**Supplementary Material**

To enhance participant motivation and minimize dropout rates, we introduced the two interventions in a supportive and engaging way for our patients. We began by highlighting the physical health benefits of exercise and dance to encourage participation. Throughout the intervention, we employed a gradual progression, starting with simple movements and increasing complexity to ensure accessibility and maintain interest. Instructors provided clear guidance and offered continuous encouragement to promote active involvement during each session. Additionally, we introduced small rewards, such as snacks, after each session to further motivate participants and enrich their experience. We believe these strategies will foster greater engagement and create a more enjoyable experience in the dance intervention. We recorded the attendance of each group of subjects.

**Table 1 intervention time schedule**

|  |  |  |  |
| --- | --- | --- | --- |
| Week | Group | Day | Time |
| Week 1 | Dance Intervention Group | Monday | 09:00–10:00 |
| Week 1 | Aerobic Exercise Group | Monday | 10:00–11:00 |
| Week 1 | Dance Intervention Group | Wednesday | 15:00–16:00 |
| Week 1 | Aerobic Exercise Group | Wednesday | 16:00–17:00 |
| Week 1 | Dance Intervention Group | Saturday | 15:00–16:00 |
| Week 1 | Aerobic Exercise Group | Saturday | 16:00–17:00 |
| Week 2 | Dance Intervention Group | Monday | 15:00–16:00 |
| Week 2 | Aerobic Exercise Group | Monday | 16:00–17:00 |
| Week 2 | Dance Intervention Group | Wednesday | 09:00–10:00 |
| Week 2 | Aerobic Exercise Group | Wednesday | 10:00–11:00 |
| Week 2 | Dance Intervention Group | Saturday | 09:00–10:00 |
| Week 2 | Aerobic Exercise Group | Saturday | 10:00–11:00 |
| Week 3 | Dance Intervention Group | Monday | 09:00–10:00 |
| Week 3 | Aerobic Exercise Group | Monday | 10:00–11:00 |
| Week 3 | Dance Intervention Group | Wednesday | 15:00–16:00 |
| Week 3 | Aerobic Exercise Group | Wednesday | 16:00–17:00 |
| Week 3 | Dance Intervention Group | Saturday | 15:00–16:00 |
| Week 3 | Aerobic Exercise Group | Saturday | 16:00–17:00 |
| Week 4 | Dance Intervention Group | Monday | 09:00–10:00 |
| Week 4 | Aerobic Exercise Group | Monday | 10:00–11:00 |
| Week 4 | Dance Intervention Group | Wednesday | 15:00–16:00 |
| Week 4 | Aerobic Exercise Group | Wednesday | 16:00–17:00 |
| Week 4 | Dance Intervention Group | Saturday | 09:00–10:00 |
| Week 4 | Aerobic Exercise Group | Saturday | 10:00–11:00 |
| Week 5 | Dance Intervention Group | Monday | 15:00–16:00 |
| Week 5 | Aerobic Exercise Group | Monday | 16:00–17:00 |
| Week 5 | Dance Intervention Group | Wednesday | 09:00–10:00 |
| Week 5 | Aerobic Exercise Group | Wednesday | 10:00–11:00 |
| Week 5 | Dance Intervention Group | Saturday | 14:30–15:30 |
| Week 5 | Aerobic Exercise Group | Saturday | 15:30–16:30 |
| Week 6 | Dance Intervention Group | Monday | 09:00–10:00 |
| Week 6 | Aerobic Exercise Group | Monday | 10:00–11:00 |
| Week 6 | Dance Intervention Group | Wednesday | 14:30–15:30 |
| Week 6 | Aerobic Exercise Group | Wednesday | 15:30–16:30 |
| Week 6 | Dance Intervention Group | Saturday | 09:00–10:00 |
| Week 6 | Aerobic Exercise Group | Saturday | 10:00–11:00 |
| Week 7 | Dance Intervention Group | Monday | 15:00–16:00 |
| Week 7 | Aerobic Exercise Group | Monday | 16:00–17:00 |
| Week 7 | Dance Intervention Group | Wednesday | 15:00–16:00 |
| Week 7 | Aerobic Exercise Group | Wednesday | 16:00–17:00 |
| Week 7 | Dance Intervention Group | Saturday | 09:00–10:00 |
| Week 7 | Aerobic Exercise Group | Saturday | 10:00–11:00 |
| Week 8 | Dance Intervention Group | Monday | 15:00–16:00 |
| Week 8 | Aerobic Exercise Group | Monday | 16:00–17:00 |
| Week 8 | Dance Intervention Group | Wednesday | 14:30–15:30 |
| Week 8 | Aerobic Exercise Group | Wednesday | 15:30–16:30 |
| Week 8 | Dance Intervention Group | Saturday | 09:00–10:00 |
| Week 8 | Aerobic Exercise Group | Saturday | 10:00–11:00 |
| Week 9 | Dance Intervention Group | Monday | 09:00–10:00 |
| Week 9 | Aerobic Exercise Group | Monday | 10:00–11:00 |
| Week 9 | Dance Intervention Group | Wednesday | 09:00–10:00 |
| Week 9 | Aerobic Exercise Group | Wednesday | 10:00–11:00 |
| Week 9 | Dance Intervention Group | Saturday | 15:00–16:00 |
| Week 9 | Aerobic Exercise Group | Saturday | 16:00–17:00 |
| Week 10 | Dance Intervention Group | Monday | 15:00–16:00 |
| Week 10 | Aerobic Exercise Group | Monday | 16:00–17:00 |
| Week 10 | Dance Intervention Group | Wednesday | 09:00–10:00 |
| Week 10 | Aerobic Exercise Group | Wednesday | 10:00–11:00 |
| Week 10 | Dance Intervention Group | Saturday | 15:00–16:00 |
| Week 10 | Aerobic Exercise Group | Saturday | 16:00–17:00 |
| Week 11 | Dance Intervention Group | Monday | 09:00–10:00 |
| Week 11 | Aerobic Exercise Group | Monday | 10:00–11:00 |
| Week 11 | Dance Intervention Group | Wednesday | 09:00–10:00 |
| Week 11 | Aerobic Exercise Group | Wednesday | 10:00–11:00 |
| Week 11 | Dance Intervention Group | Saturday | 09:00–10:00 |
| Week 11 | Aerobic Exercise Group | Saturday | 10:00–11:00 |
| Week 12 | Dance Intervention Group | Monday | 15:00–16:00 |
| Week 12 | Aerobic Exercise Group | Monday | 16:00–17:00 |
| Week 12 | Dance Intervention Group | Wednesday | 09:00–10:00 |
| Week 12 | Aerobic Exercise Group | Wednesday | 10:00–11:00 |
| Week 12 | Dance Intervention Group | Saturday | 15:00–16:00 |
| Week 12 | Aerobic Exercise Group | Saturday | 16:00–17:00 |

