

Supplemental Table S2: General trends of measures and volume of evidence

		Overall trend	n of studies	References
Physiological	HR	↑	24	1, 5-7, 9-11, 14, 15, 17-19, 25-29, 31, 33-35, 38-42
	HRV - RMSSD	↑	9	7, 14, 18, 19, 27, 29, 33, 35, 39
	HRV - HF	↑↓	7	19, 27, 29, 31, 33, 35, 39
	HRV - LF	↑↓	7	19, 27, 29, 31, 33, 35, 39
	Body Temp	↑	14	2, 7, 9-11, 15, 25, 27, 28, 31, 33, 34, 40, 42
	SpO <sub>2</sub>	↑↓	9	2, 5, 9, 27-29, 33, 34, 39
Saliva	Cortisol	↑	9	1, 3, 5, 12, 13, 17, 24, 26, 32
	Alpha Amylase	↑	1	24
	CRP	↔	2	12, 13
	NPY	↑	1	17
	DHEA	↑	2	17, 32
	Testosterone	↑	1	17
Blood	[La <sup>-</sup> ] <sub>b</sub>	↑	11	2, 5, 6, 19, 27-29, 33-35, 38
	CK	↑	3	4, 5, 23
	Cortisol	↑	8	16, 17, 21, 22, 30, 36-38
	Testosterone	↓	6	21, 22, 30, 36-38
	IGF-1	↓	4	21-23, 37
	SHBG	↑	4	8, 22, 36, 37
	DHEA	↑	3	16, 17, 38
	IL-6	↑	2	4, 38
	CRP	↑	1	8
	NPY	↔	1	30, 38
	sTfR	↑	1	17
	Hepcidin	↑	1	20
	TNF-α	↓	1	23
	BDNF	↔	1	16
	Epinephrine	↑	2	17, 30
	Norepinephrine	↑	2	17, 30
	Dopamine	↑	1	30
	TSH	↔	1	8
	Leptin	↓	1	23
	T3	↓	1	8
	T4	↓	1	8
	Glucose	↑	4	5, 7, 28, 29
Psychological	RPE	↑	14	2, 6, 7, 9, 15, 18, 19, 25, 27, 28, 33, 35, 39, 41

STAI	↑	10	2, 9, 24-29, 33, 35
CSAI-2R	↑↓	7	2, 5, 27, 28, 29, 33, 35
POMS	↑↓	4	4, 17, 24, 38
SSP	↑	3	2, 9, 39
DASS	↑	1	4
ERIQ	↔	2	12, 13
Perceptions of thermal and respiratory distress	↑	1	25
IES-R	↑	1	32

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