

Supplementary Material

Table 1

	<i>t15</i>	<i>t105</i>	<i>t120</i>	<i>t135</i>	<i>t150</i>
sAA					
C-Plac	43.22 (11.17)	55.20 (7.80)	52.49 (7.59)	48.15 (7.52)	58.77 (8.45)
C-Spiro	49.54 (10.85)	84.30 (20.76)	70.31 (12.74)	70.61 (15.39)	76.53 (14.19)
S-Plac	28.43 (5.29)	39.41 (7.23)	80.15 (21.58)	52.91 (12.28)	59.72 (11.96)
S-Spiro	38.24 (7.10)	63.29 (11.27)	113.32 (25.52)	94.84 (22.30)	82.68 (18.57)
PANAS-Neg					
C-Plac	11.56 (0.43)	10.75 (0.25)	10.63 (0.26)	11.06 (0.92)	11.44 (0.74)
C-Spiro	11.25 (0.42)	11.00 (0.33)	10.44 (0.18)	10.38 (0.20)	10.63 (0.20)
S-Plac	11.80 (0.68)	11.20 (0.61)	15.60 (0.93)	11.67 (0.58)	12.67 (0.72)
S-Spiro	11.00 (0.29)	11.06 (0.32)	13.69 (0.76)	11.31 (0.31)	11.19 (0.38)
PANAS-Pos					
C-Plac	27.38 (1.56)	27.19 (1.61)	27.31 (1.86)	26.63 (1.20)	25.88 (2.13)
C-Spiro	27.25 (1.85)	25.94 (1.85)	25.81 (2.23)	25.00 (2.01)	25.19 (1.91)
S-Plac	26.07 (1.51)	26.33 (1.50)	25.93 (1.73)	25.47 (1.87)	23.73 (1.80)
S-Spiro	25.94 (1.68)	25.25 (1.77)	24.75 (1.60)	26.69 (1.68)	24.38 (1.40)
Systolic BP					
C-Plac	127.69 (2.84)	127.25 (2.69)	123.63 (2.41)	123.63 (3.36)	126.06 (2.98)
C-Spiro	128.94 (2.67)	128.56 (2.41)	128.81 (2.56)	129.75 (3.02)	131.13 (2.86)
S-Plac	127.60 (2.12)	129.07 (3.53)	143.40 (3.16)	130.33 (2.87)	129.27 (3.74)
S-Spiro	129.38 (2.86)	131.31 (2.41)	145.44 (2.88)	132.31 (2.81)	132.50 (2.68)
Diastolic BP					
C-Plac	68.25 (2.02)	69.38 (2.16)	70.38 (2.37)	69.44 (2.28)	70.81 (1.98)
C-Spiro	71.00 (2.18)	71.88 (1.86)	76.25 (2.32)	74.31 (2.33)	74.06 (2.41)
S-Plac	73.73 (2.23)	73.00 (1.95)	81.33 (2.35)	75.07 (2.45)	76.33 (2.98)
S-Spiro	71.00 (1.58)	69.00 (1.66)	83.19 (2.45)	72.81 (1.67)	73.06 (1.64)

Supplementary Table 1. Mean (SEM) values of salivary alpha-amylase, PANAS and blood pressure at sample points throughout the study in the four experimental groups.

Table 2

	<i>Baseline</i>	<i>Waiting Period</i>	<i>Preparation TSST</i>	<i>Arithmetic TSST</i>	<i>Speech TSST</i>	<i>Memory Encoding</i>	<i>Selective Attention</i>	<i>Working Memory</i>
Heart Rate								
C-Plac	76.94 (3.04)	72.75 (1.93)	72.44 (2.45)	73.06 (2.26)	69.00 (2.34)	74.19 (5.26)	74.38 (3.75)	72.50 (2.19)
C-Spiro	80.31 (4.75)	75.06 (5.05)	72.50 (3.75)	72.75 (3.53)	67.75 (2.72)	65.13 (2.79)	78.56 (5.17)	69.56 (2.61)
S-Plac	79.33 (3.23)	76.00 (2.23)	104.47 (3.46)	82.60 (3.20)	80.73 (3.92)	71.33 (3.00)	80.47 (3.00)	75.40 (2.59)
S-Spiro	75.31 (2.89)	80.69 (2.99)	108.19 (2.86)	89.06 (4.03)	79.56 (2.92)	71.19 (3.85)	76.50 (3.51)	72.00 (5.25)

Supplementary Table 2. Mean (SEM) heart rate averaged over 8 separate periods throughout the study in the four experimental groups.