Online Resource 2: Data visualization of Participants and Groups

Do autonomy, self-efficacy, vitality, and fatigue predict daily morning heart rate variability?

A running intervention study in healthy women

Applied Psychophysiology and Biofeedback

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* Correspondence:
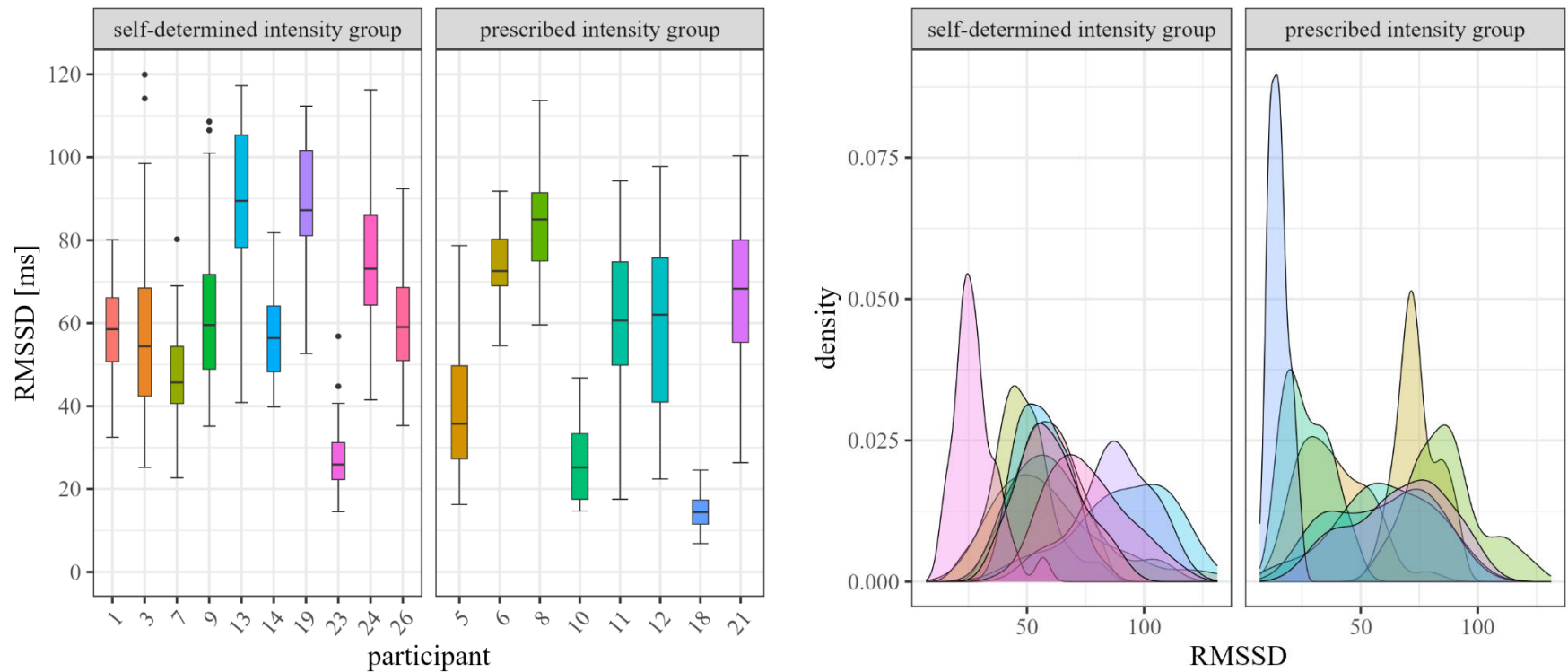Laura Buchner
Laura.buchner@plus.ac.at

Figure ESM1a: Participantwise boxplots of morning RMSSD per intervention group

Figure ESM1b: Participantwise density plots of morning RMSSD per intervention group
