**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)