

Table H1.

Dual Task in RT and Balance under Two Emphasis Instructions Relative to Standard Instruction: Variable Descriptions of Raw Scores in Easy Condition

| Domain | Variable | Sample | Outlier | M | SD | Min.-Max. | Skew (SE) | Kurt (SE) | Shapiro-Wilk (p) |
|---------|--------------------|--------------|---------|-------|-------|----------------|--------------|--------------|------------------|
| RT | “Focus on Balance” | Total | | 11.02 | 11.56 | -4.48 – 42.78 | 1.32 (0.39) | 1.55 (0.77) | .88 (.01) |
| | | <i>Young</i> | | 11.67 | 12.01 | -1.10 – 42.78 | 2.04 (0.54) | 3.78 (1.04) | .72 (.01) |
| | | <i>Old</i> | | 10.37 | 11.40 | -4.48 – 31.80 | 0.61 (0.54) | -0.67 (1.04) | .92 (.18) |
| | “Focus on RT” | Total | | -4.87 | 5.14 | -25.10 – 3.04 | -1.67 (0.39) | 5.85 (0.77) | .88 (.01) |
| | | <i>Young</i> | | -4.73 | 3.26 | -12.38 – 1.80 | -0.36 (0.54) | 0.89 (1.04) | .98 (.90) |
| | | <i>Old</i> | 1 | -5.01 | 6.62 | -25.10 – 3.04 | -1.61 (0.54) | 4.18 (1.04) | .86 (.01) |
| Balance | “Focus on Balance” | Total | | 0.93 | 14.77 | -20.00 – 50.44 | 1.47 (0.39) | 2.84 (0.77) | .88 (.01) |
| | | <i>Young</i> | 1 | 0.63 | 15.21 | -20.00 – 50.44 | 2.19 (0.54) | 6.53 (1.04) | .79 (.01) |
| | | <i>Old</i> | | 1.23 | 14.73 | -17.06 – 39.96 | 0.82 (0.54) | 0.26 (1.04) | .92 (.17) |
| | “Focus on RT” | Total | | 2.13 | 10.20 | -23.95 – 28.69 | 0.25 (0.39) | 1.09 (0.77) | .97 (.52) |
| | | <i>Young</i> | | 0.20 | 11.82 | -23.95 – 28.69 | 0.62 (0.54) | 1.68 (1.04) | .92 (.16) |
| | | <i>Old</i> | | 4.07 | 8.16 | -10.73 – 19.28 | 0.09 (0.54) | 0.09 (1.04) | .94 (.36) |

Table H2.

Dual Task in RT and Balance under Two Emphasis Instructions Relative to Standard Instruction: Variable Descriptions of Raw Scores in Difficult Condition

| Domain | Variable | Sample | Outlier | M | SD | Min.-Max. | Skew (SE) | Kurt (SE) | Shapiro-Wilk (p) |
|---------|--------------------|--------------|---------|-------|-------|----------------|--------------|--------------|------------------|
| RT | “Focus on Balance” | Total | | 8.80 | 7.78 | -4.15 – 32.16 | 0.78 (0.39) | 0.88 (0.77) | .95 (.25) |
| | | <i>Young</i> | | 7.81 | 6.83 | -3.62 – 19.95 | 0.25 (0.54) | -0.63 (1.04) | .97 (.78) |
| | | <i>Old</i> | | 9.79 | 8.70 | -4.15 – 32.16 | 0.94 (0.54) | 1.14 (1.04) | .93 (.25) |
| | “Focus on RT” | Total | | -1.30 | 5.70 | -17.82 – 7.87 | -0.96 (0.39) | 1.15 (0.77) | .93 (.05) |
| | | <i>Young</i> | | -1.35 | 3.17 | -9.29 – 3.43 | -0.56 (0.54) | 0.99 (1.04) | .95 (.44) |
| | | <i>Old</i> | | -1.26 | 7.55 | -17.82 – 7.87 | -0.88 (0.54) | -0.17 (1.04) | .91 (.08) |
| Balance | “Focus on Balance” | Total | | 0.10 | 10.72 | -19.73 – 20.57 | -0.07 (0.39) | -0.67 (0.77) | .96 (.36) |
| | | <i>Young</i> | | -0.27 | 8.54 | -18.64 – 15.26 | -0.39 (0.54) | 0.41 (1.04) | .97 (.71) |
| | | <i>Old</i> | | 0.48 | 12.78 | -19.73 – 20.57 | -0.05 (0.54) | -1.25 (1.04) | .94 (.34) |
| | “Focus on RT” | Total | | 5.05 | 13.29 | -14.62 – 48.96 | 1.35 (0.39) | 2.51 (0.77) | .91 (.01) |
| | | <i>Young</i> | 1 | 7.39 | 15.64 | -9.09 – 48.96 | 1.41 (0.54) | 1.97 (1.04) | .87 (.02) |
| | | <i>Old</i> | | 2.71 | 10.37 | -14.62 – 23.43 | 0.41 (0.54) | -0.38 (1.04) | .97 (.66) |