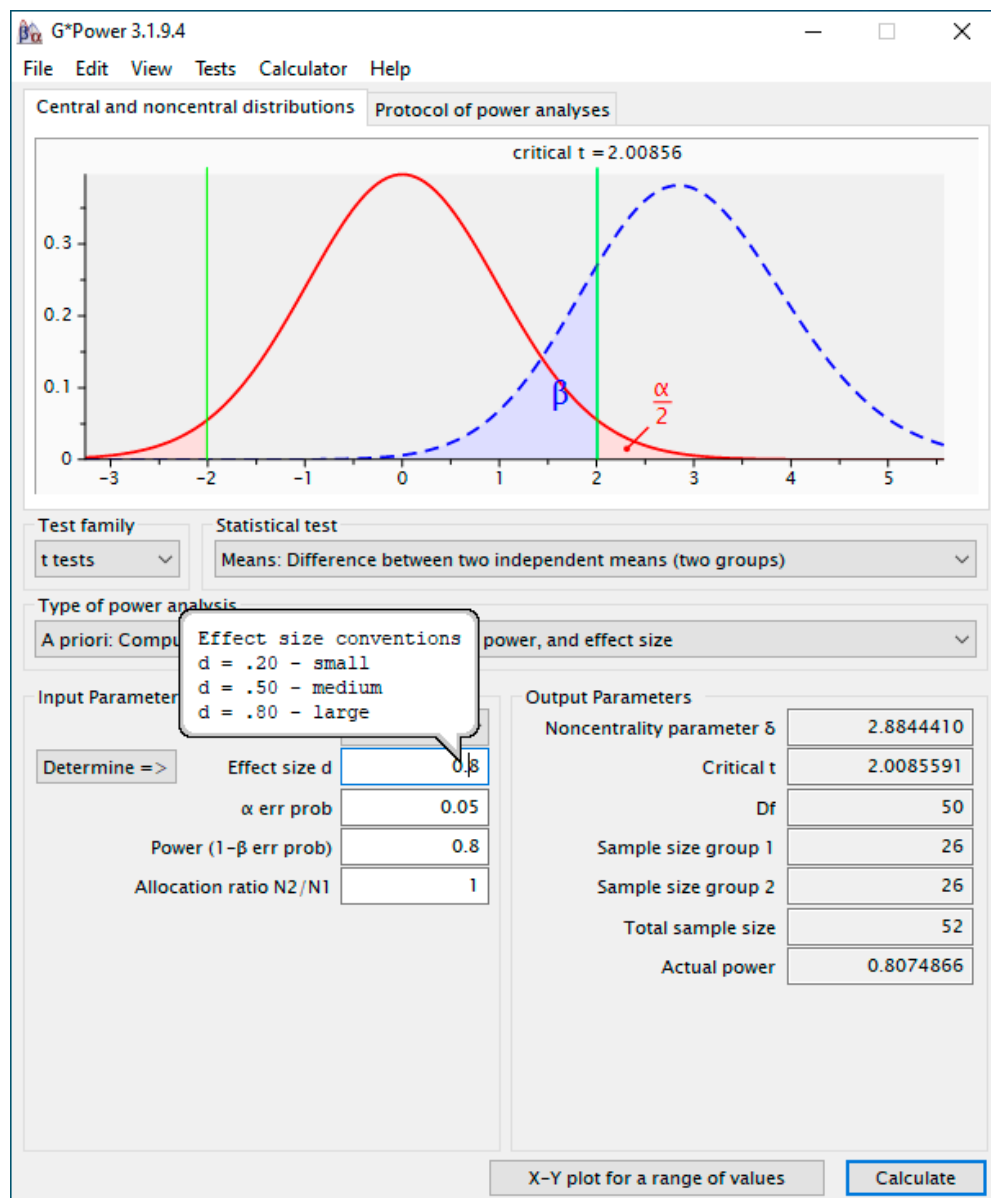
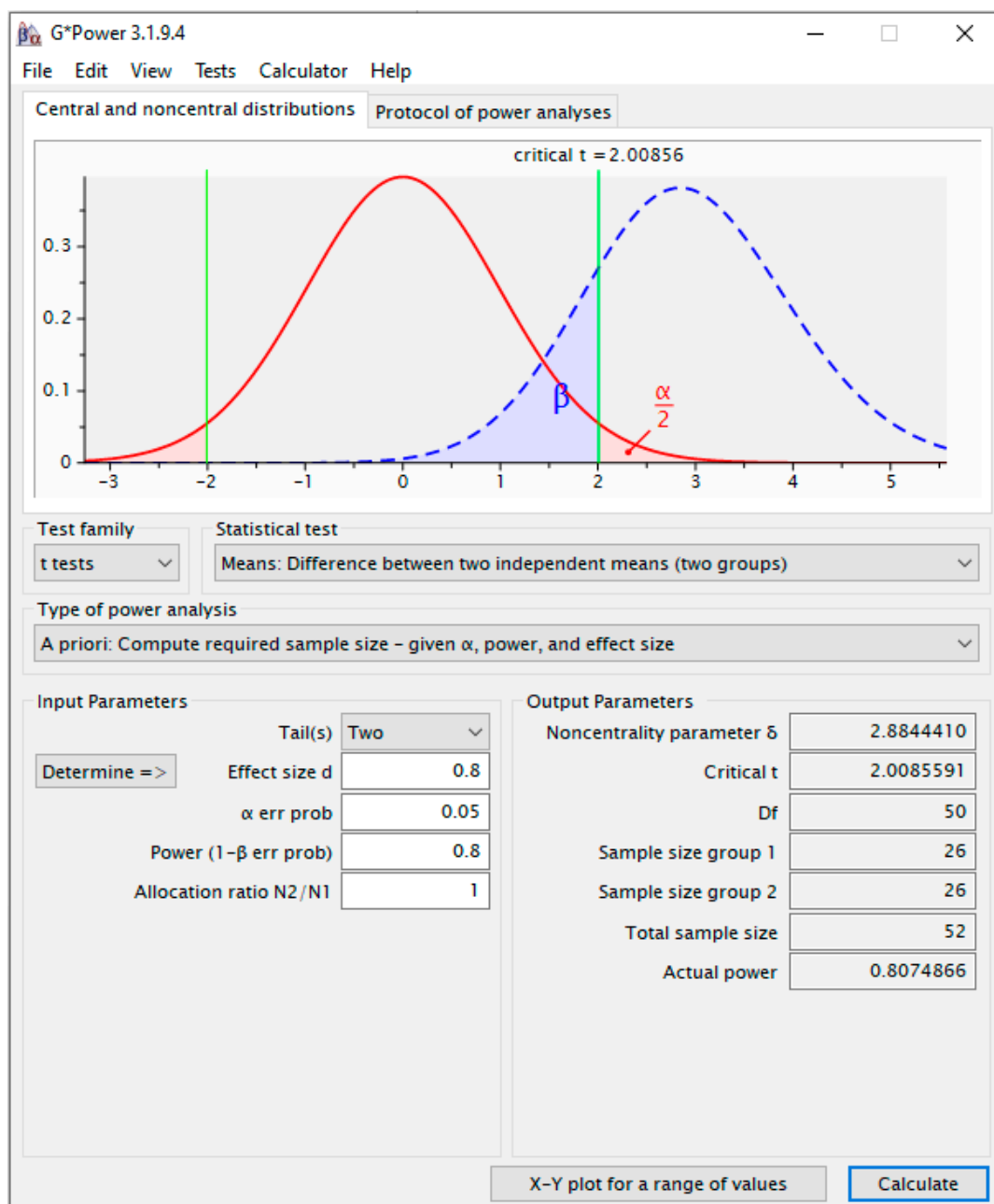


## Supplemental Material

### Sample size calculation

The sample size of the present study was calculated by using G-power V.3.1.9.4 (Heinrich-Heine-Universität Düsseldorf, Düsseldorf, Germany) [19]. The theoretical large effect size value of 0.8 for the comparison of two independent means (the unpaired t-test) was used. With a power of 0.8 and a significance level of 0.05, the calculation of sample size for two-tailed yielded the result of at least 26 people per group as shown below. Assuming a dropout rate of 15%, the sample size was set at thirty people ( $n = 30$ ) in each group, and the total sample size was 60.





**Figure S1.** sample size calculation.