

## **Statistical analyses**

The study will involve a sample size of 22 patients. This sample size has been validated by a power analysis, which anticipates a 25% increase in IGF-1 with a significance level ( $\alpha$ ) of 0.05 and 80% statistical power. Additionally, previous studies have been conducted using a similar sample size [18, 24, 53].

Patient data will be summarized using the following descriptive statistics: mean and standard deviation (SD), median and interquartile range (IQR), and/or frequency and percentage (%). The distribution of numerical variables will be assessed using the Shapiro-Wilk test. For numerical variables, the repeated-measures analysis of variance (ANOVA) test will be used for those with a normal distribution, and the Friedman test will be used for those with a non-normal distribution. Values of  $p < 0.05$  will be considered statistically significant. Statistical analysis will be performed using SPSS version 19 and Microsoft® Excel® version 2016.