Supplementary Materials

Supplementary Table S1. Schedule of the assessments at baseline and post-intervention.

		Duration (Total ≈ 100′) *	Description of Baseline and Post-Intervention	Timepoints
Continuous autonomic measurements	Pre-Stress	30′	Providing stool and waking saliva samples Placement of the portable device for autonomic measurements (calibration) Compliance questionnaire Questionnaires (PSS, HADs, GRSR, and PSQI)	
		5′	Instructions on the procedures Rest and filler activities Saliva sample t-20	Before
		5′	PANAS scale STAI-6	
	Stressor	5′	MAST instructions and anticipation phase VAS subjective perception before stressor	During 1
		10′	Maastricht Acute Stress Test HIT (90 s) MA (45 s) HIT (60 s) MA (60 s) HIT (60 s) MA (90 s) HIT (90 s) MA (45 s) HIT (60 s) Saliva sample t + 0 **	 During 2 During 3 During 2 During 3 During 2 During 3 During 2 During 3 During 2
	Post-Stress/Recovery	5′	VAS subjective perception during stressor VAS subjective perception after stressor PANAS scale STAI-6	After 1
		5′	Saliva sample t + 5 Rest	After 2
		5′	Saliva sample t + 10 Rest	After 3
		5′	Rest	After 4
		5′	Saliva sample t + 20 Rest	After 5
		5′	Rest	After 6

5′	Saliva sample t + 30 Rest	After 7
5′	Rest	After 8
2′	Saliva sample T + 40	
5′	Blood sampling	

* Small variations in completion time may be due to the time taken to read the task summary instructions and/or to complete self-reported assessments, to read the instructions on the computer screens, and/or to collect saliva samples; ** t0 refers to end of stressor; GSRS, Gastrointestinal Symptom Rating Scale; HADS, Hospital Anxiety and Depression Scale; PANAS, Positive and Negative Affect Schedule; PSS, Perceived Stress Scale; PSQI, Pittsburgh Sleep Quality Index questionnaire; VAS, Visual Analog Scale; STAI-6, State Trait Anxiety Inventory 6-item; HIT, Hand Immersion Trial; MA, mental arithmetic.