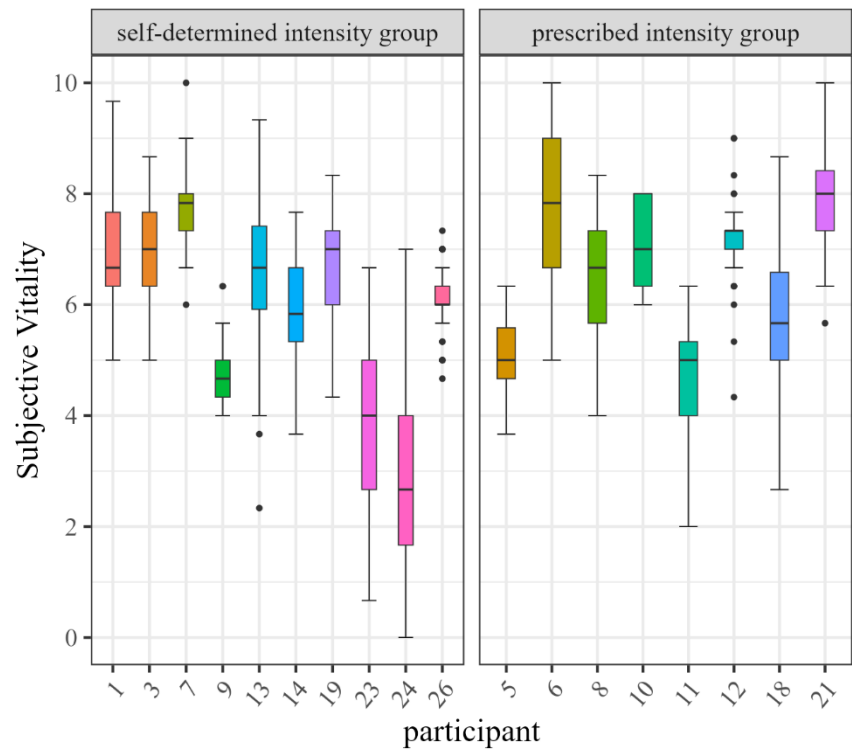
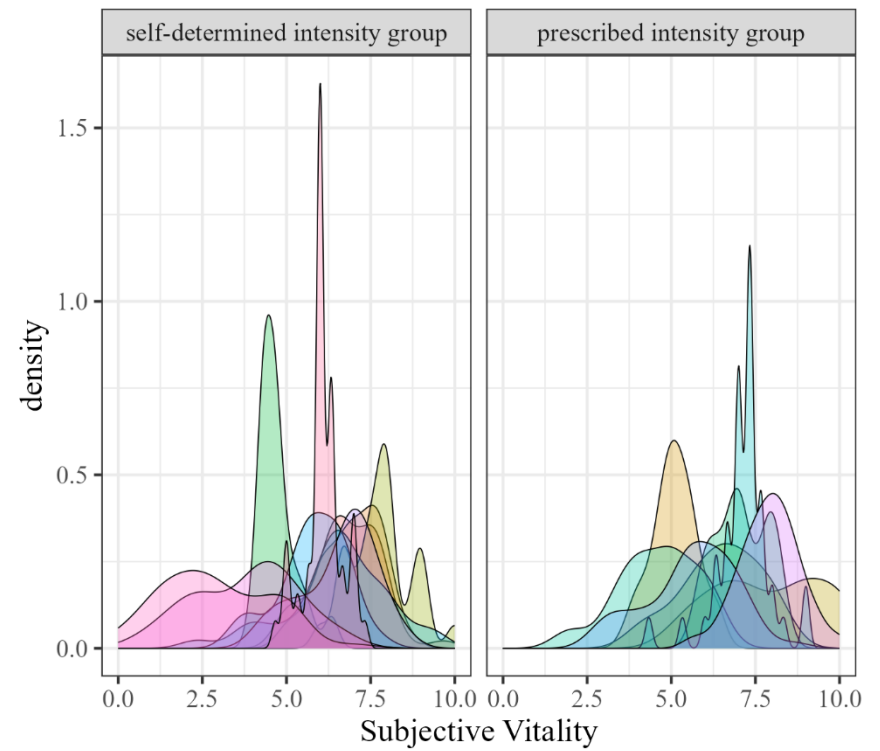Figure ESM2a: Participantwise boxplots of morning subjective vitality per intervention group

Figure ESM2b: Participantwise density plots of morning subjective vitality per intervention group
