

1 Full title:

2 Differential response to air exposure in crowded and uncrowded Atlantic cod (*Gadus morhua*):

3 Consequences for fillet quality

4

5 Running title:

6 Crowding and air exposure of Atlantic cod: Consequences for fillet quality

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23 **Abstract**

24 Previous recommendations on bleeding of Atlantic cod (*Gadus morhua*) to secure proper blood
25 drainage and good muscle quality, are based on studies done on un-stressed fish. Therefore, the
26 aim of this study was to investigate the effects of stress by crowding in a net, followed by air
27 exposure before and after slaughter on blood parameters and fillet quality in Atlantic cod. Live
28 fish were either directly or after 4 h of crowding, exposed to air for 0, 15 or 30 min prior to or
29 after killing by a blow to the head and bleeding. Blood clotting time, pH, lactate, glucose, and
30 muscle pH were measured. Also, concentrations of haemoglobin in the muscle were measured
31 using Vis/NIR hyperspectral imaging to indicate residual blood in muscle. Stress from
32 crowding and air exposure before and after slaughter resulted in increased levels of muscle
33 haemoglobin in the fillet, with a faster increase in fish crowded and slaughtered post air
34 exposure. Blood clotting time was shorter after 15 min of air exposure, and decreased further
35 with crowding. Blood and muscle pH, and lactate levels were mainly affected by air exposure
36 time. Overall, air exposure had a negative effect on fillet quality, and this effect was strongest
37 and faster if fish were crowded prior to the air exposure. However, by slaughtering the fish
38 before air exposure, quality can be improved as this delays the increase in the amount of residual
39 blood.

40

41 **Key words:** Crowding stress, blood clotting, haemoglobin in muscle, fisheries, fish physiology,
42 bleeding, Atlantic cod, *Gadus morhua*

43 **1. Introduction**

44 To secure a high quality fish product, it is crucial to drain blood from the fish muscle. Residual
45 blood in the muscle is a major quality problem aesthetically, but also because haemoglobin
46 accelerates lipid oxidation causing an unpleasant fishy odour (Maqsood et al., 2011; Richards
47 et al., 2002; Terayama et al., 2000). In addition, high levels of blood in fish muscle can have a
48 negative impact on shelf life due to increased microbial growth (Maqsood & Benjakul, 2011).

49 On board trawlers and Danish seiners, the final phase of the fishing operations includes hauling
50 the catch from the water and on board the fishing vessel, where the catch is commonly stored
51 in bins without water until further processing in an onboard factory or exsanguinated and left
52 in bins until landing. Proper exsanguination can be challenging, because catches are large and
53 the fish are alive and vigorous. It is therefore common practice on many fishing vessels that the
54 fish are kept a while in air prior to exsanguination, as they then become moribund and easier to
55 handle. For this reason, bleeding of the fish is often done after a period of asphyxiation (Van
56 De Vis et al., 2003).

57 It has previously been shown that the time from slaughter to bleeding is an important parameter
58 for proper exsanguination in Atlantic cod (*Gadus morhua*), as fillet quality decreased with time
59 due to higher levels of residual blood (Olsen et al., 2014). It was therefore concluded that the
60 fish should be bled within 30 min after slaughter to secure a high fillet quality. However, this
61 recommendation was based on results from unstressed fish and is therefore likely less relevant
62 in commercial fisheries, where fish are exposed to a number of stressors, such as exhaustive
63 swimming, crowding and barotrauma.

64 Capture stress has been observed in Atlantic cod by, for example, higher levels of blood lactate
65 and lower levels of muscle and blood pH (Digre et al., 2017; Olsen et al., 2013), compared to
66 cod that were kept rested in tanks (Svalheim et al., 2017). Furthermore, stress can have a
67 negative impact on fillet quality, as the amount of blood in the muscle tissue tends to increase

