Coding Scheme for data set. InterEx file

ID – each participant is assigned with a unique id number

Age

BMI – Body Mass Index

IPAQ – International Activity Questionnaire score

Resting HR – a resting heart rate was taken in the 5 minutes at the beginning of the study

Gender

MaxHR – during the exercise task the maximum heart rate was recorded

VO2MaxRE - maximum rate of oxygen consumption measured during incremental exercise

VO2maxMed – a median split of the vo2 max data, 1 = low; 2 high

RERMax – Respiratory exchange ratio during incremental exercise test

PorgesAware - The total score for the awareness section of the Porges Questionnaire

PorgesStress1 - The total score for the stress 1 section of the Porges Questionnaire

PorgesStress2 - The total score for the stress 1 section of the Porges Questionnaire

PorgesTotal – total Porges score

ASIphy – Anxiety Sensitivity Index – physiology components only

ASIcog - Anxiety Sensitivity Index – cognitive components only

ASIsoc - Anxiety Sensitivity Index – social components only

ASI3 – total score for the Anxiety Sensitivity Index

ASImedian – Median split for Anxiety Sensitivity Index (1 low; 2 high)

HRabsolT1 – Heart Rate interval 1 value from heart rate monitor

IAT1 – Interoceptive Awareness score for interval 1

HRabsolT2 - Heart Rate interval 2 value from heart rate monitor

IAT2 - Interoceptive Awareness score for interval 2

HRabsolT3 - Heart Rate interval 3 value from heart rate monitor

IAT3 - Interoceptive Awareness score for interval 3

IA – Overall Interoceptive awareness score

MeanPOKg – Average Power Output/kg