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Morning versus evening aerobic exercise and atherogenic and fat-distribution indices in older women with type 2 diabetes: a quasi-experimental controlled study

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Online Resource 1 Assumption checks for ANCOVA and within-group Wilcoxon signed-rank tests

Variable	Levene's test (post-test) p	Group × baseline interaction p	Wilcoxon p, control	Wilcoxon p, morning	Wilcoxon p, evening
AVI	0.597	0.050	0.109	0.002	< 0.001
BAI	0.110	0.494	0.180	0.001	< 0.001
WHtR	0.432	0.514	0.180	0.002	0.002
VAI	0.948	< 0.001	< 0.001	< 0.001	< 0.001
MOAD	0.269	0.028	0.075	0.463	0.020
Conicity index	0.070	0.049	0.063	0.196	0.005
HOMA-IR	0.562	0.055	< 0.001	< 0.001	< 0.001
TyG	0.246	0.141	< 0.001	< 0.001	< 0.001
TyG–WC	0.900	0.039	< 0.001	< 0.001	< 0.001
TyG–BMI	0.365	0.105	< 0.001	< 0.001	< 0.001
AIP	0.241	0.499	< 0.001	< 0.001	< 0.001
CRI-I	0.644	0.057	< 0.001	< 0.001	< 0.001
CRI-II	0.120	0.005	< 0.001	< 0.001	< 0.001

Levene's test was applied to post-intervention values. The group × baseline interaction tests the homogeneity-of-regression-slopes assumption of ANCOVA; $p < 0.05$ indicates that the assumption was not met. Wilcoxon signed-rank tests compare pre- and post-intervention values within each group ($n = 14$ per group). AIP and VAI were calculated with triglycerides and HDL-C in mmol/L.