68 with higher levels of stress (Botta et al., 1987; Digre et al., 2017; Esaiassen et al., 2004; Olsen
69 et al., 2013; Rotabakk et al., 2011). In addition to stress from capture, stress from the practice
70 of holding fish in air before exsanguination may further degrade the muscle quality of the fish.
71 Another effect of stress is that blood-clotting time is shortened (Ruis et al., 1997; Tavares-Dias
72 et al., 2009). This response is of paramount importance to stop the bleeding after a vascular
73 injury and prevent blood loss in live fish, but will have an impact on quality if it affects the
74 efficiency of bleeding. These haemodynamic and haemostatic changes may impair the bleeding
75 process resulting in increased residual blood in the fish muscle, and thereby reduce fillet quality.
76 The previously concluded 30 min recommendation may therefore underestimate how quickly
77 the fish should be bled, to avoid quality defects due to residual blood in the muscle.

78 The aim of the present study was to investigate if stress (measured using blood lactate, glucose
79 and pH) from crowding and air exposure for 0, 15 or 30 minutes has an effect on muscle quality
80 in terms of residual blood as measured by muscle haemoglobin. In addition, the potential of
81 blood clotting time as a response to stress as a contributing factor to the levels of muscle
82 haemoglobin, was investigated.

83

84 **2. Material and methods**

85 *2.1 Animals and husbandry*

86 A total of 180 Atlantic cod (body mass 5.9 ± 2.2 kg, body length 89 ± 10 cm, and condition
87 factor 0.81 ± 0.15 (mean \pm SD); 27% females and 73% males) were used in the experiment.

88 The fish were captured by Danish seine mid-May 2015 and kept on board in tanks supplied
89 with running seawater. Fish were delivered to a live fish storage facility in Nordvågen, Norway
90 for recuperation for 3 weeks followed by a 300 km transportation by boat to the Aquaculture
91 Research Sea Facility in Tromsø, Norway. Here, the fish were held in a $5 \times 5 \times 10$ m³ (length
92 x width x depth) net pen until the start of the experiment in November 2015 (water temperature

93 7.5°C). Fish were fed three times a week with a mixture of capelin (*Mallotus villosus*) and
94 commercial feed pellets (Skretting Amber Neptun 5 mm, Skretting ASA, Stavanger, Norway).
95 Feeding was stopped two days prior to the experiment to ensure an empty gastrointestinal tract,
96 as the nutritional status may influence how blood is distributed in the fish (Axelsson & Fritsche,
97 1991).

98

99 *2.1. Experimental set up*

100 An overview of the experimental groups is shown in Table 1. The experiment was done over
101 the course of two days. On the first day, 40 fish were carefully collected by dip net from the net
102 pen and immediately killed by two cranial blows, of which 10 fish were sampled for
103 physiological measurements (control, Table 1: A1.0), and 10 fish were bled for 30 minutes in
104 running seawater (Table 1: A1.0) and stored on ice for consecutive muscle haemoglobin
105 analysis. The remaining 20 fish were kept in a holding bin for either 15 (N=10, Table 1: A1.15)
106 or 30 (N=10, Table 1: A1.30) minutes prior to exsanguination and sampling. Next, 40 fish were
107 exposed to air for either 15 (n=20, Table 1: A2.15) or 30 (n=20, Table 1: A2.30) minutes before
108 being killed by two a cranial blows from a metal rod followed by exsanguination. Ten fish of
109 both groups were used for physiological analyses and ten for haemoglobin measurements in
110 muscle. On the second day, fish were first crowded for 4 hours by using a seine to reduce the
111 volume available for ca. 100 fish to approximately 2 m³ (fish density: ~295 kg m⁻³). During
112 crowding, oxygen measurements were obtained every 30 min (O₂: 66 ± 1%) using YSI ProODO
113 handheld dissolved oxygen metre with a ProODO Optical probe (Yellow Spring Instruments,
114 Ohio, USA). Afterwards, fish were treated following similar procedures of air exposure prior
115 to or after slaughter as the fish on the first day. The study was done in accordance with
116 Norwegian and European legislation related to animal research, and approved by the Norwegian
117 Animal Research Authority (id 8222, 13.11.2015).

