**TABLE 2**: Demographic characteristics of the participants (*N* = 18).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Controls (*n* = 9)** | **CFS Participants (*n* = 9)** | **Statistical test** | |
| **median (range)** | **median (range)** | **Mann–Whitney *U*** | ***p*** |
| **Age (y)** | 23 (18–56) | 25 (18–58) | 39 | 0.93 |
| **Height (m)** | 1.69 (1.58–1.77) | 1.74 (1.65–1.9) | 35 | 0.66 |
| **Weight (kg)** | 74.2 (65.8–89.7) | 77.7 (47–112.2) | 31 | 0.43 |
| **BMI (kg/m2)** | 26.29 (21.49–29.72) | 28.19 (17.26–37.27) | 40 | 1.00 |

CFS, Chronic fatigue syndrome; BMI, body mass index; *n*, number.

TABLE 3: Heart rate variability of the control and chronic fatigue syndrome groups before, during and after immersion (*N* = 18).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable** | **Control group (*n* = 9)** | **CFS group (*n* = 9)** | **Statistical test** | | |
| **Median (Range)** | **Median (Range)** | **Mann–Whitney *U*** | ***p*** | **Cohen’s *d*** |
| HRV before immersion | 73 (55–74) | 63 (50–70) | 16.50 | 0.04\* | 1.2 |
| HRV during immersion | 68 (65–82) | 67 (49–73) | 23.50 | 0.15 | - |
| HRV after immersion | 71 (57–93) | 69 (50–72) | 22.00 | 0.11 | - |

CFS, Chronic fatigue syndrome; HRV, heart rate variability.

\*, Indicates significance with *p* ≤ 0.05.