

Supplemental digital content 4. Summary of the results of the linear mixed model for Perceived Stress Questionnaire, Positive and Negative Affect Schedule and visual analogue scale parameters after exercise sessions in healthy and insulin resistant subjects.

Source	Num DF	Den DF	F	p
PERCEIVED STRESS				
Group	1	45.3	10.18	0.0026
Session	5	198	1.83	0.11
Diabetes status	1	45.3	0.79	0.38
Group×Session	5	198	1.44	0.21
Group×Diabetes status	1	45.3	0.13	0.72
Session×Diabetes status	5	198	1.65	0.15
Group×Session×Diabetes status	5	198	1.62	0.16
POSITIVE AFFECT				
Group	1	44.2	7.72	0.008
Session	5	185	3.07	0.011
Diabetes status	1	44.2	0.41	0.53
Group×Session	5	185	6.87	<0.0001
Group×Diabetes status	1	44.2	0.28	0.6
Session×Diabetes status	5	185	1.85	0.11
Group×Session×Diabetes status	5	185	4.03	0.0017
NEGATIVE AFFECT				
Group	1	43	12.82	0.0009
Session	5	184	6.56	<0.0001
Diabetes status	1	43	1.34	0.25
Group×Session	5	184	0.45	0.81
Group×Diabetes status	1	43	0.08	0.77
Session×Diabetes status	5	184	1.12	0.35
Group×Session×Diabetes status	5	184	1.08	0.37
EXHAUSTION				
Group	1	45.5	11.8	0.0013
Session	5	190	3.55	0.0043
Diabetes status	1	45.5	0.06	0.81
Group×Session	5	190	1.93	0.09
Group×Diabetes status	1	45.5	0.36	0.55
Session×Diabetes status	5	190	1.02	0.41
Group×Session×Diabetes status	5	190	1.06	0.38
TENSION				
Group	1	43.7	13.06	0.0008
Session	5	190	1.95	0.09
Diabetes status	1	43.7	0.53	0.47
Group×Session	5	190	0.93	0.46
Group×Diabetes status	1	43.7	3.42	0.07
Session×Diabetes status	5	190	0.56	0.73
Group×Session×Diabetes status	5	190	0.45	0.81
IRRITATION				
Group	1	44.5	7.11	0.0106
Session	5	191	1.08	0.37
Diabetes status	1	44.5	1.36	0.25
Group×Session	5	191	0.72	0.61
Group×Diabetes status	1	44.5	0.55	0.46
Session×Diabetes status	5	191	1.89	0.1
Group×Session×Diabetes status	5	191	1.78	0.12
SATISFACTION				
Group	1	44	12.47	0.001
Session	5	190	3.01	0.0122
Diabetes status	1	44	0.01	0.92
Group×Session	5	190	1.06	0.38
Group×Diabetes status	1	44	0.16	0.69
Session×Diabetes status	5	190	1.35	0.24
Group×Session×Diabetes status	5	190	0.67	0.65
MOTIVATION				
Group	1	45.2	6.84	0.0121
Session	5	189	1.59	0.17
Diabetes status	1	45.2	0.01	0.93
Group×Session	5	189	1.92	0.09
Group×Diabetes status	1	45.2	0.02	0.9
Session×Diabetes status	5	189	2.2	0.06
Group×Session×Diabetes status	5	189	1.62	0.16
PAIN				
Group	1	46	10.58	0.0021
Session	5	189	2.08	0.0695
Diabetes status	1	46	0.74	0.4
Group×Session	5	189	2.55	0.0292
Group×Diabetes status	1	46	1.32	0.26
Session×Diabetes status	5	189	2.55	0.0292
Group×Session×Diabetes status	5	189	3.43	0.0054

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.