

**Supplementary Table 1.** Comparison of demographic data and variables of the study in different intervention times

HRV (time-window)	1st CCPT-II	2nd CCPT-II	P
t0 (baseline)			
TP (ms <sup>2</sup> )	4,266±3,469	4,240±5,770	0.573
LF (ms <sup>2</sup> )	1,011±763	1,117±1,532	0.375
HF (ms <sup>2</sup> )	586±583	793±2,074	0.597
LF (%)	60.8±14.7	58.9±18.1	0.676
HF (%)	29.1±9.30	28.3±11.4	0.773
RMSSD (ms)	14.1±5.42	13.7±6.58	0.945
t14			
TP (ms <sup>2</sup> )	2,907±2,317	3,243±2,568	0.588
LF (ms <sup>2</sup> )	783±674	893±811	0.571
HF (ms <sup>2</sup> )	646±611	699±677	0.765
LF (%)	49.3±17.7	53.0±15.2	0.413
HF (%)	10.5±14.8	36.3±12.0	0.463
RMSSD (ms)	12.7±9.33	11.0±4.36	0.988
t14-t0 (reactivity)			
TP (ms <sup>2</sup> )	-1,242±2,229	-1,977±2,584	0.328
LF (ms <sup>2</sup> )	-219±700	-513±807	0.203
HF (ms <sup>2</sup> )	92.4±453	-16.2±491	0.417
LF (%)	-12.1±19.4	-8.68±16.7	0.540
HF (%)	10.5±14.8	9.91±11.4	0.850
RMSSD (ms)	-2.40±3.90	-2.50±4.27	0.865
t (mean)			
TP (ms <sup>2</sup> )	3,014±2,170	3,831±5,164	0.676
LF (ms <sup>2</sup> )	727±513	975±1,187	0.721
HF (ms <sup>2</sup> )	669±600	969±1,697	0.388
LF (%)	47.0±16.1	49.5±15.1	0.530
HF (%)	39.0±12.1	37.8±11.2	0.705
RMSSD (ms)	11.2±4.40	10.9±4.39	0.954

Values are presented as mean±standard deviation. The CCPT-II parameters between 1st and the 2nd CCPT-II were analyzed by one-way ANOVA. The HRV values between the tests were compared using repeated measure ANOVA with Bonferroni correction. p< 0.05 indicates significance. HRV, heart rate variability; CCPT-II, Connors' Continuous Performance Test-II; TP, total power; LF, low-frequency power; HF, high-frequency power; RMSSD, root mean square of successive differences between normal heartbeats; ANOVA, analysis of variance