Year: Year when the breeding occurred

Treatment: C=controls (C-males), E=experimental (feather-clipped, FC-males)

Age: Y=young, A=adult

Time: ante=day 7, post=day 12

Bleeding duration: time occurred from the remote closing of the nest to the end of the bleeding

Body condition: body mass scaled by wing length

ROMs: reactive oxygen metabolites in the plasma

OXY: non-enzymatic antioxidant protection in the plasma

GPx: enzymatic antioxidant glutathione peroxidase in the erythrocytes

Cort: corticosterone in the plasma

Protein carbonyls: damage to proteins in the erythrocytes

Nest provisioning: number of visits made by the males observed in one hour and normalized for brood size. The variable has been squared root transformed.

Mate nest provisioning: number of visits made by the females observed in one hour and normalized for brood size. The variable has been squared root transformed.

Change in Cort: Difference between circulating concentrations of corticosterone concentrations observed on day 12 and day 6, respectively.

Change Body Condition: Difference between body condition values observed on day 12 and day 6, respectively.

Change in Body Mass: Difference between body mass values observed on day 12 and day 6, respectively.

Change in Cort: Difference between circulating glutathione peroxidase concentrations observed on day 12 and day 6, respectively.

Survival: 1=survived, 0=not survived