

S1 Table. Syntax modifications in IBM® SPSS® Statistics 23 used for the nested model ANOVA. Note that Y was the dependent variable (e.g. plasma cortisol, plasma glucose, mRNA abundance, etc.).

```
VARIABLE LABELS Y 'Y'.  
VARIABLE LABELS Time 'Time'.  
VARIABLE LABELS Treatment 'Treatment'.  
UNIANOVA  
Y BY Treatment Time  
/METHOD = SSTYPE(2)  
/INTERCEPT = INCLUDE  
/POSTHOC = Treatment Time ( BONFERRONI )  
/EMMEANS = TABLES(Treatment) COMPARE ADJ(BONFERRONI)  
/EMMEANS = TABLES(Time) COMPARE ADJ(BONFERRONI)  
/PRINT = DESCRIPTIVE ETASQ  
/CRITERIA = ALPHA(.05)  
/DESIGN = Treatment Time(Treatment).
```