Table 3. Changes in psychological conditions for the Stroop test throughout LV-HIIE and MCE sections

	Time points					P values		
	Pre-EX	Post-EX 0	Post-EX 10	Post-EX 20	Post-EX 30	Condition	Time	Interaction
Arousal								
LV-HIIE	2.4 ± 0.2	4.5 ± 0.3 [a]	3.6 ± 0.3 [ab]	3.1 ± 0.2 [abc]	3.0 ± 0.2 [bc]	0.878	**<0.001**	**0.041**
MCE	2.6 ± 0.2	4.3 ± 0.2 [a]	3.4 ± 0.2 [ab]	3.2 ± 0.2 [ab]	3.1 ± 0.2 [ab]			
Mental fatigue (mm)								
LV-HIIE	16.7 ± 3.8	72.2 ± 3.9 [a]	49.4 ± 4.4 [ab]	38.0 ± 4.4 [abc]	33.0 ± 4.7 [bc]	0.994	**<0.001**	0.269
MCE	18.4 ± 3.3	67.0 ± 3.4 [a]	48.3 ± 4.0 [ab]	41.0 ± 4.6 [abc]	34.5 ± 4.8 [bcd]			
Concentration (mm)								
LV-HIIE	69.7 ± 3.6	75.0 ± 3.7	66.8 ± 3.8	63.7 ± 4.3	65.8 ± 3.9	0.509	0.061	0.330
MCE	64.0 ± 3.3	73.4 ± 4.2	69.8 ± 3.4	65.5 ± 4.0	62.3 ± 3.8			
Motivation (mm)								
LV-HIIE	73.0 ± 3.5	76.8 ± 3.7	69.9 ± 3.9	69.6 ± 3.8	73.3 ± 3.5	0.534	0.297	0.083
MCE	68.5 ± 2.6	74.9 ± 4.0	73.2 ± 3.2	71.0 ± 3.6	70.7 ± 3.7			

Values are presented as Mean $\pm$ SEM. Bold P values indicate significant main effect of time and significant interaction effect ($P < 0.05$ for all). [a] Significant difference ($P < 0.05$) from Pre-EX. [b] Significant difference ($P < 0.05$) from Post-EX 0. [c] Significant difference ($P < 0.05$) from Post-EX 10. [d] Significant difference ($P < 0.05$) from Post-EX 20.