118 Table 1: Overview of experimental groups, where A = not crowded, B = crowded, 1= not euthanised, 2 =
 119 euthanised. 0 = no air exposure, 15 = 15 min of air exposure, 30 = 30 min of air exposure. All groups were sampled
 120 for haemoglobin measurements in the fillet, groups that were also sampled for physiological measurements are
 121 indicated by asterisk (*).

Group name	Crowded		Euthanised		Air exposure (min)		
	No	Yes	No	Yes	0	15	30
A1.0*	×			×	×		
A2.0	×		×		×		
B1.0*		×		×	×		
B2.0		×	×		×		
A1.15	×			×		×	
A2.15*	×		×			×	
B1.		×		×		×	
B2.15*		×	×			×	
A1.30	×			×			×
A2.30*	×		×				×
B1.30		×		×			×
B2.30*		×	×				×

122

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124

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126

127 *2.2 Blood sampling*

128 Within approximately one minute after slaughter, blood was collected from the caudal vessels
129 using 7 ml unheparinised vacutainers with 40 × 0.9 mm needles (BD Diagnostics, Franklin
130 Lakes, NJ, USA). Blood lactate and glucose were measured in whole blood samples, using the
131 hand-held analysers Lactate Scout+ (SensLab GmbH, Leipzig, Germany) and FreeStyle Lite
132 (Abbott Diabetes Care, Inc., Alameda, CA, USA), respectively.

133

134 *2.3 pH measurements*

135 Muscle pH was measured by inserting a Hamilton double pore glass electrode (Hamilton
136 Bonaduz AG, Bonaduz, Switzerland) of a WTW330/set-1 pH-metre (Wissenschaftliche-
137 Technische Werkstätten, Weilheim, Germany) 15 mm into the epaxial part of the white muscle,
138 about 30 mm ventral to the front of the first dorsal fin on the left side of the fish. Blood pH was
139 measured in the pericardium after puncturing the *aorta ventralis*. The instrument was calibrated
140 using pH 4.01 and 7.00 buffers at 7.5°C, and the electrode was rinsed with demineralized water
141 between each measurement.

142

143 *2.4 Blood clotting measurements*

144 Evaluation of blood clotting time was done as previously described in Ruis and Bayne (1997).
145 Briefly, approximately 1 mL blood was carefully decanted into 4 parallel Trombotest tubes
146 (Trombotestrør PS 14 x 80mm, 7 ml, HEGGER A.S, Rjukan, Norway,). The tubes were held in
147 a water bath at the ambient water temperature (7.5°C). Every 30 seconds, the tubes were tilted
148 to a ~60° angle to check for the formation of clear blood clots.

149

150

151

152 *2.5 Post-mortem measurements*

153 All fish were exsanguinated by cutting the *bulbus arteriosus* and *vena cardinalis communa*,
154 and bled for 30 minutes in a tank supplied with running seawater (7.5°C). Afterwards, weight
155 (kg), length (cm) and gender of each fish were obtained. Fulton's condition factor K was
156 calculated according to Ricker (1975) (Equation 1).

157

$$158 \quad K = \frac{W}{L^3} \quad (1)$$

159

160 Where, W=weight of fish (g), L=Length of fish (cm).

161

162 Thereafter, fish were gutted, covered with plastic film, placed with its ventral side down,
163 covered with ice, and stored at 4°C for maximum 72 h.

164

165 *2.6 Imaging Vis/NIR Spectroscopy / Muscle haemoglobin*

166 All the fish were manually filleted with the skin on and the black peritoneum was removed.

167 Afterwards, hyperspectral imaging of the fillets in diffuse reflectance mode was used to assess

168 the muscle haemoglobin concentration as an indication of residual blood in the muscle. The

169 procedure is described in Skjelvareid et al. (2017). Birefly, a push-broom hyperspectral camera

170 (spectral range: 430-1000 nm, spatial resolution: 0.5 mm across-track x 1.0 mm along track,

171 model VNIR-640, Norsk Elektro Optikk, Skedsmokorset, Norway) fitted with a lens focused at

172 1000 mm, and mounted 1020 mm above a conveyor belt, was used. An image was generated

173 where each image pixel contained a spectrum, which was transformed into an absorbance

174 spectrum by characterizing the incoming light. The haemoglobin concentration was then

175 estimated on the pixel level for each fillet.

