

S4 Table. BDNF serum and plasma levels before and after intervention.

	Dance Group n = 19		Sport Group n = 16		p-value (DG vs SG)
	M	SEM	M	SEM	
BDNF Plasma level [pg/ml] pre	1509	± 231	2087	± 316	.142
BDNF Plasma level [pg/ml] post	2220	± 214	2048	± 281	.623
p-value (pre vs post intervention)	.007*				
p-value (interaction effect)	.046*				
BDNF Serum level [pg/ml] pre	35238	± 2269	30442	± 2637	.175
BDNF Serum level [pg/ml] post	36348	± 2403	29724	± 2758	.078
p-value (pre vs post intervention)	.354				
p-value (interaction effect)	.303				

Annotation. Repeated-measures ANOVA following post hoc pairwise comparison (Bonferroni).