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| **Supplementary Table 1.** Cohen’s d and effect sizes interpretation for bone parameters in the tibia and femur between experimental groups |
| **Bone** | **Parameter** | **CKD-Ch vs. Sh-Ch** | **Effect size** | **CKD-ProCh vs. CKD-Ch** | **Effect size** |
| Tibia | BMD (g/cm³) | –3.000 | Large | 2.000 | Large |
|   | Weight (g) | –0.990 | Large | 0.141 | Negligible |
|   | Length (cm) | –0.549 | Medium | –0.359 | Small |
|   | Width (cm) | –0.632 | Medium | 0.000 | Negligible |
| Femur | BMD (g/cm³) | –2.000 | Large | 1.414 | Large |
|   | Weight (g) | –1.159 | Large | –0.813 | Large |
|   | Length (cm) | –0.091 | Negligible | –1.480 | Large |
|   | Width (cm) | 0.000 | Negligible | 0.632 | Medium |
|   | Maximum force (N) | –0.401 | Small | 0.953 | Large |
|   | Breaking strength (N) | –0.686 | Medium | 0.815 | Large |
|   | Flexural modulus | –1.348 | Large | 1.358 | Large |
| Note: Effect sizes were interpreted according to Cohen's guidelines, where d < 0.2 indicates a negligible effect, 0.2–0.49 a small effect, 0.5–0.79 a medium effect, and d ≥ 0.8 a large effect (Cohen, 1988). |