 | *F*(2, 54) = 1.8  *p* = .176  ηp² = .06 | **Time main effect:**  No significant pairwise differences |
| **Emotional well-being** (*a.u.)* | *F*(2, 54) = 2.3  *p* = .113  ηp² = .08 | *F*(2, 54) = 1.6  *p* = .217  ηp² = .06 | *F*(2, 54) = 0.3  *p* = .742  ηp² = .01 | *F*(2, 54) = 0.1  *p* = .945  ηp² < .01 | - |
| **Social functioning** (*a.u.)* | *F*(2, 54) = 6.1  *p* = .004\*  ηp² = .18 | *F*(2, 54) = 1.2  *p* = .318  ηp² = .04 | *F*(2, 54) = 0.6  *p* = .536  ηp² = .02 | *F*(2, 54) = 0.1  *p* = .866  ηp² < .01 | **Time main effect:**  CT3×5 (Pre to Mid: -12.6\*, *p* = .038; Pre to Post: -15.1\*, *p* = .001) |
| **Pain** (*a.u.)* | *F*(2, 54) = 3.7  *p* = .032\*  ηp² = .12 | *F*(2, 54) = 0.5  *p* = .623  ηp² = .02 | *F*(2, 54) = 1.6  *p* = .216  ηp² = .06 | *F*(2, 54) = 0.3  *p* = .767  ηp² = .01 | **Time main effect:**  No significant pairwise differences |
| **General health** (*a.u.)* | *F*(2, 54) = 3.7  *p* = .031\*  ηp² = .12 | *F*(2, 54) = 0.5  *p* = .623  ηp² = .02 | *F*(2, 54) = 1.6  *p* = .216  ηp² = .06 | *F*(2, 54) = 0.3  *p* = .767  ηp² = .01 | **Time main effect:**  No significant pairwise differences |
| **Functional Capacity** | | | | | |
| **Six-minute Walk Test** (*m)* | *F*(2, 54) = 55.2  *p* < .001\*  ηp² = .67 | *F*(2, 54) = 0.1  *p* = .933  ηp² < .01 | *F*(2, 54) = 0.5  *p* = .603  ηp² = .02 | *F*(2, 54) = 1.1  *p* = .334  ηp² = .04 | **Time main effect:**  MI3×5 (Pre to Mid: +40.0 m\*, *p* = .009, Pre to Post: +80.1 m\*, p < .001)  MI5×5 (Pre to Mid: +34.7 m\*, *p* = .030, Pre to Post: +53.5 m\*, *p* = .002)  CT3×5 (Pre to Mid: +33.1 m\*, *p* = .027, Pre to Post: +64.2 m\*, p < .001)  CT5×5 (Pre to Mid: +50.9 m\*, *p* = .001, Pre to Post: +76.7 m\*, p < .001) |
| **30-second Sit-to-Stand** (*reps)* | *F*(2, 54) = 39.1  *p* < .001\*  ηp² = .59 | *F*(2, 54) = 1.7  *p* = .191  ηp² = .06 | *F*(2, 54) = 0.9  *p* = .399  ηp² = .03 | *F*(2, 54) = 1.5  *p* = .233  ηp² = .05 | **Time main effect:**  MI3×5 (Pre to Mid: +3.0\*, *p* = .001, Pre to Post: +3.3\*, *p* = .001)  MI5×5 (Pre to Post: +3.1\*, *p* = .003, Mid to Post: +1.9\*, *p* = .028)  CT3×5 (Pre to Post: +3.4\*, *p* = .001, Mid to Post: +2.3\*, *p* = .006)  CT5×5 (Pre to Mid: +2.4\*, *p* = .009, Pre to Post: +5.3\*, p < .001, Mid to Post: +2.9\*, *p* = .001) |
| **Balance (Overall)** (*deg)* | *F*(2, 54) = 9.5  *p* < .001\*  ηp² = .26 | *F*(2, 54) = 5.6  *p* = .006\*  ηp² = .17 | *F*(2, 54) = 0.7  *p* = .495  ηp² = .03 | *F*(2, 54) = 2.6  *p* = .085  ηp² = .09 | **Time × Modality:**  MI3×5 (Pre to Post: +0.2\*, *p* = .016)  MI5×5 (Mid to Post: +0.4\*, *p* = .002)  CT3×5 (Pre to Mid: +0.2\*, *p* = .033; Pre to Post: +0.2\*, *p* = .031)  CT5×5 (Pre to Mid: +0.3\*, *p* = .003; Pre to Post: +0.2\*, *p* = .031) |
| **Balance (Anterior-Posterior)** (*deg)* | *F*(2, 54) = 4.1  *p* = .023\*  ηp² = .13 | *F*(2, 54) = 2.9  *p* = .063  ηp² = .10 | *F*(2, 54) = 3.0  *p* = .057  ηp² = .10 | *F*(2, 54) = 1.7  *p* = .197  ηp² = .06 | **Time main effect:**  CT3×5 (Pre to Post: +0.2\*, *p* = .007)  CT5×5 (Pre to Post: +0.0, *p* = .761) |
| **Balance (Medial-Lateral)** (*deg)* | *F*(2, 54) = 6.3  *p* = .003\*  ηp² = .19 | *F*(2, 54) = 0.6  *p* = .542  ηp² = .02 | *F*(2, 54) = 0.1  *p* = .908  ηp² < .01 | *F*(2, 54) = 0.0  *p* = .999  ηp² < .01 | **Time main effect:**  CT3×5 (Pre to Post: +0.1\*, *p* = .045)  CT5×5 (Pre to Post: +0.2\*, *p* = .018) |