176

177 *2.7 Statistical analysis*

178 Statistical analysis was done using the statistical software program RStudio (Version 1.0.143.
179 Boston, MA, USA). All parameters were tested at the group level for normality using Shapiro
180 Wilkins normality test and density plots, and further checked for heteroscedasticity by
181 comparing the maximum and minimum group variance. Data was mostly normally distributed,
182 but parameters showed high levels of heteroscedasticity except for blood pH. Therefore, a
183 Welch's ANOVA (Welch, 1951) followed by a Games-Howell posthoc test (Games et al.,
184 1976) was applied to investigate group differences. The statistical tests were done using the
185 function "onewaytest" with var.equal = FALSE, in the package "userfriendlyscience" (Peters,
186 2017) and a Games-Howell test adapted from a GitHub Gist by Schlegel (2016) (R-code in
187 supplementary materials).

188

189

190 **3. Results**

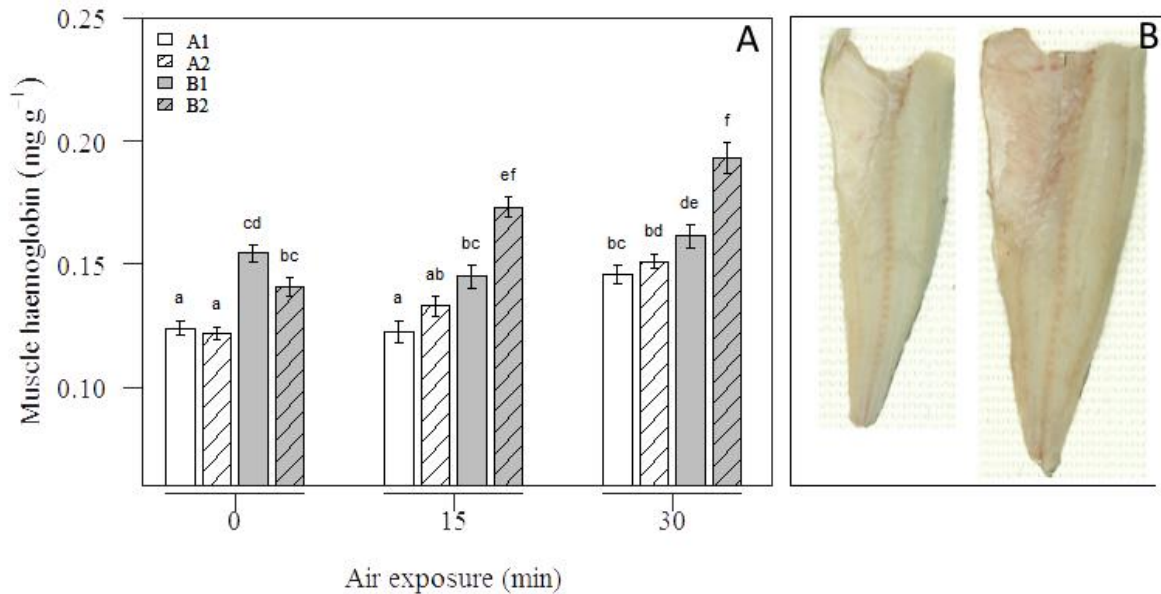
191 *3.1 Muscle parameters*

192 Residual blood in the fillet was estimated by measuring haemoglobin levels in muscle (Figure
193 1). Both stress by crowding and air exposure significantly affected muscle haemoglobin ($F_{(11, 42.4)} = 38.4, p < 0.001$). Crowding prior to air exposure increased levels of muscle haemoglobin.
194 In fact, haemoglobin levels were higher in crowded air-exposed fish compared to uncrowded
195 fish at all consecutive time points. In uncrowded fish, after 30 minutes of air exposure (Table
196 1: A2.20) a significant increase in muscle haemoglobin compared to 0 air exposure (Table 1:
197 A1.0 & A2.0) was observed, independent of whether fish were killed prior to or post air
198 exposure. In stressed fish, slaughter prior to air exposure resulted in significantly lower levels
199 of haemoglobin in the muscle after 15 and 30 minutes of air exposure, compared to alive air-
200 exposed fish.
201

202 Muscle pH (Figure 2A) of uncrowded fish prior to air exposure was significantly higher than
 203 all groups exposed to air ($F_{(5, 24.8)} = 10.0, p < 0.001$). Muscle pH was on average lower in the
 204 uncrowded fish, compared to crowded fish, however, this effect was not significant.

