| Variable | Intervention A (n=45) | Intervention B (n=46) | Kontrolle (n=43) | Total (n=134) |
| --- | --- | --- | --- | --- |
| Mean Alter (SD) | 46.91 (15.29) | 48.96 (15.61) | 46.53 (16.63) | 47.49 (15.76) |
| Geschlecht [Weiblich], % | 53.3 | 63.0 | 53.5 | 56.7 |
| Bildungsgrad [Hoch], % | 24.4 | 23.9 | 32.6 | 26.9 |
| Bildungsgrad [Mittel], % | 44.4 | 56.5 | 41.9 | 47.8 |
| Bildungsgrad [Niedrig], % | 31.1 | 19.6 | 25.6 | 25.4 |
| Mean BMI (SD) | 27.38 (5.98) | 27.80 (5.09) | 25.58 (6.20) | 26.93 (5.81) |
| Raucher [Ehemalig], % | 15.6 | 21.7 | 25.6 | 20.9 |
| Raucher [Ja], % | 20.0 | 19.6 | 4.7 | 14.9 |
| Raucher [Nie], % | 64.4 | 58.7 | 69.8 | 64.2 |
| Mean LQ\_total (SD) | 2.85 (0.63) | 3.12 (0.68) | 2.81 (0.63) | 2.93 (0.66) |
| Mean STR\_sum (SD) | 6.31 (2.87) | 6.43 (2.42) | 6.35 (2.30) | 6.37 (2.53) |