

Table 2. Serum blood biomarkers, cognition and functional performance at T1 and T2										
Variables ^a	BM		AM		Statistical analyses					
	T1 (n=30)	T2 (n=30)	T1 (n=50)	T2 (n=37)	T1 F(p) ^c	η^2p^d	T2 F(p) ^c	η^2p^d	T1-T2 F(p) ^c	η^2p^d
<i>Inflammatory markers</i>										
IL-6	3.0(2.8)	3.9(1.2)	2.6(2.1)	3.2(1.9)	NS		NS		NS	
IL-10	20.8(22.3)	13.3(16.9)	28.4(24.3)	10.8(14.4)	NS		NS		NS	
TNF-α	8.7(3.0)	9.7(2.3)	9.8(2.3)	11.2(3.1)	NS		4.5*	.06	NS	
CRP	3.7(4.8)	2.5(2.9)	3.8(5.6)	4.6(4.6)	NS		4.3*	.06	NS	
<i>Oxidative stress markers</i>										
GSH	219.1(79.0)	220.4(109.3)	200.6(119.7)	174.5(92.9)	NS		NS		NS	
ROS	152.4(113.9)	325.2(174.8)	129.8(70.3)	285.6(155.9)	NS		NS		NS	
mROS	178.0(80.2)	209.5(91.7)	170.6(68.8)	207.4(99.9)	NS		NS		NS	
SOD	104.6(49.6)	104.2(38.1)	109.4(52.3)	101.9(33.7)	NS		NS		NS	
$\Delta\Psi m$	52.7(30.0)	53.8(46.2)	52.9(61.2)	38.3(28.6)	NS		NS		NS	
<i>Adhesion molecules</i>										
ICAM	111.6(72.1)	101.6(42.6)	107.3(60.6)	116.3(42.0)	NS		NS		NS	
VCAM	600.8(165.9)	828.9(256.8)	571.2(162.7)	767.7(230.9)	NS		NS		NS	
PSEL	119.5(34.8)	117.8(44.2)	125.3(36.6)	111.5(40.8)	NS		NS		NS	
MPO	608.2(386.6)	651.9(394.2)	560.1(290.2)	628.5(445.0)	NS		NS		NS	
<i>Relative telomere length</i>										
T/S ratio	1.4(0.5)	1.1(0.3)	1.1(0.3)	1.0(0.3)	5.0*	.06	4.6*	.06	NS	
<i>Neurocognitive and functional performance</i>										
IQ^b	0.0(1.0)	0.5(1.0)	0.1(1.0)	0.8(0.9)	NS		NS		NS	
GCS^b	0.0(1.0)	0.1(0.9)	0.2(1.0)	0.1(1.1)	NS		NS		NS	
GFS^b	0.0(1.0)	0.0(1.1)	0.2(0.9)	0.2(0.9)	NS		NS		NS	

^a Expressed as mean(standard deviation). ^b Z-Scores expressed as mean(standard deviation). ^c ANOVA. ^d Partial Eta-Squared (η^2p). Abbreviations: T1 = time 1, T2 = time 2, BM = below-average methylation, AM = above-average methylation, IL-6 = interleukin-6, IL-10 = interleukin-10, TNF- α = tumor necrosis factor alpha, CRP = c-reactive protein, GSH = glutathione, ROS = reactive oxygen species, mROS = mitochondrial reactive oxygen species, SOD = superoxide dismutase, $\Delta\Psi m$ = mitochondrial membrane potential, CAM = cellular adhesion molecule, I = inter, V = vascular, PSEL = pselectin, MPO = myeloperoxidase, T/S ratio = relative telomere to single copy gene ratio, IQ = intelligence quotient, GCS = global cognitive score, GFS = global functional score, NS = not significant. (NS = $p > 0.05$; * $p \leq 0.05$; ** $p \leq 0.01$; *** $p \leq 0.001$; **** $p \leq 0.0001$). Effect size (η^2p : small ≈ 0.02 ; moderate ≈ 0.15 ; large ≈ 0.35).