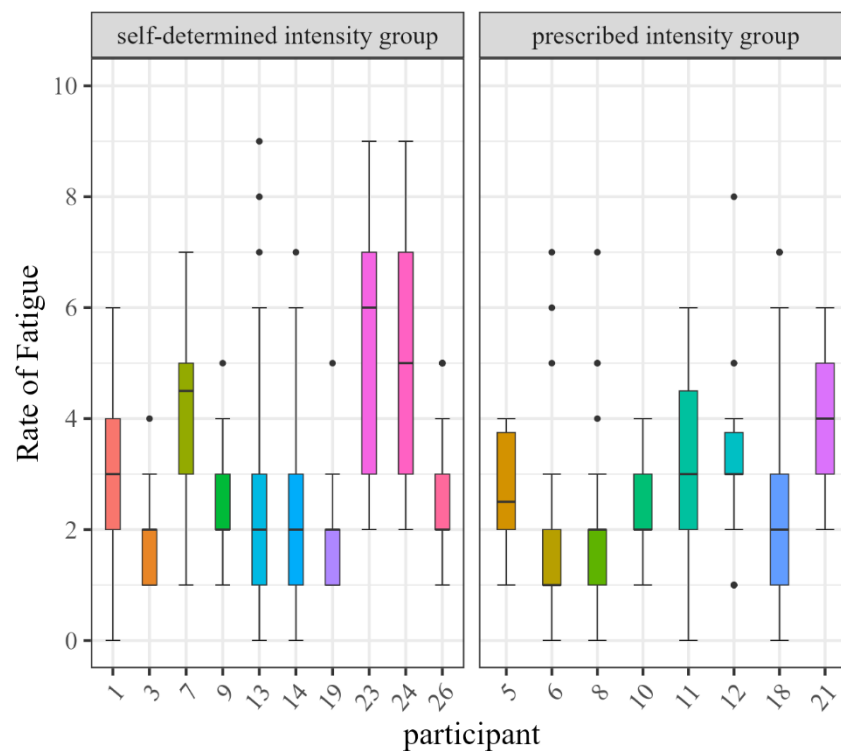
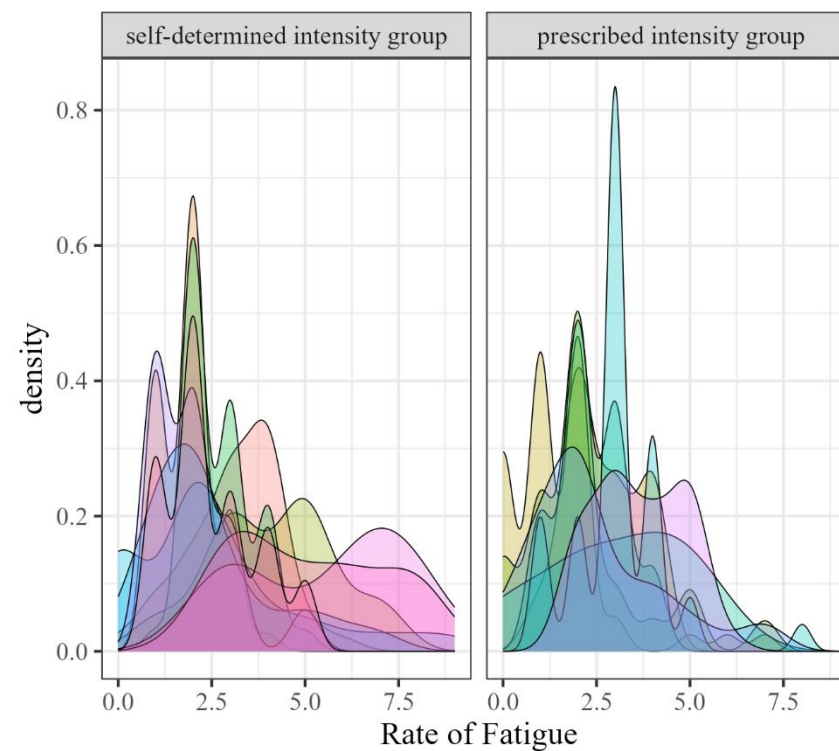Figure ESM3a: Participantwise boxplots of morning fatigue per intervention group

Figure ESM3b: Participantwise density plots of morning fatigue per intervention group