205

206



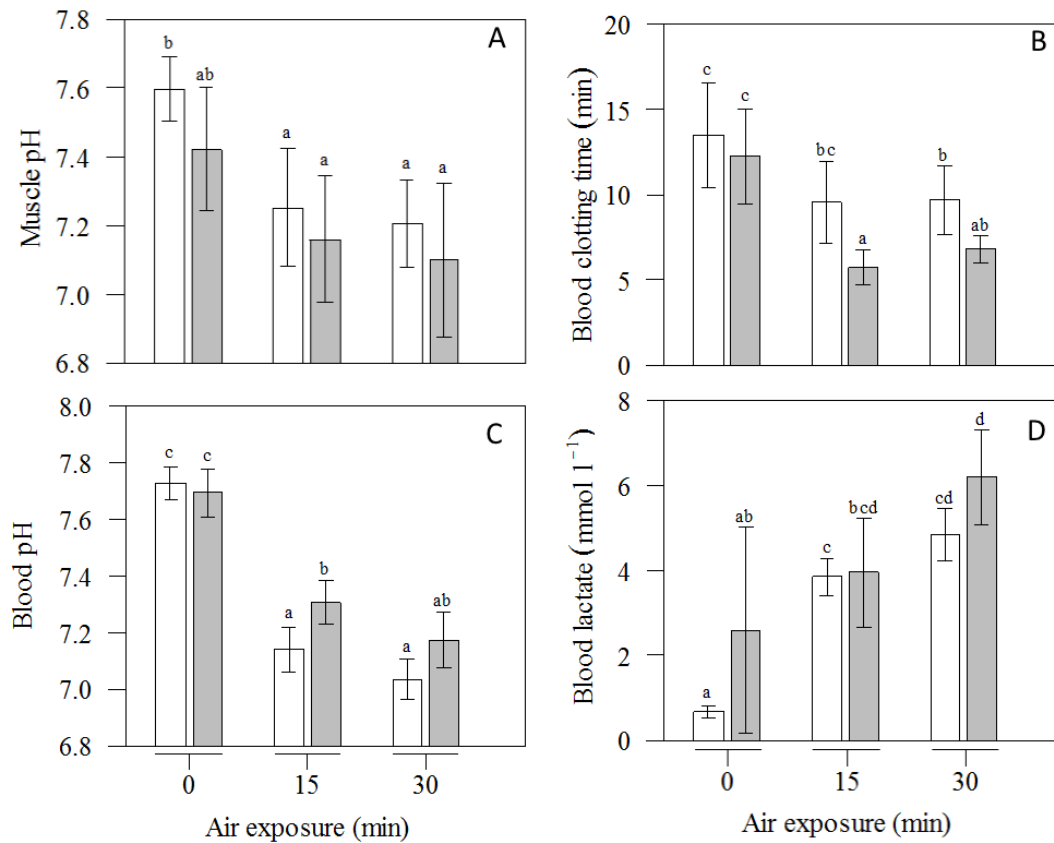
207 Figure 1: A) Muscle haemoglobin in cod fillets measured with VIS/NIR imaging spectroscopy. A1: Uncrowded
 208 and euthanized *prior* to air exposure. A2: Uncrowded and euthanized *post* air exposure. B1: Crowded and
 209 euthanized *prior* to air exposure. B2: Crowded and euthanized *post* air exposure. Bars are mean values with 95 %
 210 confidence intervals. B) Cod fillets with low (left; 0.11 mg g⁻¹) and high (right; 0.19 mg g⁻¹) muscle haemoglobin
 211 levels. Different letters above bars indicate statistically significant differences.

