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Statistical Analysis Plan (Part 8 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain")

In 1 collection

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ABSTRACT

This is Part 8 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain".

Continuous data were expressed as means and standard deviations. Categorical data were shown as frequencies or percentages. All statistical analyses were conducted using the IBM SPSS Statistics for Windows, Version 24.0 (Armonk, NY: IBM Corp). The normality of continuous data was checked with the Shapiro-Wilk test. The change scores of the primary and secondary outcome variables from baseline to end of intervention between the two groups were compared using independent sample t test. Within-group comparisons were done using paired sample t test.

ATTACHMENTS

[kjbab24b7.docx](#)

Statistical Analysis Plan:

Continuous data were expressed as means and standard deviations. Categorical data were shown as frequencies or percentages. All statistical analyses were conducted using the IBM SPSS Statistics for Windows, Version 24.0 (Armonk, NY: IBM Corp). The normality of continuous data was checked with the Shapiro-Wilk test. The change scores of the primary and secondary outcome variables from baseline to end of intervention between the two groups were compared using independent sample t test. Within-group comparisons were done using paired sample t test. The level of significance of all statistical tests was set with two-tailed at 0.05. Per-protocol analysis was used. The sample size for the study was calculated to be 32 using the G*Power 3.1.9.2 (Universitat Kiel, Germany), with an estimated effect size of group difference of 0.9 in primary outcomes and a level of significance of 0.05, statistical power of 80% with two-tailed independent sample t test. The estimated effect size was based on previous studies of home exercise on patients with neck pain (Zronek et al., 2016). With an anticipated dropout rate of 15%, a total of 39 participants was required.