**Supplementary material**

Table S1: Demographic characterization of the sample

|  |  |  |  |
| --- | --- | --- | --- |
|  | Intervention (n=23) | Control (n=19) |  P value\* |
| Gender, n  |  |  |  |
|  Male | 8  | 6  | *0.813* |
|  Female | 13  | 12  |
| Age, mean±SD  | 20.81±2.04 | 20.33±2.77 | *0.213* |

\* Difference between groups, Mann Whitney U-test, 2-tailed, (α=0.05)