1. **Heart rate**

Heart rate was recorded before, during, and after the intervention. The target heart rate of moderate intensity for chronic schizophrenia patients was 110-140 using the Karvonen formula. However, due to the patients’ situation and performance, the actual heart rates of the two groups were around 80-120 during the intervention. Although a small percentage of participants did not meet the target, there was no significant difference between the dance intervention group and the aerobic exercise group. This inability to reach the target heart rate may be attributed to the vulnerabilities in the patients' cardiovascular systems.

A. The heart rate of subject





1. **Dance group evaluation**

Table B. Dance group evaluation

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| dimension | Musicalrhythm | Balance | Movementcoordination | Movementcompletion |
| Patient 1 | 7 | 7 | 7 | 7 |
| Patient 2 | 6 | 6 | 6 | 6 |
| Patient 3 | 6 | 6 | 6 | 6 |
| Patient 4 | 8 | 8 | 8 | 8 |
| Patient 5 | 8 | 8 | 8 | 8 |
| Patient 6 | 9 | 9 | 9 | 9 |
| Patient 7 | 9 | 9 | 9 | 9 |
| Patient 8 | 6 | 6 | 6 | 6 |
| Patient 9 | 7 | 7 | 7 | 7 |
| Patient 10 | 6 | 6 | 7 | 7 |

1. **Non-Parametric Comparison of baseline differences**

We employed the Mann-Whitney U test to assess the difference in cognitive function between the dance intervention and aerobic exercise groups at baseline. The results indicated no significant differences in cognitive function between the two groups at baseline.