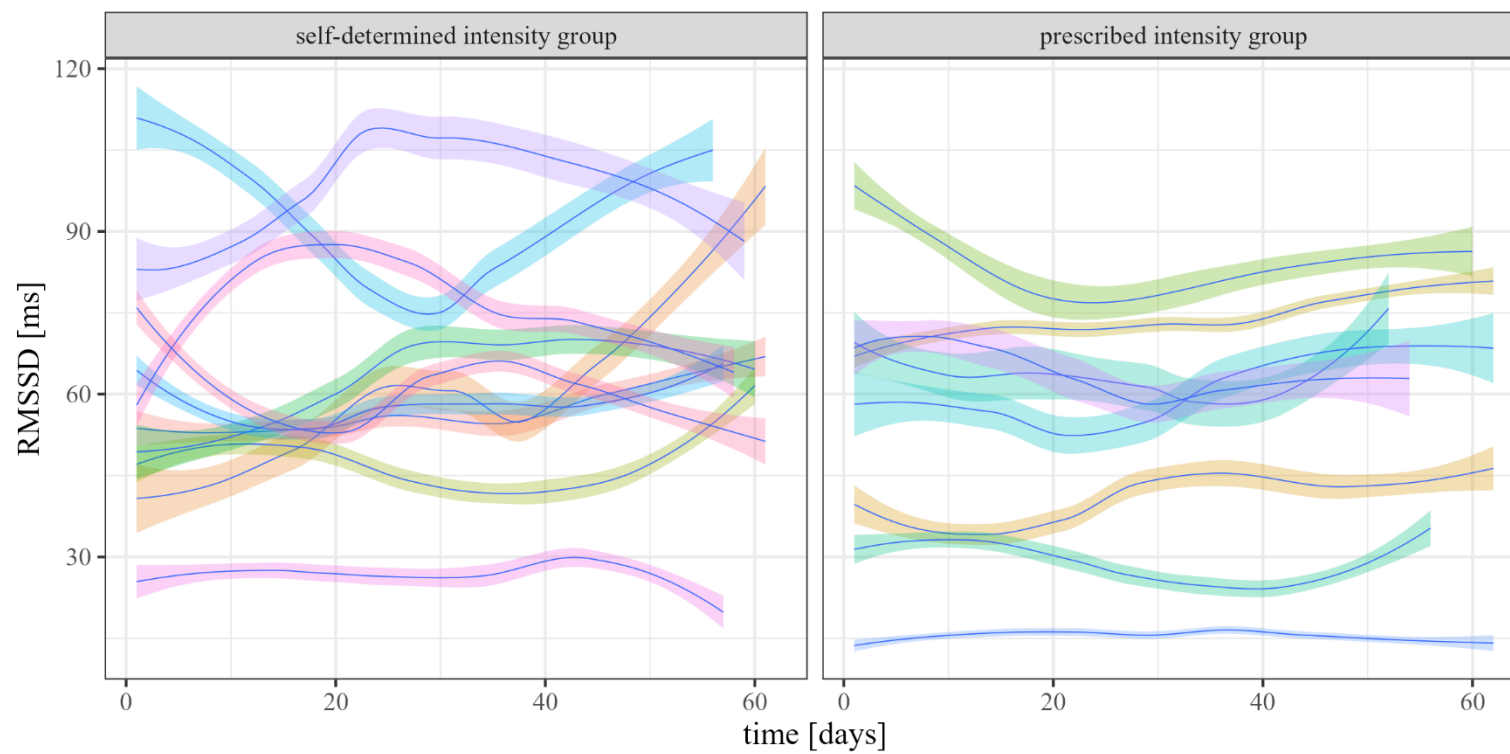
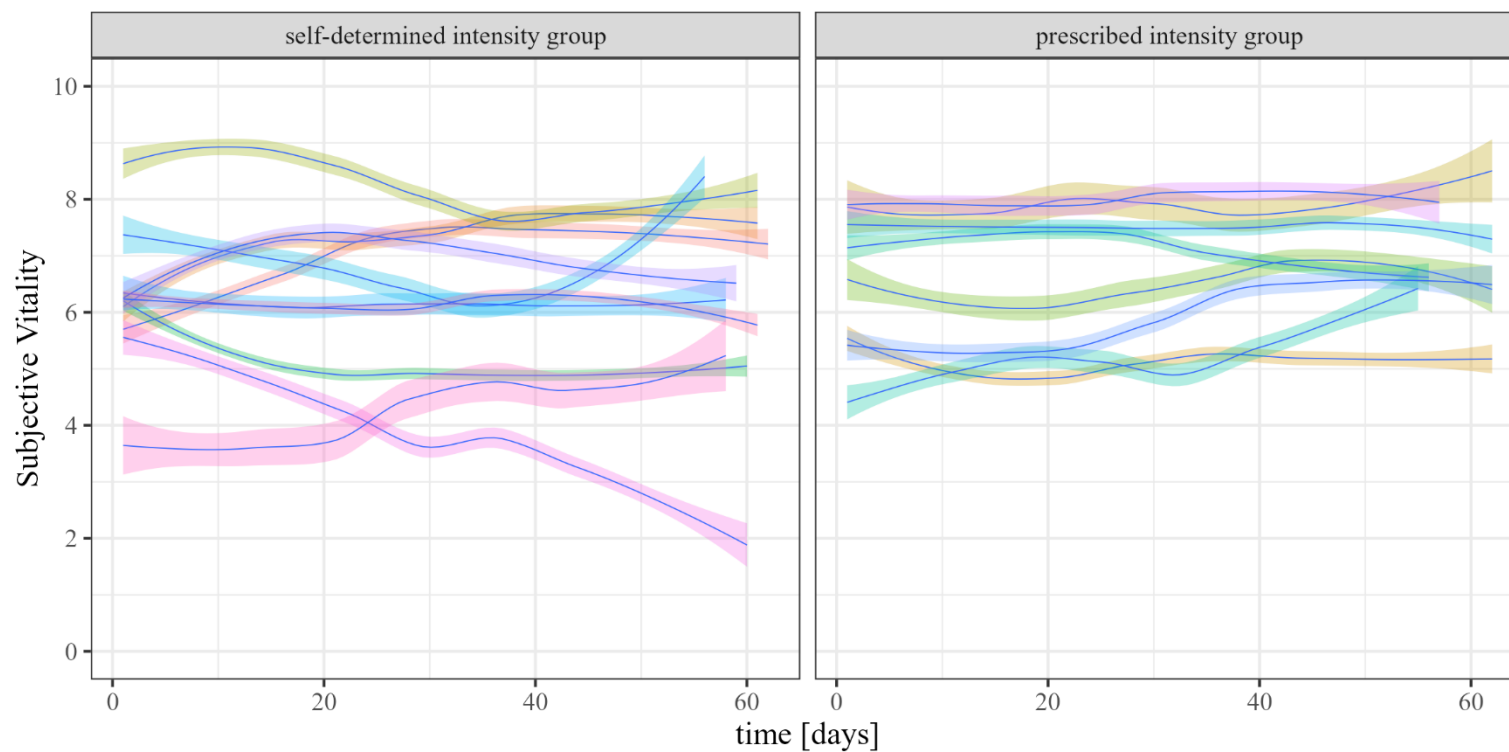Figure ESM4: Time trend of morning RMSSD across intervention days

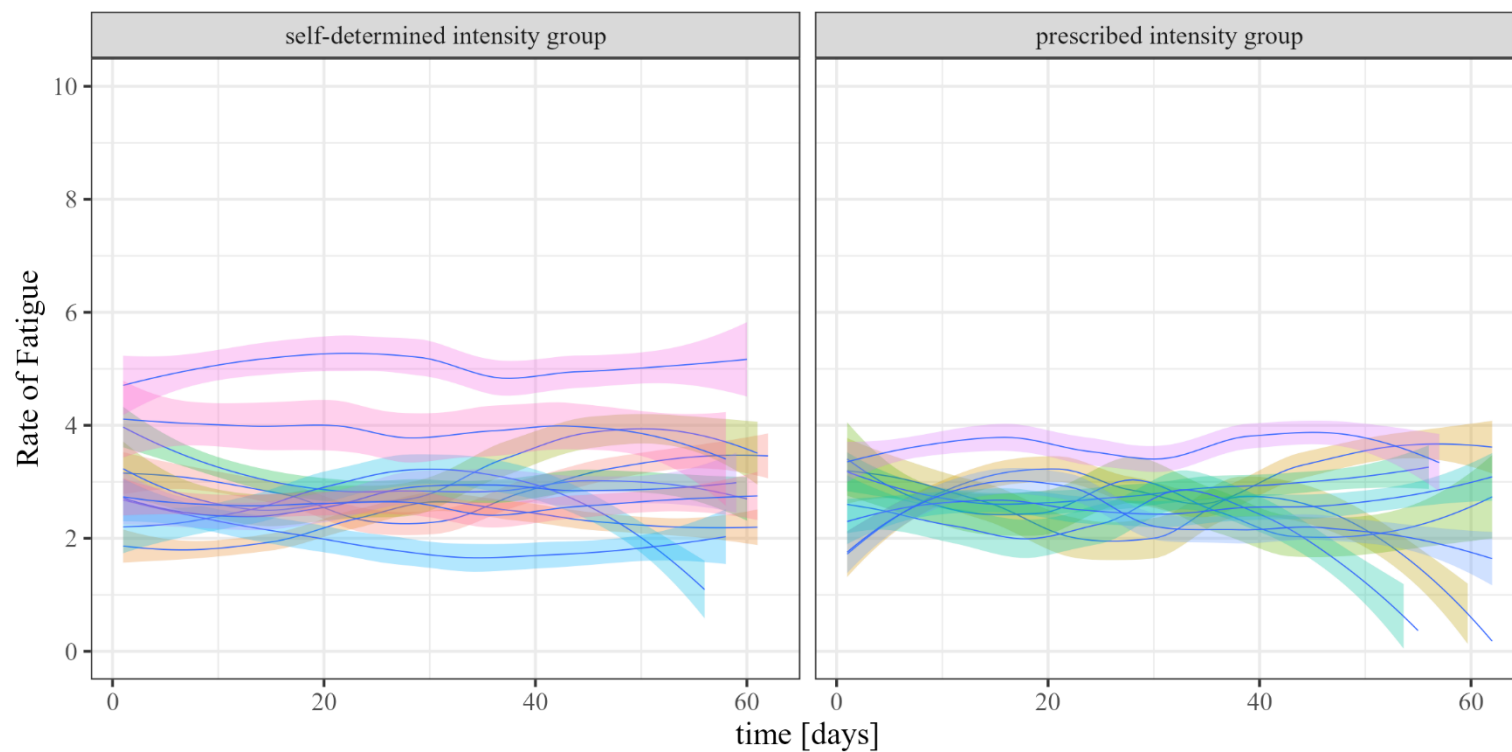Figure ESM5: Time trend of morning vitality across intervention days

