|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Appendix 3. Reliability of outcomes (n=53). | | | | |  |  |  |  |  |  |
|  | Test 1 |  | Test 2 |  | ∆, abs |  | ∆,% |  |  |  |
|  | Mean | ±SD | Mean | ±SD | Mean | ±SD | Mean | ±SD | p (T-test) | ICC |
| Mass, kg | 74.8 | 6.75 | 74.2 | 6.67 | 0.0 | 0.02 | 1.1 | 1.47 | 0.997 | 0.992 |
| IPAQ |  |  |  |  |  |  |  |  |  |  |
| Vigorous, day | 1.3 | 1.08 | 1.3 | 1.14 | 0.1 | 0.23 | 3.5 | 15.8 | 0.083 | 0.988\* |
| Vigorous, min | 39.1 | 32.06 | 35.7 | 27.89 | -3.4 | 36.25 | -1.9 | 30.60 | 0.048 | 0.334 |
| Moderate, min | 27.6 | 21.02 | 30.2 | 18.45 | 2.6 | 16.7 | 3.4 | 14.51 | 0.254 | 0.651 |
| Walking, day | 3.6 | 1.32 | 3.6 | 1.32 | 0.0 | 0.00 | 0.0 | 0.00 | 1.000 | 1.000\* |
| Walking, min | 40.4 | 19.51 | 39.6 | 19.11 | -0.8 | 5.49 | -1.1 | 7.85 | 0.322 | 0.960 |
| Sitting, h | 8.5 | 1.20 | 8.2 | 1.11 | -0.3 | -2.49 | 0.9 | 9.78 | 0.039 | 0.699 |
| PSQI | 4.8 | 1.42 | 4.8 | 1.52 | 0.1 | 0.53 | 1.0 | 10.47 | 0.444 | 0.937\* |
| BBS | 39.3 | 4.62 | 39.1 | 5.34 | -0.2 | 5.53 | 0.4 | 16.58 | 0.786 | 0.391 |
| SPPB | 8.6 | 0.81 | 8.8 | 1.00 | 0.1 | 1.20 | 2.1 | 14.69 | 0.497 | 0.823\* |
| FGS, m/s | 2.1 | 0.50 | 2.1 | 0.39 | 0.0 | 0.26 | 0.6 | 10.98 | 0.639 | 0.850 |
| Beam, 12 cm |  |  |  |  |  |  |  |  |  |  |
| Distance, m | 4.0 | 0.00 | 4.0 | 0.00 | 4.0 | 0.000 | 4.0 | 0.000 | 1.000 | 1.000 |
| Step, n | 8.4 | 1.67 | 8.1 | 1.52 | -0.4 | 1.92 | -1.7 | 21.78 | 0.180 | 0.666 |
| Step, m | 0.5 | 0.10 | 0.5 | 0.11 | 0.0 | 0.01 | 7.5 | 0.28 | 0.210 | 0.712 |
| Time, s | 8.1 | 2.34 | 7.9 | 1.68 | -0.2 | 1.84 | 2.1 | 23.64 | 0.550 | 0.625 |
| Velocity, m/s | 0.5 | 0.13 | 0.5 | 0.11 | 0.0 | 0.12 | 2.8 | 22.0 | 0.796 | 0.573 |
| Beam, 8 cm |  |  |  |  |  |  |  |  |  |  |
| Distance, m | 3.9 | 0.11 | 3.9 | 0.29 | 0.0 | 0.31 | -0.8 | 8.05 | 0.395 | 0.516 |
| Step, n | 9.3 | 1.36 | 9.2 | 1.04 | 0.0 | 1.43 | 1.2 | 15.97 | 0.848 | 0.617 |
| Step, m | 0.4 | 0.06 | 43.1 | 4.61 | -0.7 | 6.56 | 0.0 | 14.85 | 0.463 | 0.727 |
| Time, s | 9.3 | 1.78 | 8.9 | 1.61 | -0.4 | 1.62 | -2.9 | 16.66 | 0.070 | 0.549 |
| Velocity, m/s | 0.4 | 0.09 | 0.5 | 0.08 | 0.0 | 0.08 | 4.9 | 20.42 | 0.279 | 0.590 |
| Beam, 4 cm |  |  |  |  |  |  |  |  |  |  |
| Distance, m | 1.5 | 1.05 | 1.4 | 0.92 | -0.1 | 0.61 | 24.1 | 108.46 | 0.419 | 0.812 |
| Step, n | 3.5 | 1.99 | 3.8 | 1.29 | 0.4 | 1.95 | 47.5 | 104.27 | 0.187 | 0.350 |
| Step, m | 0.5 | 0.33 | 0.4 | 0.28 | -0.1 | 0.38 | 3.8 | 35.19 | 0.147 | 0.603 |
| Time, s | 4.3 | 1.86 | 4.4 | 1.86 | 0.1 | 2.22 | 15.4 | 55.02 | 0.711 | 0.487 |
| Velocity, m/s | 0.4 | 0.36 | 0.4 | 0.38 | 0.0 | 0.34 | 41.4 | 88.80 | 0.862 | 0.580 |
| 6MWT, m | 553.0 | 49.98 | 548.5 | 47.25 | -4.5 | 55.70 | -0.3 | 9.90 | 0.556 | 0.784 |
| Step test, HR | 116.7 | 7.57 | 117.6 | 7.66 | 0.8 | 8.62 | 1.0 | 7.36 | 0.477 | 0.872 |