Table C. Non-Parametric Comparison of Baseline Differences

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Dance intervention [Mean Rank (Sum)] | Aerobic exercise [Mean Rank (Sum)] | Zscore |  |
| TMT | 16.35(268.50) | 18.54(259.50) | -0.24 | 0.83 |
| SC | 14.13(226.00) | 13.82(152.00) | -0.10 | 0.94 |
| CF | 14.68(249.50) | 17.61(246.50) | -0.89 | 0.38 |
| SS | 15.53(279.50) | 17.75(148.50) | -0.67 | 0.51 |
| DS | 16.14(290.50) | 15.81(205.50) | -0.10 | 0.92 |
| BVMT-R | 15.69(282.50) | 16.42(213.50) | -0.22 | 0.83 |
| HVLT-R | 13.83(249.00) | 19.93(279.00) | -1.82 | 0.07 |
| CPT-IP | 13.44(242.00) | 18.58(223.00) | -1.55 | 0.12 |
| NAB Mazes | 15.06(256.00) | 17.14(240.00) | -0.64 | 0.54 |
| MEST | 14.66(234.50) | 13.05(143.50) | -0.52 | 0.61 |

*Indicated values are shown as mean rank(the sum of the rank). TMT: Trail Making Test; SC: Symbol Coding; CF: Category Fluency; CPT-IP, Continuous Operation Test-identical pairs; SS: Spatial Span; DS, Digit Span Test; HVLT-R: Hopkins Word Learning Test-Revised; BVMT-R: Brief Visuospatial Memory Test-Revised; NAB Mazes: Neuropsychological Assessment Battery Mazes; MEST, Mayer-Salovey-Caruso Emotional Intelligence Quotient Test; p values for the comparisons (two-sample t-tests) between dance group and aerobic exercise group; \*p<0.05, \*\*p<0.01 and \*\*\*P<0.001.*

1. **Non-Parametric Comparison of baseline differences**

Table D. Generalized Estimating Equations Results of MCCB

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Test |  | Dance intervention | Aerobic exercise | Time p value | Group p value | Time×Group  p value |
| TMT | baseline | 32.53 (2.16) | 31.86 (2.03) | 0.10 | 0.94 | 0.76 |
| 3 months | 34.35(2.81) | 34.50(2.81) |
| SC | baseline | 26.38(2.90) | 25.27(3.37) | 0.64 | 0.23 | 0.50 |
| 3 months | 28.94(3.32) | 26.00(3.03) |
| CF | baseline | 31.00(2.64) | 32.85(2.57) | 0.04\* | 0.32 | 0.60 |
| 3 months | 34.06(2.53) | 38.00(2.15) |
| SS | baseline | 27.17(3.10) | 30.29(2.46) | 0.01\* | 0.40 | 0.89 |
| 3 months | 32.35(2.97) | 34.93(2.53) |
| DS | baseline | 33.72(2,82) | 34.00(2.16) | 0.03\* | 0.72 | 0.65 |
| 3 months | 36.59(2.35) | 38.36(2.11) |
| BVMT-R | baseline | 33.33(2.66) | 32.15(1.51) | 0.26 | 0.69 | 0.98 |
| 3 months | 35.35(2.75) | 34.07(2.88) |
| HVLT-R | baseline | 29.11(3.35) | 35.29(2.05) | <0.001\*\*\* | 0.45 | 0.023\* |
| 3 months | 38.71(3.37) | 38.14(2.37) |
| CPT-IP | baseline | 29.33(2.13) | 34.92(2.75) | 0.36 | 0.54 | 0.047\* |
| 3 months | 32.94(1.76) | 33.00(2.82) |
| MAZE | baseline | 26.71(3.88) | 28.93(2.96) | 0.08 | 0.96 | 0.37 |
| 3 months | 32.65(3.34) | 30.86(3.49) |
| MEST | baseline | 39.06(3.23) | 37.73(3.28) | 0.94 | 0.56 | 0.77 |
| 3 months | 39.94(2.23) | 37.21(2.94) |

*Indicated values are shown as mean (standard deviation). TMT: Trail Making Test; SC: Symbol Coding; CF: Category Fluency;* *CPT-IP:* *Continuous Operation Test-identical pairs; SS: Spatial Span; DS, Digit Span Test; HVLT-R: Hopkins Word Learning Test-Revised; BVMT-R: Brief Visuospatial Memory Test-Revised; MAZES: Psychological Assessment Test Package (NAB) Maze; MEST, Mayer-Salovey-Caruso Emotional Intelligence Quotient Test; ∗p<0.05, ∗∗p<0.01 and \*\*\*P<0.001*