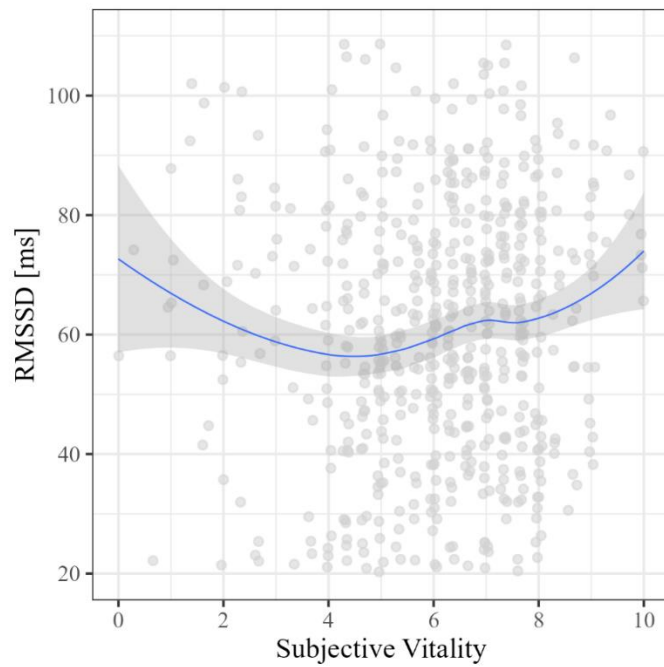Figure ESM6: Time trend of morning fatigue across intervention days

Figure ESM7a: Relationship between morning RMSSD and morning vitality across intervention days and participants
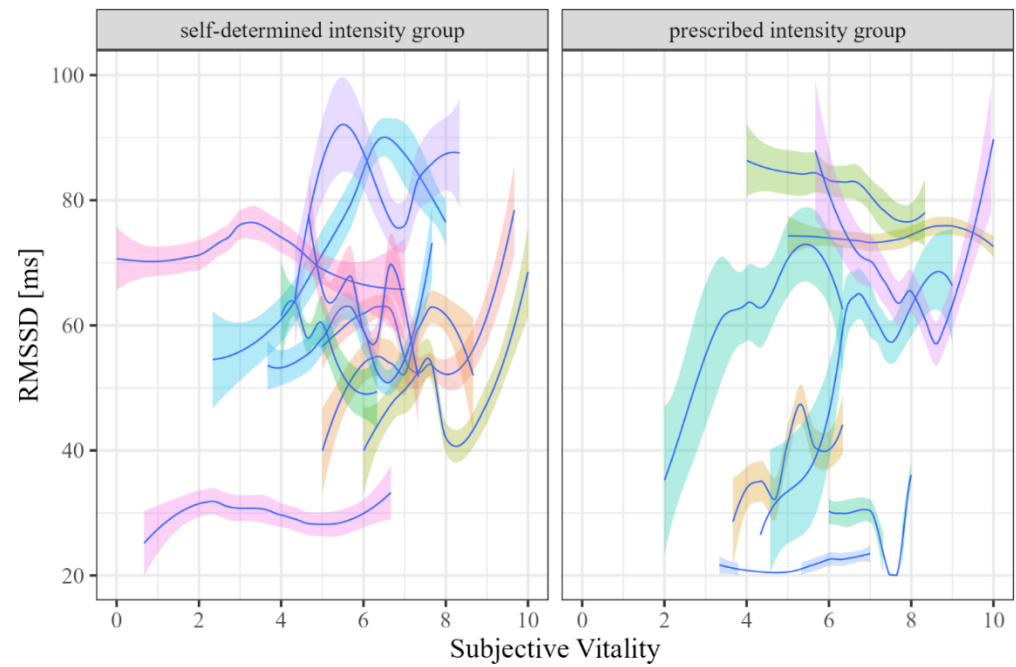
