Statistical Analysis Plan

Official Title:
Decreasing Alzheimer's Risk Through oNline Choreographed Exercise – Down Syndrome

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Due to the pilot nature of this study, no formal hypothesis testing was conducted. Descriptive statistics were used to summarize all outcomes. Continuous variables are presented as mean ± standard deviation, and categorical variables are presented as frequency (percentage).

Intervention adherence was calculated as the average percentage of classes attended across the 12-week intervention period. Retention was defined as the percentage of enrolled participants who completed the study through the final assessment timepoint.

Energy expenditure data (METs) from physical activity assessments were averaged across 30-second epochs for each participant and displayed using boxplots to visualize individual-level variability and distribution.

All data processing and statistical analyses were conducted using R software (version 4.3.2).