1. **Non-Parametric Comparison of physiological indicators**

Table E. Generalized Estimating Equations Results of Physiological Indicators

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Dance interventiongroup | Aerobic exercisegroup | TimeEffect p value | GroupEffectp value | Time×Group interaction effectp value |
| MCH | baseline | 30.02 (0.38) | 30.52 (0.59) | 0.35 | 0.87 | 0.022\* |
| 3 months | 30.38 (0.37) | 29.67 (0.55) |
| MCHC | baseline | 327.00 (1.54) | 328.38(1.51) | 0.19 | 0.72 | 0.031\* |
| 3 months | 327.87 (1.84) | 324.77 (2.42) |
| PCT | baseline | 0.20 (0.02) | 0.22(0.02) | 0.07 | 0.08 | 0.024\* |
| 3 months | 0.19(0.02) | 0.25(0.02) |
| CYS-C | baseline | 0.94(0.03) | 1.15(0.13) | <0.001\*\*\* | 0.17 | 0.003\*\* |
| 3 months | 1.03(0.04) | 1.18(0.13) |
| TBIL | baseline | 6.90(0.63) | 7.40(1.02) | 0.62 | 0.52 | 0.028\* |
| 3 months | 7.82(0.87) | 5.95(0.82) |

*Indicated values are shown as mean (standard deviation). MCH: Mean corpuscular hemoglobin; MCHC: Mean corpuscular hemoglobin concentration; PCT: Plateletcrit ; CYSC: Cystatin C; TBIL: total bilirubin;; \*p<0.05, \*\*p<0.01 and \*\*\*P<0.001.*

