

Supplemental digital content 3. Summary of the results of the linear mixed model for perceived exertion, valence and arousal after the fourth bout of sprint interval training and after 40 minutes of moderate-intensity continuous training in healthy and insulin resistant subjects.

Source	Num DF	Den DF	F	p
PERCEIVED EXERTION				
Group	1	45.2	80.58	<.0001
Session	5	206	10.36	<.0001
Diabetes status	1	45.2	0.85	0.36
Group×Session	5	206	1.55	0.18
Group×Diabetes status	1	45.2	2.4	0.13
Session×Diabetes status	5	206	1.04	0.4
Group×Session×Diabetes status	5	206	1.05	0.39
VALENCE				
Group	1	44.6	24.42	<.0001
Session	5	201	5.71	<.0001
Diabetes status	1	44.6	0.42	0.52
Group×Session	5	201	1.32	0.26
Group×Diabetes status	1	44.6	6.07	0.0176
Session×Diabetes status	5	201	0.51	0.77
Group×Session×Diabetes status	5	201	0.18	0.97
AROUSAL				
Group	1	45.1	17.59	0.0001
Session	5	200	5	0.0002
Diabetes status	1	45.1	0.95	0.34
Group×Session	5	200	0.63	0.68
Group×Diabetes status	1	45.1	0.79	0.38
Session×Diabetes status	5	200	0.74	0.6
Group×Session×Diabetes status	5	200	0.41	0.84

Group: Sprint interval training group (SIT) and moderate-intensity continuous training group (MICT)

Session: 1–6 training sessions

Diabetes status: healthy and insulin resistant subjects

Significant difference is shown in boldface.