

Appendix 3.1 – Demographics by Interval Group

Appendix Table 3-1 Demographics of included participants by interval group

	Same Day	Next Day	Next Week
Sex	16 (5m, 11f)	16 (5m, 11f)	16 (7f, 9m)
Age (M ± SD)	27.94 ± 9.03	25.19 ± 3.58	24.81 ± 6.03
Age (Range)	20 - 53 y.o.	19 - 32 y.o.	19 - 40 y.o.

Differences between groups age and sex were assessed using a chi-squared test (sex) and Kruskal-Wallis H-Test (Age). A Kruskal-Wallis H-Test was performed owing to the non-normal distributions of ages within the Same Day and Next Week groups (Shapiro-Wilk Test, $p < 0.05$). There were no significant differences found between the groups for sex, $\chi^2 (1, N = 48) = 2.38$ $p = .666$, nor age, $H (2, n = 48) = 1.18$, $p = .554$.