1. **Physiological indicators analysis**

Table F.Physiological indicators analysis

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | Dance group | Aerobic exercise | Timeeffect | Groupeffect | Interactioneffect |
| WBC | baseline | 6.15 (1.91) | 6.13 (1.58) | 0.05 | 0.83 | 0.57 |
| 3 months | 6.55 (1.61) | 6.82 (1.46) |
| NEU# | baseline | 3.67(1.39) | 3.55(1.11) | 0.09 | 0.94 | 0.50 |
| 3 months | 3.91(0.98) | 4.10(1.33) |
| LYM# | baseline | 1.80(0.59) | 1.96(0.56) | 0.14 | 0.52 | 0.86 |
| 3 months | 1.96(0.63) | 2.08(0.68) |
| MON# | baseline | 0.40(0.16) | 0.42(0.13) | 0.37 | 0.93 | 0.72 |
| 3 months | 0.43(0.15) | 0.43(0.11) |
| EOS# | baseline | 0.24(0.25) | 0.17(0.11) | 0.77 | 0.40 | 0.34 |
| 3 months | 0.22(0.22) | 0.18(0.11) |
| BAS# | baseline | 0.03(0.02) | 0.04(0.02) | 0.81 | 0.29 | 0.38 |
| 3 months | 0.03(0.02) | 0.04(0.02) |
| NEU | baseline | 59.06(7.68) | 57.37(7.80) | 0.43 | 0.68 | 0.75 |
|  | 3 months | 59.81(7.15) | 59.15(10.85) |  |  |  |
| LYM | baseline | 30.15(7.35) | 32.52(7.60) | 0.61 | 0.51 | 0.67 |
|  | 3 months | 30.02(6.47) | 31.20(10.38) |  |  |  |
| MON | baseline | 6.51(1.30) | 6.79(1.30) | 0.34 | 0.96 | 0.24 |
|  | 3 months | 6.56(1.39) | 6.27(0.81) |  |  |  |
| EOS | baseline | 3.75(3.06) | 2.71(1.73) | 0.45 | 0.42 | 0.30 |
|  | 3 months | 3.15(2.40) | 2.81(1.95) |  |  |  |
| BAS | baseline | 0.54(0.27) | 0.61(0.37) | 0.18 | 0.37 | 0.55 |
|  | 3 months | 0.46(0.26) | 0.58(0.25) |  |  |  |
| RBC | baseline | 4.31(0.36) | 4.21(0.54) | 0.40 | 0.40 | 0.76 |
|  | 3 months | 4.40(0.45) | 4.35(0.43) |  |  |  |
| HGB | baseline | 129.27(9.43) | 127.85(14.47) | 0.53 | 0.34 | 0.14 |
|  | 3 months | 133.60(12.89) | 126.08(16.14) |  |  |  |
| HCT | baseline | 39.49(2.51) | 38.90(3.90) | 0.36 | 0.32 | 0.25 |
|  | 3 months | 40.68(3.77) | 38.68(4.10) |  |  |  |
| MCV | baseline | 91.77(4.39) | 92.92(6.41) | 0.65 | 0.97 | 0.17 |
|  | 3 months | 92.60(3.81) | 91.32(4.61) |  |  |  |
| RDWCV | baseline | 13.63(0.72) | 13.53(0.64) | 0.10 | 0.79 | 0.36 |
|  | 3 months | 13.21(0.70) | 13.41(0.65) |  |  |  |
| RDWSD | baseline | 43.61(3.22) | 43.77(4.87) | 0.03\* | 0.96 | 0.87 |
|  | 3 months | 41.95(2.34) | 41.89(1.42) |  |  |  |
| MPV | baseline | 9.60(1.41) | 9.91(0.89) | 0.04\* | 0.35 | 0.79 |
|  | 3 months | 9.35(1.29) | 9.72(1.10) |  |  |  |
| PDW | baseline | 16.05(0.34) | 16.17(0.34) | 0.43 | 0.54 | 0.50 |
|  | 3 months | 16.05(0.42) | 16.08(0.32) |  |  |  |
| GLU | baseline | 4.58(0.85) | 6.27(3.89) | 0.81 | 0.10 | 0.25 |
|  | 3 months | 5.00(0.85) | 6.00(1.98) |  |  |  |
| BUN | baseline | 3.81(1.47) | 5.62(4.45) | 0.50 | 0.07 | 0.14 |
|  | 3 months | 3.55(1.08) | 6.30(4.81) |  |  |  |
| CREA | baseline | 59.06(7.68) | 57.37(7.80) | 0.43 | 0.68 | 0.75 |
|  | 3 months | 59.81(7.15) | 59.15(10.85) |  |  |  |
| URIC | baseline | 30.15(7.35) | 32.52(7.60) | 0.61 | 0.51 | 0.67 |
|  | 3 months | 30.02(6.47) | 31.20(10.38) |  |  |  |
| B2MG | baseline | 6.51(1.30) | 6.79(1.30) | 0.34 | 0.96 | 0.24 |
|  | 3 months | 6.56(1.39) | 6.27(0.81) |  |  |  |
| DBIL | baseline | 3.75(3.06) | 2.71(1.73) | 0.45 | 0.42 | 0.30 |
|  | 3 months | 3.15(2.40) | 2.81(1.95) |  |  |  |
| IBIL | baseline | 0.54(0.27) | 0.61(0.37) | 0.18 | 0.37 | 0.55 |
|  | 3 months | 0.46(0.26) | 0.58(0.25) |  |  |  |
| TP | baseline | 59.06(7.68) | 57.37(7.80) | 0.43 | 0.68 | 0.75 |
|  | 3 months | 59.81(7.15) | 59.15(10.85) |  |  |  |
| ALB | baseline | 30.15(7.35) | 32.52(7.60) | 0.61 | 0.51 | 0.67 |
|  | 3 months | 30.02(6.47) | 31.20(10.38) |  |  |  |
| GLB | baseline | 3.75(3.06) | 2.71(1.73) | 0.45 | 0.42 | 0.30 |
