**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**Periodas 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**Sexas 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.