

**Supplementary Table S1:** Difference [95% CI] and *p*-value of group comparisons after post-hoc corrections

Variable	Conditions	Control	Oral 3	Mental 3	Oral 7
MVml (mm/s)	Oral 3	1.11 [-0.38 ; 2.60] P = 0.243			
	Mental 3	0.27 [-1.24 ; 1.79] P = 0.987	0.84 [-0.66 ; 2.34] p = 0.533		
	Oral 7	<b>1.75 [0.26 ; 3.24]</b> p = <b>0.012</b>	0.63 [-0.84 ; 2.11] P = 0.760	<b>1.47 [0.03 ; 3.01]</b> p = <b>0.047</b>	
	Mental 7	0.27 [-1.22 ; 1.76] P = 0.987	-0.84 [-2.32 ; 0.63] P = 0.514	-0.01 [-1.50 ; 1.50] P = 0.997	<b>1.48 [0.02 ; 3.00]</b> p = <b>0.049</b>
MVap (mm/s)	Oral 3	<b>1.66 [0.20 ; 3.12]</b> P = <b>0.003</b>			
	Mental 3	-0.11 [-1.46 ; 1.24] P = 0.971	<b>1.77 [0.36 ; 3.28]</b> P = <b>0.003</b>		
	Oral 7	<b>1.80 [0.39 ; 3.21]</b> P = <b>0.002</b>	0.14 [-1.41 ; 1.70] P = 0.917	<b>1.91 [0.45 ; 3.38]</b> P = <b>0.002</b>	
	Mental 7	-0.10 [1.40 ; 1.19] P = 0.917	<b>-1.76 [-3.22 ; -0.30]</b> P = <b>0.003</b>	0.01 [-1.34 ; 1.36] P = 0.985	<b>1.91 [0.49 ; 3.32]</b> P = <b>0.001</b>
TMV (mm/s)	Oral 3	<b>1.69 [0.18 ; 3.21]</b> P = <b>0.024</b>			
	Mental 3	-0.15 [-1.56 ; 1.25] P = 0.998	<b>1.86 [0.29 ; 3.42]</b> P = <b>0.014</b>		
	Oral 7	<b>1.79 [0.32 ; 3.25]</b> P = <b>0.010</b>	0.09 [-1.53 ; 1.71] P = 0.999	<b>1.94 [0.42 ; 3.47]</b> P = <b>0.006</b>	
	Mental 7	-0.17 [-1.51 ; 1.18] P = 0.997	<b>-1.86 [-3.38 ; -0.35]</b> P = <b>0.009</b>	-0.01 [-1.41 ; 1.39] P = 0.998	<b>1.95 [0.49 ; 3.42]</b> P = <b>0.003</b>
TUG (s)	Oral 3	<b>0.94 [0.15 ; 1.74]</b> P = <b>0.010</b>			
	Mental 3	<b>0.84 [0.05 ; 1.62]</b> P = <b>0.032</b>	0.11 [-0.68 ; 0.90] P = 0.995		
	Oral 7	<b>1.42 [0.64 ; 2.22]</b> P = <b>1.6×10<sup>-5</sup></b>	0.48 [-0.31 ; 1.27] P = 0.449	0.59 [-0.20 ; 1.38] P = 0.240	
	Mental 7	<b>0.97 [0.18 ; 1.76]</b> P = <b>0.007</b>	0.03 [-0.76 ; 0.82] P = 0.999	0.13 [-0.65 ; 0.92] P = 0.989	0.45 [-0.33 ; 1.24] P = 0.507

MVml; mean medio-lateral velocity, MVap; mean antero-posterior velocity, TMV; Total Mean Velocity