

Supplement

Table 1. Results of the cognitive tasks by study arm.

	Intervention			Control			<i>p</i> Value
	\bar{x}	25 th	75 th	\bar{x}	25 th	75 th	
Switch Task		<i>n</i> = 120			<i>n</i> = 105		
Switch costs (s)	29.5	19.4	44.6	26.4	14.6	46.1	0.276
Visual search letters (s)	36.4	31.2	45.2	34.0	30.0	41.2	0.085
Visual search numbers (s)	53.1	46.1	61.2	51.9	45.6	61.1	0.700
Visual search switch (s)	93.0	76.0	115.9	86.4	70.3	103.8	0.109
Corsi Block		<i>n</i> = 136			<i>n</i> = 114		
Longest Path (n)	5.0	4.0	6.0	5.0	4.3	6.0	0.734
Correct immediate block span (n)	6.0	4.0	8.0	6.0	4.0	8.0	0.671
Score	10.5	7.0	16.3	11.5	7.0	15.0	0.849
2-back		<i>n</i> = 135			<i>n</i> = 113		
Ratio of missings (%)	33.3	19.0	42.9	33.3	23.8	47.6	0.491
Ratio of false alarms (%)	11.2	7.1	25.9	12.9	7.1	23.5	0.328
RT (ms) ^a	466	403	550	465	382	551	0.601
Count of correct events (n)	88.5	76.0	94.0	86.0	77.0	92.0	0.349
Flanker Task		<i>n</i> = 107			<i>n</i> = 82		
RT slowing (ms)	79.7	56.5	98.8	72.6	51.9	100.0	0.532
Difference error rate (%)	17.1	8.6	28.6	17.1	10.7	28.6	0.648
Count of false alarms (n)	8.0	3.0	15.0	7.0	3.0	19.0	0.378

Mann–Whitney *U*-test, ^a*t*-test, data are presented as \bar{x} = Median, 25th and 75th percentiles, level of significance was set to $p \leq 0.05$.

Table 2. Results of the switch and flanker task including all participants.

	Study Arm ^a		Categorie ^b	
	Intervention (<i>n</i> = 136)	Control (<i>n</i> = 114)	Water in mL	% of TWI
Switch Task				
Switch costs		0.613	0.176	0.618
Visual search letters		0.534	0.311	0.908
Visual search numbers		0.896	0.590	0.924
Visual search switch		0.200	0.540	0.522
Flanker Task				
RT slowing (ms)		0.403	0.909	0.802
Difference error rate		0.223	0.573	0.494
Count of false alarms		0.720	0.134	0.155

^aMann-Whitney U test; ^bKruskal-Wallis test; data are presented as a *p* value; $p \leq 0.05$; TWI = total water intake.

Table 3. Relationship between urine color, thirst and cognitive performance.

	Thirst ^a		
	Ucol ^b	yes	no
Switch task	<i>n</i> = 223	<i>n</i> = 81	<i>n</i> = 142
Switch costs (s) ^b	0.917		0.205
Visual search letters (s) ^c	0.583		0.029
Visual search numbers (s)	0.909		0.171
Visual search switch (s)	0.822		0.017
Corsi block-tapping task	<i>n</i> = 248	<i>n</i> = 88	<i>n</i> = 160
Longest Path (n)	0.816		0.647
Correct immediate block span (n)	0.956		0.480
Score	0.966		0.409
2-back task	<i>n</i> = 246	<i>n</i> = 87	<i>n</i> = 159
Ratio of missings (%)	0.530		0.437
Ratio of false alarms (%)	0.413		0.154
RT (ms)	0.884		0.173
Count of correct events (n)	0.323		0.225
Flanker task	<i>n</i> = 189	<i>n</i> = 73	<i>n</i> = 115
RT slowing (ms)	0.069		0.817
Difference error rate (%)	0.685		0.738
Count of false alarms (n)	0.925		0.853

^aMann–Whitney U-test, ^b Spearman's correlation, level of significance was set to $p \leq 0.05$.