212

213 3.2 Blood parameters

214 Blood clotting time (Figure 2B) was significantly different between the experimental groups ($F_{(5, 24.2)} = 11.5, p < 0.001$). Air exposure for 15 and 30 minutes resulted in a significant decrease
 215 in blood clotting time in both crowded and uncrowded groups. Crowding itself did not cause a
 216 significant reduction in blood clotting prior to air exposure. However, there was a significant
 217 difference in clotting time between crowded and uncrowded fish after 15 minutes of air
 218

219 exposure (Figure 2B). After 30 minutes of air exposure, the difference was no longer
 220 significant, but crowded fish had on average a shorter blood clotting time than uncrowded fish.
 221



222 Figure 2: Muscle pH (A), blood clotting time (B), blood pH (C) and blood lactate (D) in crowded (grey bars) and
 223 uncrowded (white bars) Atlantic cod exposed to air for 0, 15 or 30 minutes. Bars are mean values with 95 %
 224 confidence intervals. Different letters above bars indicate statistically significant differences.

225
 226 There was a significant effect of air exposure on blood pH ($F_{(5, 25.1)} = 82.7$, $p < 0.001$, Figure
 227 2C), but no difference between 15 and 30 minutes of air exposure. Blood pH decreased after
 228 exposure to air, with on average a larger response in uncrowded fish. After 15 minutes of air
 229 exposure, uncrowded fish had significantly lower blood pH than crowded fish. There was no
 230 significant difference in blood pH after 30 minutes of air exposure.

231

232 Over time, air exposure significantly increased blood lactate levels ($F_{(5, 21.0)} = 103.1$, $p = 0.002$,
233 Figure 2D), independent of the condition prior to exposure to air. However, blood lactate levels
234 in the crowded fish was on average higher prior to air exposure, although not significantly due
235 to a large variation in this group. Crowded fish had an overall higher variation in blood lactate
236 levels than uncrowded fish.

237

238 Although, a significant difference in blood glucose levels (Supplement figure 1) was found
239 between crowded fish before air exposure and uncrowded fish exposed to air for 30 minutes ($F_{(5, 21.4)} = 5.2$, $p = 0.002$), the overall glucose levels showed little response the treatment. A non-
240 significant decrease in glucose levels was found in uncrowded fish, whereas in crowded fish
241 glucose levels remained unchanged over time.

243

244 **4. Discussion**

245 In the present study, we assessed the effect of crowding and air exposure for 0, 15 and 30
246 minutes prior and post slaughter in Atlantic cod on blood parameters and fillet quality. Exposing
247 the fish to air reduced the fillet quality, in terms of residual blood in muscle, and this effect was
248 stronger and faster if fish are crowded. Killing the fish prior to air exposure delays the increase
249 in the amount of residual blood in the muscle, even when fish were left for 30 minutes in air
250 before bleeding.

251

252 Air exposure is an additive stressor to crowding and has previously been shown to have a
253 detrimental impact on muscle quality in fish (Martine et al., 2003; Poli et al., 2005; Van De Vis
254 et al., 2003). Our results are consistent with these studies. In addition, we found that slaughter
255 slowed down the increase in residual blood. In cod, hypoxic conditions have been reported to
256 increase resistance of blood vessels supplying the stomach, intestines and other digestive

257 organs, while somatic circulation is dilated, i.e. redistributing blood flow to the muscles
258 (Axelsson & Fritsche, 1991). Our findings indicate that slaughter hampered the redistribution
259 of blood to the muscle, resulting in less blood in the fillet. However, this was only the case for
260 crowded fish, whereas the uncrowded fish did not show quality changes until 30 minutes of air
261 exposure, which is consistent with the previous recommendation of Olsen et al. (2014) on
262 unstressed fish. These results suggest that stressed fish have a stronger reaction towards air
263 exposure in terms of residual muscle blood and should therefore be slaughtered within 15
264 minutes, or be recuperated to minimize the effect of stress (Svalheim et al., 2017). This
265 emphasises the fact that the perimortem state of the fish is highly important to the quality of the
266 final product.

