Table 2: Two-way linear mixed model analysis of Outcome (adjusted by idade).

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Within-subjects** | **T1** | **T1** | **T2** | **T2** | **T3** | **T3** | **T4** | **T4** |
| **Between-subjects** | **0** | **1** | **0** | **1** | **0** | **1** | **0** | **1** |
| **N** | **(n = 74)** | **(n = 74)** | **(n = 73)** | **(n = 71)** | **(n = 72)** | **(n = 69)** | **(n = 68)** | **(n = 66)** |
| Outcome | 6.69 (1.94) | 6.58 (2.21) | 3.36 (2.88) | 3.42 (3.06) | 4.11 (3.07) | 3.17 (2.87) | 3.94 (3.22) | 3.58 (2.94) |
| **Within-subjects** | **T2 - T1** | **T3 - T1** | **T4 - T1** | **T2 - T1** | **T3 - T1** | **T4 - T1** |  |  |
| **Between-subjects** | **0** | **0** | **0** | **1** | **1** | **1** |  |  |
| Outcome | -3.31 (-4.31 to -2.31) | -2.57 (-3.56 to -1.58) | -2.66 (-3.69 to -1.62) | -3.14 (-4.15 to -2.13) | -3.32 (-4.34 to -2.3) | -2.97 (-4.03 to -1.91) |  |  |
| P-value | <0.001 | <0.001 | <0.001 | <0.001 | <0.001 | <0.001 |  |  |
| **Within-subjects** |  |  |  |  |  |  |  |  |
| **Between-subjects** |  |  |  |  |  |  |  |  |
| Outcome |  |  |  |  |  |  |  |  |
| P-value |  |  |  |  |  |  |  |  |
| SMD¹ |  |  |  |  |  |  |  |  |

Within-subjects Main effect: F(3,10180)=42.036, p<0.001, Between-subjects Main effect: F(1,902)=1.857, p=0.173, Interaction: F(1,261)=1.206, p=0.273

SMD¹ = Standardized Mean Difference calculated from marginal estimates (Cohen's d).