

Supplemental Table S1

Covariate	GAD-7
raw data	$F(2,126) = 20.383, p < 0.001$ CTL < MA-REM < MA-ACT
age	$F(2,125) = 25.835, p < 0.001$ CTL < MA-REM < MA-ACT
sex	$F(2,125) = 20.69, p < 0.001$ CTL < MA-REM = MA-ACT
education	$F(2,125) = 18.05, p < 0.001$ CTL < MA-REM < MA-ACT
BMI	$F(2,122) = 18.84, p < 0.001$ CTL < MA-REM < MA-ACT
smoker	$F(2,124) = 11.946, p < 0.001$ CTL < MA-REM < MA-ACT
all	$F(2,117) = 14.95, p < 0.001$ CTL < MA-REM < MA-ACT