| **Timed up and go (clockwise)** (*s)* | *F*(2, 54) = 10.5  *p* < .001\*  ηp² = .28 | *F*(2, 54) = 0.9  *p* = .402  ηp² = .03 | *F*(2, 54) = 0.9  *p* = .426  ηp² = .03 | *F*(2, 54) = 0.9  *p* = .415  ηp² = .03 | **Time main effect:**  MI3×5 (Pre to Post: 0.3\*, *p* = .011)  CT3×5 (Pre to Post: 0.3\*, *p* = .021)  CT5×5 (Pre to Post: 0.4\*, *p* = .001) |
| **Timed up and go (anticlockwise)**(*s)* | *F*(2, 54) = 20.8  *p* < .001\*  ηp² = .44 | *F*(2, 54) = 0.1  *p* = .944  ηp² < .01 | *F*(2, 54) = 0.4  *p* = .700  ηp² = .01 | *F*(2, 54) = 0.9  *p* = .412  ηp² = .03 | **Time main effect:**  MI3×5 (Pre to Post: 0.4\*, *p* = .008)  MI5×5 (Pre to Post: 0.3\*, *p* = .031)  CT5×5 (Pre to Post: 0.5\*, *p* < .001) |
| **Strength** | | | | | |
| **Strength-to-Mass (a.u.)** | *F*(2, 54) = 90.4  *p* < .001\*  ηp² = .77 | *F*(2, 54) = 0.7  *p* = .498  ηp² = .03 | *F*(2, 54) = 1.0  *p* = .385  ηp² = .04 | *F*(2, 54) = 2.7  *p* = .080  ηp² = .09 | **Time main effect:**  MI3×5 (Pre to Mid: +0.1\*, *p* = .005; Pre to Post: +0.3\*, *p* < .001)  MI5×5 (Pre to Mid: +0.2\*, *p* < .001; Pre to Post: +0.4\*, *p* < .001)  CT3×5 (Pre to Mid: +0.2\*, *p* = .001; Pre to Post: +0.4\*, *p* < .001)  CT5×5 (Pre to Mid: +0.1\*, *p* = .022; Pre to Post: +0.3\*, *p* < .001) |
| **1RM (kg)** | *F*(2, 54) = 87.1  *p* < .001\*  ηp² = .76 | *F*(2, 54) = 1.4  *p* = .254  ηp² = .05 | *F*(2, 54) = 1.2  *p* = .316  ηp² = .04 | *F*(2, 54) = 1.2  *p* = .300  ηp² = .04 | **Time main effect:**  MI3×5 (Pre to Mid: +13.1\*, *p* = .001; Pre to Post: +22.5\*, *p* < .001)  MI5×5 (Pre to Mid: +18.3\*, *p* < .001; Pre to Post: +34.9\*, *p* < .001)  CT3×5 (Pre to Mid: +10.0\*, *p* = .006; Pre to Post: +25.3\*, *p* < .001)  CT5×5 (Pre to Mid: +7.8\*, *p* = .028; Pre to Post: +24.9\*, *p* < .001) |
| **MVIC-Left (kg)** | *F*(2, 54) = 11.6  *p* < .001\*  ηp² = .30 | *F*(2, 54) = 1.2  *p* = .306  ηp² = .04 | *F*(2, 54) = 0.1  *p* = .871  ηp² < .01 | *F*(2, 54) = 1.1  *p* = .333  ηp² = .04 | **Time × Modality:**  CT3×5 (Mid to Post: +4.8\*, *p* = .006; Pre to Post: +4.2\*, *p* = .065)  CT5×5 (Mid to Post: +5.6\*, *p* = .002; Pre to Post: +7.0\*, *p* = .003) |
| **MVIC-Right (kg)** | *F*(2, 54) = 10.2  *p* < .001\*  ηp² = .27 | *F*(2, 54) = 0.1  *p* = .946  ηp² < .01 | *F*(2, 54) = 0.7  *p* = .508  ηp² = .03 | *F*(2, 54) = 1.0  *p* = .392  ηp² = .03 | **Time × Modality:**  MI3×5 (Pre to Mid: +4.3\*, *p* = .023)  MI5×5 (Pre to Post: +7.3\*, *p* = .019)  CT3×5 (Pre to Post: +5.7\*, *p* = .045) |
| ***Note:*** *F (df): F-value (degrees of freedom), p: p-value, ηp²: Partial eta squared (small: 0.01, medium: 0.06, large: 0.14), MI: Maximal-intent, CT: Controlled-tempo, Pre: pre-intervention, Mid: mid-intervention, Post: post-intervention, kg: kilograms, BMI: Body Mass Index, m: metres, s: seconds, a.u.: arbitrary units, SF-36: 36-Item Short Form Survey short, PF: Physical functioning, RLPH: Role limitations due to physical health, RLEP: Role limitations due to emotional problems, EF: Energy/fatigue, EWB: Emotional well-being, SF: Social functioning, GH: General health, TUG: Timed up and go (TUGc: clockwise, TUGa: anticlockwise), MVIC: Maximum voluntary isometric contraction, 1RM: One-repetition maximum, 30sSTS: 30-second sit-to-stand test, BalanceO: Balance (overall), BalanceAP: Balance (anterior-posterior), BalanceML: Balance (medial-lateral). Negative values in balance and TUG indicate improvement. Pairwise comparisons show which groups demonstrated significant changes between time points. \*: Statistical significance (p < 0.05), -: No significance found.* | | | | | |