$$SSD_{Total} = \frac{\sum_{i=1}^{N} \sum_{j=1}^{N} \delta_{ij}^2}{2N - 1}$$

$$SSD_{Within} = \sum_{k=1}^{K} \left[\frac{\sum_{i=1}^{N_k} \sum_{j=1}^{N_k} \delta_{ij}^2}{2N_k - 1} \right]$$

$$SSD_{Among} = \sum_{k=1}^{K} \sum_{l \neq i}^{K} \frac{\sum_{i=1}^{N_k} \sum_{j=1}^{N_l} \delta_{ij}^2}{N_k + N_l}$$

$$SSD_{Among} \quad D = \begin{bmatrix} 0 & \delta_{12}^2 & \delta_{13}^2 & \delta_{14}^2 \\ \delta_{21}^2 & 0 & \delta_{23}^2 & \delta_{24}^2 \\ \delta_{31}^2 & \delta_{32}^2 & 0 & \delta_{34}^2 \\ \delta_{41}^2 & \delta_{42}^2 & \delta_{43}^2 & 0 \end{bmatrix}$$

$$SSD_{Within} \quad D = \begin{bmatrix} 0 & \delta_{12}^2 & \delta_{13}^2 & \delta_{14}^2 \\ \delta_{21}^2 & 0 & \delta_{23}^2 & \delta_{24}^2 \\ \delta_{31}^2 & \delta_{32}^2 & 0 & \delta_{34}^2 \\ \delta_{41}^2 & \delta_{42}^2 & \delta_{43}^2 & 0 \end{bmatrix}$$

$$SSD_{Total} \quad D = \begin{bmatrix} 0 & \delta_{12}^2 & \delta_{13}^2 & \delta_{14}^2 \\ \delta_{21}^2 & 0 & \delta_{23}^2 & \delta_{24}^2 \\ \delta_{31}^2 & \delta_{32}^2 & 0 & \delta_{34}^2 \\ \delta_{41}^2 & \delta_{42}^2 & \delta_{43}^2 & 0 \end{bmatrix}$$