| MMSE | 27.6 | 1.40 | 27.5 | 1.28 | -0.1 | 1.15 | -0.3 | 4.22 | 0.479 | 0.633 |
| DSST, n | 31.5 | 6.68 | 31.9 | 6.08 | 0.5 | 6.52 | 4.2 | 21.81 | 0.586 | 0.481 |
| Stroop, ratio | 0.67 | 0.14 | 0.67 | 0.13 | 0.01 | 0.18 | 2.6 | 24.61 | 0.236 | 0.714 |
| DSF, n | 5.7 | 1.53 | 5.7 | 1.16 | 0.0 | 1.35 | 5.0 | 27.54 | 0.919 | 0.524 |
| DSB, n | 4.0 | 0.87 | 3.9 | 1.05 | -0.1 | 0.96 | -1.5 | 24.39 | 0.322 | 0.510 |
| VSMF, n | 4.3 | 0.85 | 4.2 | 0.84 | -0.2 | 0.72 | -2.2 | 16.72 | 0.132 | 0.638 |
| VSMB, n | 3.3 | 0.97 | 3.5 | 0.95 | 0.2 | 0.74 | 9.4 | 30.66 | 0.067 | 0.707 |
|  |  |  |  |  |  |  |  |  |  |  |
| ∆, abs, change in absolute units | | |  |  |  |  |  |  |  |  |
| ∆%, percent change | |  |  |  |  |  |  |  |  |  |
| p (T-test), value corresponding to the paired T-test | | | | | |  |  |  |  |  |
| ICC, intracalss correlation coefficient | | |  |  |  |  |  |  |  |  |
| IPAQ, International physical activity questionnaire | | | | |  |  |  |  |  |  |
| Vigorous, day is the number of days participants reported conducting vigorous physical activity (PA) | | | | | | | | | |  |
| Vigorous, min is daily minutes participants reported conducting vigorous PA | | | | | | | | | |  |
| Moderate, min is daily minutes participants reported conducting vigorous PA | | | | | | | | | |  |
| Walking, day is number of days per week participants reported to walk | | | | | | |  |  |  |  |
| Walking, min is number of minutes participants reported to walk in a day | | | | | | | |  |  |  |
| Sitting, h is number of hours participants reported to sit in a day | | | | | |  |  |  |  |  |
| PSQI, Pittsburgh sleep quality index | | |  |  |  |  |  |  |  |  |
| BBS, Berg balance scale | |  |  |  |  |  |  |  |  |  |
| SPPB, Short physical performance battery | | | |  |  |  |  |  |  |  |
| FGS, fast gait speed | |  |  |  |  |  |  |  |  |  |
| 6MWT, six-minute walk test | |  |  |  |  |  |  |  |  |  |
| Step test, HR is the heart rate (b·min-1) during 1 minute after 3 minutes of stepping | | | | | | | | |  |  |
| MMSE, mini mental state examination score | | | |  |  |  |  |  |  |  |
| DSST, n is the number of correct responses in the digit symbol substitution test | | | | | | | |  |  |  |
| Stroop, completion time of the color condition (s) divided by the color-word condition (s), non-  dimensional | | | | | | | |  |  |  |
| DSF, n number of correct responses in the digit span forward test | | | | | |  |  |  |  |  |
| DSB, n number of correct responses in the digit span backward test | | | | | |  |  |  |  |  |
| VSMF, n number of correct responses in the visual memory span forward test | | | | | | | |  |  |  |
| VSMB, n number of correct responses in the visual memory span backward test | | | | | | | |  |  |  |
| \* Spearman's rho |  |  |  |  |  |  |  |  |  |  |