

Supplementary Data

Supplementary Table I: EEG AVERAGE CHANGES IN BRAIN OSCILLATIONS' POWER BETWEEN INTERVENTION PERIODS: Mean ± Standard deviation									
MTI - PRE									
Frequency band		Electrodes							
		Fp1	Fp2	T3	T4	C3	C4	O1	O2
Delta	Value	-0.28±0.37	-0.34±0.31	-0.23±0.5	-0.18±0.45	-0.23±0.35	-0.16±0.35	0.08±0.77	-0.14±0.55
	p-value	0.015*	0.005*	0.162	0.193	0.043*	0.162	0.687	0.376
Theta	Value	-0.05±0.58	-0.3±0.3	-0.08±0.51	-0.05±0.42	0.08±0.77	0.02±0.37	0.59±1.24	0.18±0.82
	p-value	0.807	0.015*	0.807	0.807	0.807	0.807	0.165	0.807
Alpha	Value	0.26±0.85	-0.09±0.77	0.19±0.92	0.18±0.72	0.45±1.04	0.34±0.8	1.11±1.26	0.86±1.83
	p-value	0.389	0.699	0.561	0.513	0.219	0.219	0.050	0.173
Slow Beta	Value	-0.27±0.62	-0.43±0.9	-0.18±0.52	-0.27±0.56	0.14±0.53	0.11±0.41	0.4±1.01	0.3±1.09
	p-value	0.242	0.242	0.312	0.242	0.363	0.363	0.261	0.363
Fast Beta	Value	-0.5±0.69	-0.51±1.21	-0.58±0.49	-0.57±0.52	-0.09±0.65	-0.08±0.45	-0.18±0.46	-0.16±0.57
	p-value	0.002*	0.196	0.002*	0.002*	0.665	0.582	0.196	0.413
POST - PRE									
Frequency band		Electrodes							
		Fp1	Fp2	T3	T4	C3	C4	O1	O2
Delta	Value	0.13±0.31	0.14±0.45	0.19±0.32	0.23±0.39	0.15±0.29	0.13±0.35	0.25±0.48	0.1±0.27
	p-value	0.125	0.309	0.088	0.088	0.113	0.254	0.088	0.198
Theta	Value	0.11±0.25	0.06±0.41	0.16±0.34	0.16±0.41	0.11±0.26	0.07±0.23	0.18±0.56	-0.02±0.54
	p-value	0.264	0.680	0.264	0.264	0.264	0.390	0.390	0.932
Alpha	Value	0.11±0.32	-0.03±0.57	0.18±0.43	0.21±0.29	0.12±0.41	0.12±0.33	0.13±0.52	-0.02±0.64
	p-value	0.458	0.917	0.458	0.060	0.458	0.458	0.459	0.917
Slow Beta	Value	0.2±0.67	0.08±0.95	0.55±0.99	0.54±1.05	0.36±0.74	0.22±0.46	0.21±0.59	0.08±0.58
	p-value	0.332	0.777	0.150	0.150	0.157	0.171	0.298	0.676
Fast Beta	Value	0.43±1.17	0.17±1.45	0.9±1.6	0.73±1.33	0.72±1.67	0.49±0.92	0.33±0.8	0.3±0.59
	p-value	0.191	0.703	0.075	0.075	0.142	0.075	0.151	0.116
MTI - POST									
Frequency band		Electrodes							
		Fp1	Fp2	T3	T4	C3	C4	O1	O2
Delta	Value	-0.41±0.5	-0.48±0.46	-0.42±0.43	-0.41±0.44	-0.39±0.39	-0.29±0.42	-0.17±0.65	-0.25±0.55
	p-value	0.008*	0.010*	0.020*	0.020*	0.008*	0.041*	0.478	0.153
Theta	Value	-0.16±0.44	-0.37±0.38	-0.24±0.35	-0.21±0.45	-0.03±0.66	-0.05±0.35	0.41±0.93	0.2±0.55
	p-value	0.598	0.100	0.473	0.473	0.916	0.801	0.561	0.598
Alpha	Value	0.15±0.82	-0.06±0.76	0.01±0.93	-0.04±0.81	0.33±1.06	0.23±0.83	0.98±1.71	0.88±1.39
	p-value	0.869	0.971	0.971	0.971	0.679	0.679	0.250	0.250
Slow Beta	Value	-0.47±0.42	-0.51±0.41	-0.73±0.81	-0.81±0.92	-0.22±0.67	-0.1±0.49	0.19±0.89	0.22±0.9
	p-value	0.132	0.258	0.055	0.055	0.535	0.535	0.535	0.535
Fast Beta	Value	-0.93±1.03	-0.68±1.36	-1.47±1.51	-1.3±1.38	-0.81±1.34	-0.57±1.02	-0.52±0.85	-0.46±0.7
	p-value	0.025*	0.173	0.002*	0.002*	0.102	0.048*	0.048*	0.055

Supplementary Table I: EEG average changes in brain oscillations' power between intervention periods: The data presented represent the average change ± standard deviation for the 17 recordings. The value represents the difference between the first period and the second period in the title. For instance, in MTI-PRE, a positive value indicates an increase in the variable during MTI compared to PRE. Values are presented; p-values were calculated by permutation test and then corrected via false rate discovery (FDR). p-values < 0.05 indicated significant changes and were marked with an *.