



	Exercise < 3/week	Exercise ≥ 3/week	P value
Total (N = 74)	6.92 ± 3.13	8.95 ± 5.33	0.001 (F = 11.220)
Male (N = 35)	6.68 ± 3.61	8.59 ± 5.33	0.072
Female (N = 39)	7.05 ± 2.91	9.81 ± 5.59	0.022 (F = 5.692)