**SUPPLEMENTARY MATERIAL**

Spanish Validation of the Maastricht Acute Stress Test (MAST):

A Cost-effective Stress Induction Protocol

**Table S1**: Means, standard deviations, and statistics for the one-way ANOVA comparisons conducted, including the effect size (ω2).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Control Group** | | **Stress Group** | | **ANOVA:**  Group as Main Factor | | | **ANOVA:**  Sex as Main Factor | | | **ANOVA:**  Group\*Sex | | |
|  | Men  *(Mean, SD)* | Women  *(Mean, SD)* | Men  *(Mean, SD)* | Women  *(Mean, SD)* | F | *p* | ω2 | F | *p* | ω2 | F | *p* | ω2 |
| DASS-21 D | 2.37  (2.60) | 3.82  (3.14) | 3.00  (3.03) | 3.10  (2.68) | 0.05  (1, 92) | .94 | <.001 | 1.56  (1, 92) | .21 | .006 | 1.17  (1, 92) | .28 | .002 |
| DASS-21 A | 1.75  (1.44) | 3.73  (2.01) | 3.67  (2.27) | 2.65  (2.33) | 0.89  (1, 92) | .34 | <.001 | 1.17  (1, 92) | .28 | .002 | 11.23  (1, 92) | <.01  \* | .096 |
| DASS-21 S | 5.62  (3.61) | 7.54  (2.83) | 6.11  (2.49) | 6.62  (2.61) | 0.13  (1, 92) | .72 | <.001 | 3.97  (1, 92) | .04  \* | .03 | 1.34  (1, 92) | .25 | .003 |
| STAI-T | 14.56  (6.66) | 22.88  (10.39) | 18.89  (9.27) | 21.48  (8.71) | 0.56  (1, 92) | .46 | <.001 | 7.74  (1, 92) | .006  \* | .065 | 2.14  (1, 92) | .15 | .011 |
| Basal STAI-S | 12.75  (8.21) | 15.15  (8.34) | 14.00  (7.32) | 14.10  (5.49) | 0.004  (1, 92) | .95 | <.001 | 0.63  (1, 92) | .43 | <.001 | 0.43  (1, 92) | .47 | <.001 |
| Basal PANAS+ | 37.69  (5.09) | 36.36  (5.99) | 36.83  (4.57) | 34.97  (5.62) | 0.92  (1, 92) | .34 | <.001 | 1.85  (1, 92) | .18 | .009 | 0.054  (1, 92) | .82 | <.001 |
| Basal PANAS- | 14.06  (4.57) | 15.61  (6.60) | 14.78  (5.15) | 13.69  (3.29) | 0.31  (1, 92) | .58 | <.001 | 0.04  (1, 92) | .83 | <.001 | 1.51  (1, 92) | .22 | .005 |
| Basal SBP | 121.81  (8-13) | 115.45  (8.28) | 123.33  (7.73) | 117.1  (10.92) | 0.67  (1, 92) | .41 | <.001 | 10.57  (1, 92) | .002\* | .092 | <0.01  (1, 92) | .97 | <.001 |
| Basal DBP | 65.68  (7.41) | 63.06  (6.69) | 66.11  (8.01) | 65.93  (7.63) | 1.09  (1, 92) | .29 | <.001 | 0.79  (1, 92) | .37 | <.001 | 0.61  (1, 92) | .44 | <.001 |
| Basal HR | 68.44  (10.5) | 70.68  (12.33) | 67.06  (9.64) | 75.38  (14.32) | 0.40  (1, 92) | .53 | <.001 | 4.05  (1, 92) | .047\* | .031 | 1.35  (1, 92) | .25 | .004 |

**Note**: \* means statistical significance (either p<.05 or p<.01). Abbreviations: A, Anxiety subscale; D, Depression subscale; S, Stress subscale.

**Table S2**: Statistics for all the mixed repeated measures ANOVA comparisons conducted, including the effect size (ω2).

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **STAI-S** | **PANAS+** | **PANAS-** | **SBP** | **DBP** (\*) | **HR** (\*) |
| **ANOVA**  Period  as M.F. | **F** | 3.2  (1, 92) | 6.08  (1, 92) | 0.69  (1, 92) | 4.13  (3, 276) | 4.39  (2, 224) | 5.15  (3,252) |
| ***p*** | .077 | .015\* | .406 | .007\* | .009\* | .002\* |
| **ω2** | .003 | .007 | <.001 | .007 | .009 | .009 |
| **ANOVA**  Period\*  Group | **F** | 26.71  (1, 92) | 0.89  (1, 92) | 10.92  (1, 92) | 8.07  (3, 276) | 6.13  (2, 224) | 0.79  (3,252) |
| ***p*** | <.001\* | .348 | .001\* | <.001\* | .001\* | .501 |
| **ω2** | .035 | <.001 | .021 | .017 | .013 | <.001 |
| **ANOVA**  Period\*  Sex | **F** | 0.08  (1, 92) | 0.002  (1, 92) | 0.54  (1, 92) | 1.76  (3, 276) | 1.02  (2, 224) | 1.26  (3,252) |
| ***p*** | .78 | .964 | .463 | .16 | .35 | .289 |
| **ω2** | <.001 | <.001 | <.001 | .002 | <.001 | <.001 |
| **ANOVA**  Period\*  Group\*  Sex | **F** | 0.34  (1, 92) | 0.003  (1, 92) | 0.89  (1, 92) | 1.89  (3, 276) | 1.23  (2, 224) | 2.41  (3,252) |
| ***p*** | .56 | .96 | .347 | .13 | .29 | .067 |
| **ω2** | <.001 | <.001 | <.001 | .002 | <.001 | .001 |
| **ANOVA**  Group as M.F. | **F** | 4.31  (1, 92) | 1.79  (1, 92) | 1.10  (1, 92) | 10.46  (1, 92) | 9.09  (1, 92) | 1.58  (1,92) |
| ***p*** | .041\* | .184 | .297 | .002\* | .003\* | .212 |
| **ω2** | .017 | .004 | <.001 | .048 | .042 | .003 |
| **ANOVA**  Sex  as M.F. | **F** | 0.47  (1, 92) | 1.91  (1, 92) | 0.36  (1, 92) | 21.8  (1, 92) | 3.55  (1, 92) | 2.42  (1,92) |
| ***p*** | .492 | .170 | .551 | <.001\* | .063 | .123 |
| **ω2** | <.001 | .005 | <.001 | .101 | .014 | .008 |
| **ANOVA**  Group\*  Sex | **F** | 0.92  (1, 92) | 0.79  (1, 92) | 0.72  (1, 92) | 0.051  (1, 92) | 0.06  (1, 92) | 0.31  (1,92) |
| ***p*** | .34 | .798 | .397 | .82 | .81 | .580 |
| **ω2** | <.001 | <.001 | <.001 | <.001 | <.001 | <.001 |

**Note:** (\*) means analysis using Greenhouse-Geisser correction; \* means statistical significance (either p<.05 or p<.01). Abbreviations: DBP, diastolic blood pressure; HR, hear rate; M.F, Main Factor; SBP, systolic blood pressure.