

Supplementary data:

Table S1. The tests of between-subjects effects for dependent variable REC.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	13717.806*	19	721.990	717.935	0.000
Intercept	42145.071	1	42145.071	41908.358	0.000
F	488.253	3	162.751	161.837	0.000
T	12301.858	4	3075.464	3058.191	0.000
F * T	927.695	12	77.308	76.874	0.000
Error	40.226	40	1.006		
Total	55903.102	60			
Corrected Total	13758.032	59			

* R² =0.997 (Adjusted R² = 0.996)

Table S2. The tests of between-subjects effects for dependent variable MDA.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	122.766*	19	6.461	35.188	0.000
Intercept	5160.239	1	5160.239	28102.051	0.000
F	35.310	3	11.770	64.099	0.000
T	11.721	4	2.930	15.958	0.000
F * T	75.735	12	6.311	34.370	0.000
Error	7.345	40	0.184		
Total	5290.350	60			
Corrected Total	130.111	59			

* R² =0.944 (Adjusted R² = 0.917)

Table S3. The tests of between-subjects effects for dependent variable Pro.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	139822.849*	19	7359.097	58.846	0.000
Intercept	846642.464	1	846642.464	6770.076	0.000
F	26544.081	3	8848.027	70.752	0.000
T	49978.629	4	12494.657	99.912	0.000
F * T	63300.139	12	5275.012	42.181	0.000
Error	5002.263	40	125.057		
Total	991467.576	60			
Corrected Total	144825.112	59			

* R² =0.965 (Adjusted R² = 0.949)

Table S4. The tests of between-subjects effects for dependent variable SS.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	202.232*	19	10.644	9.188	0.000
Intercept	9969.899	1	9969.899	8605.919	0.000
F	39.387	3	13.129	11.333	0.000
T	88.855	4	22.214	19.175	0.000
F * T	73.990	12	6.166	5.322	0.000
Error	46.340	40	1.158		
Total	10218.471	60			
Corrected Total	248.572	59			

* R² =0.997 (Adjusted R² = 0.996)**Table S5.** The tests of between-subjects effects for dependent variable SP.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	75.002*	19	3.947	57.452	0.000
Intercept	2390.986	1	2390.986	34798.219	0.000
F	22.236	3	7.412	107.872	0.000
T	30.754	4	7.689	111.899	0.000
F * T	22.012	12	1.834	26.697	0.000
Error	2.748	40	0.069		
Total	2468.736	60			
Corrected Total	77.751	59			

* R² =0.965 (Adjusted R² = 0.948)**Table S6.** The tests of between-subjects effects for dependent variable SOD.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	287150.944*	19	15113.208	5.732	0.000
Intercept	10958057.421	1	10958057.421	4155.857	0.000
F	29595.248	3	9865.083	3.741	0.018
T	204283.766	4	51070.942	19.369	0.000
F * T	53271.930	12	4439.327	1.684	0.108
Error	105470.978	40	2636.774		
Total	11350679.343	60			
Corrected Total	392621.922	59			

* R² =0.731 (Adjusted R² = 0.604)

Table S7. The tests of between-subjects effects for dependent variable POD.

Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	913848.096*	19	48097.268	852.104	0.000
Intercept	2851788.811	1	2851788.811	50523.022	0.000
F	646037.429	3	215345.810	3815.122	0.000
T	170253.803	4	42563.451	754.065	0.000
F * T	97556.864	12	8129.739	144.029	0.000
Error	2257.813	40	56.445		
Total	3767894.720	60			
Corrected Total	916105.909	59			

* R² =0.998 (Adjusted R² = 0.996)