Figure ESM7b: Participantwise relationship between morning RMSSD and morning vitality across intervention days per intervention group
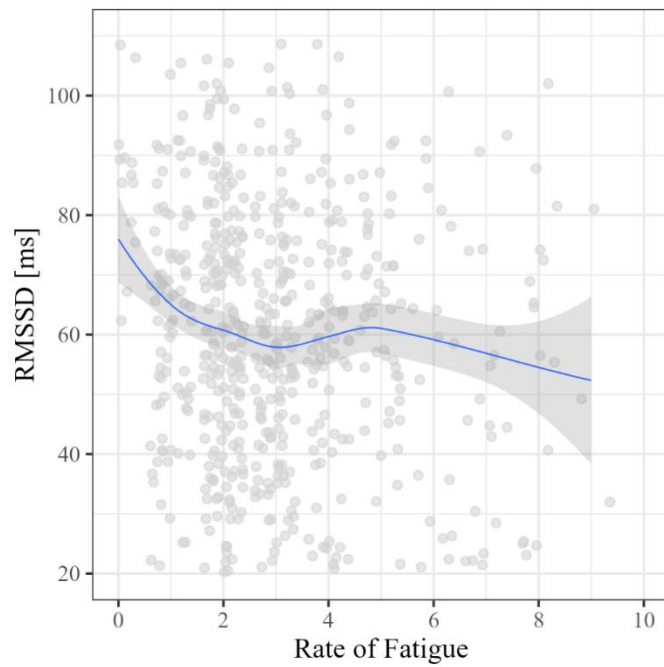
Figure ESM8a: Relationship between morning RMSSD and morning fatigue across intervention days and participants