|  | 3 months | 3.15(2.40) | 2.81(1.95) |  |  |  |
| AG | baseline | 0.54(0.27) | 0.61(0.37) | 0.18 | 0.37 | 0.55 |
|  | 3 months | 0.46(0.26) | 0.58(0.25) |  |  |  |
| ALT | baseline | 6.51(1.30) | 6.79(1.30) | 0.34 | 0.96 | 0.24 |
|  | 3 months | 6.56(1.39) | 6.27(0.81) |  |  |  |
| AST1 | baseline | 6.15 (1.91) | 6.13 (1.58) | 0.05 | 0.83 | 0.57 |
|  | 3 months | 6.55 (1.61) | 6.82 (1.46) |  |  |  |
| ALP | baseline | 3.67(1.39) | 3.55(1.11) | 0.09 | 0.94 | 0.50 |
|  | 3 months | 3.91(0.98) | 4.10(1.33) |  |  |  |
| LDH | baseline | 1.80(0.59) | 1.96(0.56) | 0.14 | 0.52 | 0.86 |
|  | 3 months | 1.96(0.63) | 2.08(0.68) |  |  |  |
| ADA | baseline | 0.40(0.16) | 0.42(0.13) | 0.37 | 0.93 | 0.72 |
|  | 3 months | 0.43(0.15) | 0.43(0.11) |  |  |  |
| 15NT | baseline | 0.24(0.25) | 0.17(0.11) | 0.77 | 0.40 | 0.34 |
|  | 3 months | 0.22(0.22) | 0.18(0.11) |  |  |  |
| CHE | baseline | 0.03(0.02) | 0.04(0.02) | 0.81 | 0.29 | 0.38 |
|  | 3 months | 0.03(0.02) | 0.04(0.02) |  |  |  |
| TBA | baseline | 59.06(7.68) | 57.37(7.80) | 0.43 | 0.68 | 0.75 |
|  | 3 months | 59.81(7.15) | 59.15(10.85) |  |  |  |
| CG | baseline | 30.15(7.35) | 32.52(7.60) | 0.61 | 0.51 | 0.67 |
|  | 3 months | 30.02(6.47) | 31.20(10.38) |  |  |  |
| MAO | baseline | 6.51(1.30) | 6.79(1.30) | 0.34 | 0.96 | 0.24 |
|  | 3 months | 6.56(1.39) | 6.27(0.81) |  |  |  |
| CHOL | baseline | 3.75(3.06) | 2.71(1.73) | 0.45 | 0.42 | 0.30 |
|  | 3 months | 3.15(2.40) | 2.81(1.95) |  |  |  |
| TG | baseline | 0.54(0.27) | 0.61(0.37) | 0.18 | 0.37 | 0.55 |
|  | 3 months | 0.46(0.26) | 0.58(0.25) |  |  |  |
| HDLC | baseline | 4.31(0.36) | 4.21(0.54) | 0.40 | 0.40 | 0.76 |
|  | 3 months | 4.40(0.45) | 4.35(0.43) |  |  |  |
| LDLC | baseline | 129.27(9.43) | 127.85(14.47) | 0.53 | 0.34 | 0.14 |
|  | 3 months | 133.60(12.89) | 126.08(16.14) |  |  |  |
| APOA | baseline | 59.06(7.68) | 57.37(7.80) | 0.43 | 0.68 | 0.75 |
|  | 3 months | 59.81(7.15) | 59.15(10.85) |  |  |  |
| APOB | baseline | 30.15(7.35) | 32.52(7.60) | 0.61 | 0.51 | 0.67 |
|  | 3 months | 30.02(6.47) | 31.20(10.38) |  |  |  |
| LP(a) | baseline | 6.51(1.30) | 6.79(1.30) | 0.34 | 0.96 | 0.24 |
|  | 3 months | 6.56(1.39) | 6.27(0.81) |  |  |  |
| NEFA | baseline | 0.54(0.27) | 0.61(0.37) | 0.18 | 0.37 | 0.55 |
|  | 3 months | 0.46(0.26) | 0.58(0.25) |  |  |  |
| CK | baseline | 4.31(0.36) | 4.21(0.54) | 0.40 | 0.40 | 0.76 |
|  | 3 months | 4.40(0.45) | 4.35(0.43) |  |  |  |
| CKMB | baseline | 129.27(9.43) | 127.85(14.47) | 0.53 | 0.34 | 0.14 |
|  | 3 months | 133.60(12.89) | 126.08(16.14) |  |  |  |
| HBDH | baseline | 39.49(2.51) | 38.90(3.90) | 0.36 | 0.32 | 0.25 |
|  | 3 months | 40.68(3.77) | 38.68(4.10) |  |  |  |
| K | baseline | 91.77(4.39) | 92.92(6.41) | 0.65 | 0.97 | 0.17 |
|  | 3 months | 92.60(3.81) | 91.32(4.61) |  |  |  |
| NA | baseline | 13.63(0.72) | 13.53(0.64) | 0.10 | 0.79 | 0.36 |
|  | 3 months | 13.21(0.70) | 13.41(0.65) |  |  |  |
| CL | baseline | 0.54(0.27) | 0.61(0.37) | 0.18 | 0.37 | 0.55 |
|  | 3 months | 0.46(0.26) | 0.58(0.25) |  |  |  |
| Ca | baseline | 4.31(0.36) | 4.21(0.54) | 0.40 | 0.40 | 0.76 |
|  | 3 months | 4.40(0.45) | 4.35(0.43) |  |  |  |
| Mg | baseline | 59.06(7.68) | 57.37(7.80) | 0.43 | 0.68 | 0.75 |
|  | 3 months | 59.81(7.15) | 59.15(10.85) |  |  |  |
| P | baseline | 30.15(7.35) | 32.52(7.60) | 0.61 | 0.51 | 0.67 |
|  | 3 months | 30.02(6.47) | 31.20(10.38) |  |  |  |
| TCO2 | baseline | 22.79(1.53) | 23.66(2.25) | 0.008\*\* | 0.74 | 0.13 |
|  | 3 months | 24.66(1.70) | 24.21(2.34) |  |  |  |