Table 2 Changes in haemoglobin, ferritin and malonyl dialdehyde levels at different intervention times

Blood analysis	Intervention groups			Mixed repeated-measure ANOVA	
	Group A (n = 45)	Group B (n = 44)	Group C (n = 42)	Time effect	Interaction effect
	Mean (SD)	Mean (SD)	Mean (SD)	ηp² (P-value)	ηp² (P-value)
Haemoglobin (g/dL)				0.373 (< 0.001)*	0.177 (< 0.001)*
Baseline	11.52 (0.96)	11.45 (1.18)	11.73 (0.89)		
Midline	12.46 (0.64)	12.09 (1.02)	11.98 (0.93)		
End-line	12.04 (0.67)	12.17 (0.94)	11.74 (0.84)		
Ferritin (μg/L)				0.511 (< 0.001)*	0.331 (< 0.001)*
Baseline	9.92 (3.16)	9.19 (2.92)	9.70 (3.48)		
Midline	15.92 (5.43)	14.75 (3.69)	10.13 (5.25)		
End-line	13.94 (4.61)	15.73 (3.99)	10.14 (4.14)		
Malonyl dialdehyde (Pmol/L)				0.437 (< 0.001)*	0.186 (< 0.001)*
Baseline	90.14 (47.88)	91.5 (27.33)	96.23 (40.81)		
Midline	129.8 (61.89)	116.7 (35.33)	112.0 (39.79)		
End-line	91.2 (43.60)	78.64 (25.62)	107 (39.96)		

*Significant at $P < 0.05$.

ηp = partial eta, SD = standard deviation.