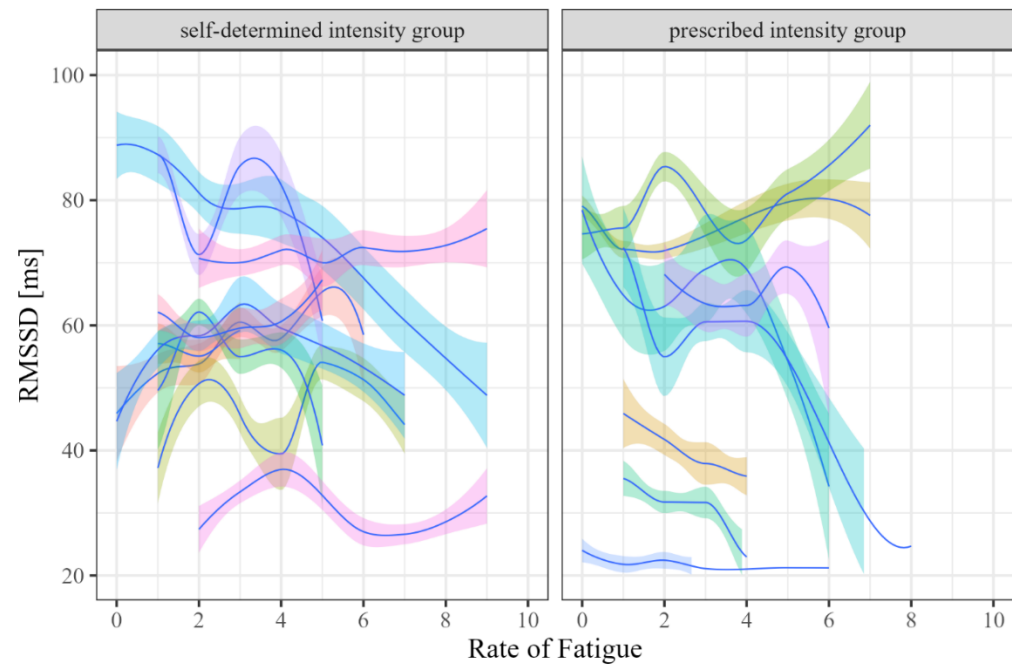
Figure ESM8b: Participantwise relationship between morning RMSSD and morning fatigue across intervention days per intervention group
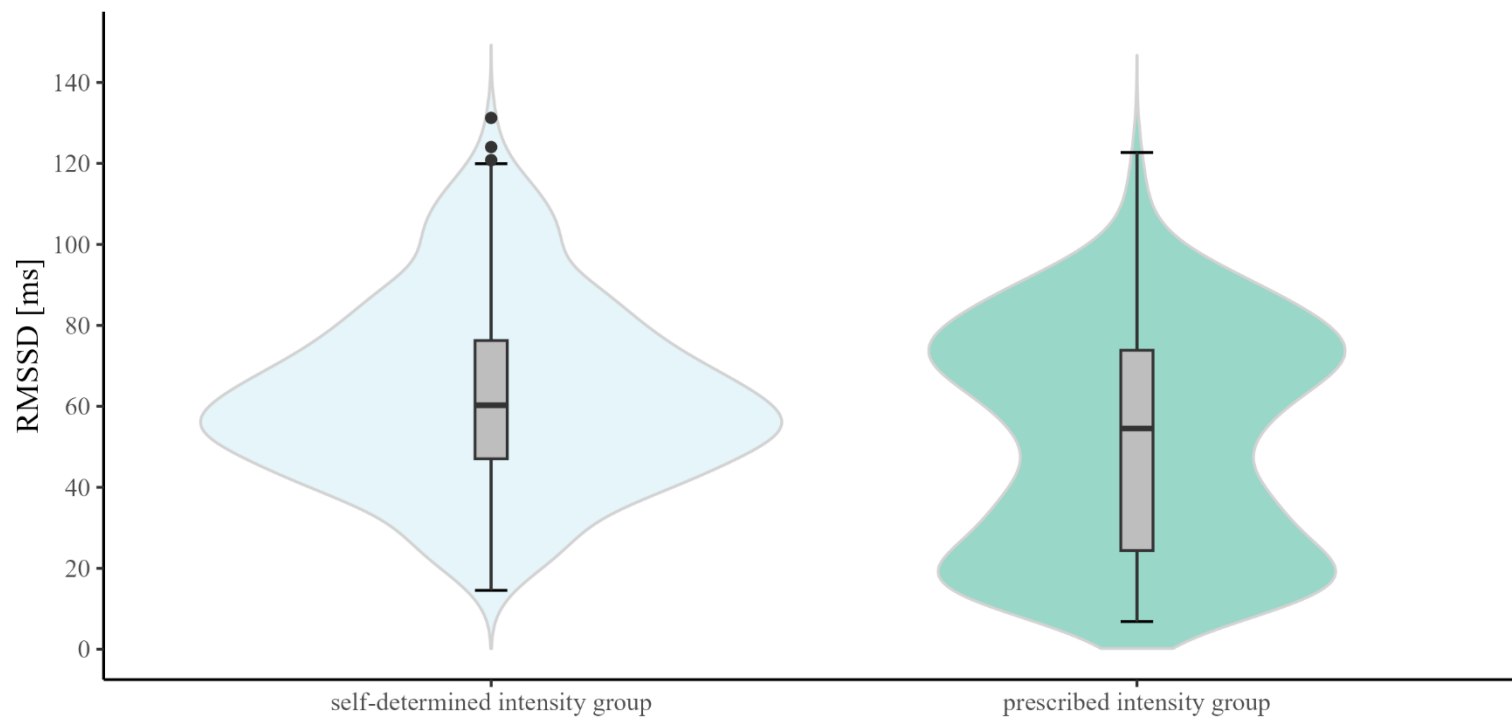
Figure ESM9: Violin plots of morning RMSSD per intervention group