267

268 Blood clotting is part of the physiological response to injuries to the blood vessels (Tavares-
269 Dias et al., 2009). In the present study, there was no difference in blood clotting time between
270 crowded and uncrowded fish before air exposure, while air exposure did reduce the blood
271 clotting time. Intriguingly, after 15 minutes of air exposure, the blood clotting time in crowded
272 fish was found significantly shorter than in un-crowded fish, indicating an additive effect of
273 stress on blood clotting time. Similar results have been previously described by Ruis & Bayne
274 (1997), showing reducing blood clotting times with increasing amount of stress.

275 Further, the decrease in blood clotting time appears to be reaching a plateau after 15 and 30
276 minutes of air exposure. It may be that the minimum blood clotting time has been reached or
277 that the fish goes from being stressed to becoming moribund and haemostatic responses are
278 impaired. However, this needs to be further elucidated.

279 Although, blood clotting time was not affected by crowding before air exposure, we did find
280 differences in the level of residual blood in the fillets. It therefore appears that blood clotting
281 time does not have a direct effect on residual blood. Nevertheless, because the process of

282 bleeding a fish involves cutting major arteries and veins, it can be hypothesised that blood clot
283 formation may to some extent reduce the efficiency of bleeding, and thereby be a contributing
284 factor to residual blood in the muscles.

285

286 Interestingly, after 15 minutes of air exposure, the blood pH in uncrowded fish was lower than
287 in crowded fish. Because haemoglobin acts as a major buffer in the body (Nikinmaa, 2011), it
288 is possible that the higher haemoglobin concentration at start of air exposure in crowded fish
289 contributed to differential response in blood pH. Higher levels of haemoglobin is part of the
290 general stress response in fish and results from an increased number of erythrocytes due to
291 splenic contraction (Wendelaar Bonga, 1997). This process increases the blood oxygen
292 transport capacity, but, as shown in the present study, had a negative effect on muscle quality,
293 as blood is found to manifest in the muscle. Similar results regarding stress and residual blood
294 in muscle were found in other experimental studies on crowding (Olsen et al., 2008), studies
295 conducted on board commercial vessels (Digre et al., 2017; Olsen et al., 2013) and commercial
296 handling of farmed cod (Jørpeland et al., 2015).

297

298 The stress inflicted by crowding in this experiment was probably not as severe as what is
299 expected during commercial fisheries (Digre et al., 2017; Olsen et al., 2013). We found that,
300 crowding for four hours did not cause significant differences in the measured stress parameters
301 such as blood clotting, lactate or pH, although the lactate levels in crowded fish were on average
302 a 2-3 fold higher. On the other hand, we did find significantly higher concentrations of muscle
303 haemoglobin in crowded individuals. This indicates that 'mild' crowding, which leads to non-
304 significant changes in measured physiological stress parameters, may already affect the quality
305 of the fish based on fillet redness. Furthermore, our study was performed on fasted fish, and
306 although wild cod have natural non-feeding periods, nutritional status of the catch will vary

307 with for example seasons, time of day food availability. Axelsson & Fritsche (1991) found that
308 feeding increases the intestinal blood flow, which may in turn indicate that fed fish would have
309 less blood distributed to the muscles during stress. This, however, remains speculative and as
310 the fish in the present study had the same nutritional status, we interpret our result as an effect
311 of stress inflicted by crowding and air exposure.

312

313 **Conclusion**

314 When Atlantic cod are stressed by crowding, they have a stronger reaction towards air exposure
315 in terms of a faster increase in residual blood and decrease in blood clotting time. In order to
316 secure best possible quality, fish should therefore be euthanised as quickly as possible after
317 capture and should preferably not be exposed to air prior to slaughter. Future research should
318 focus on ways to euthanise a large number of fish simultaneously without sacrificing the
319 quality, and study methods to recuperate fish after capture to minimize the effects of stress.

320

321 **Conflict of interest**

322 The authors confirm that they have no conflicts of interest with respect to the work described
323 in this manuscript.

324

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330

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332

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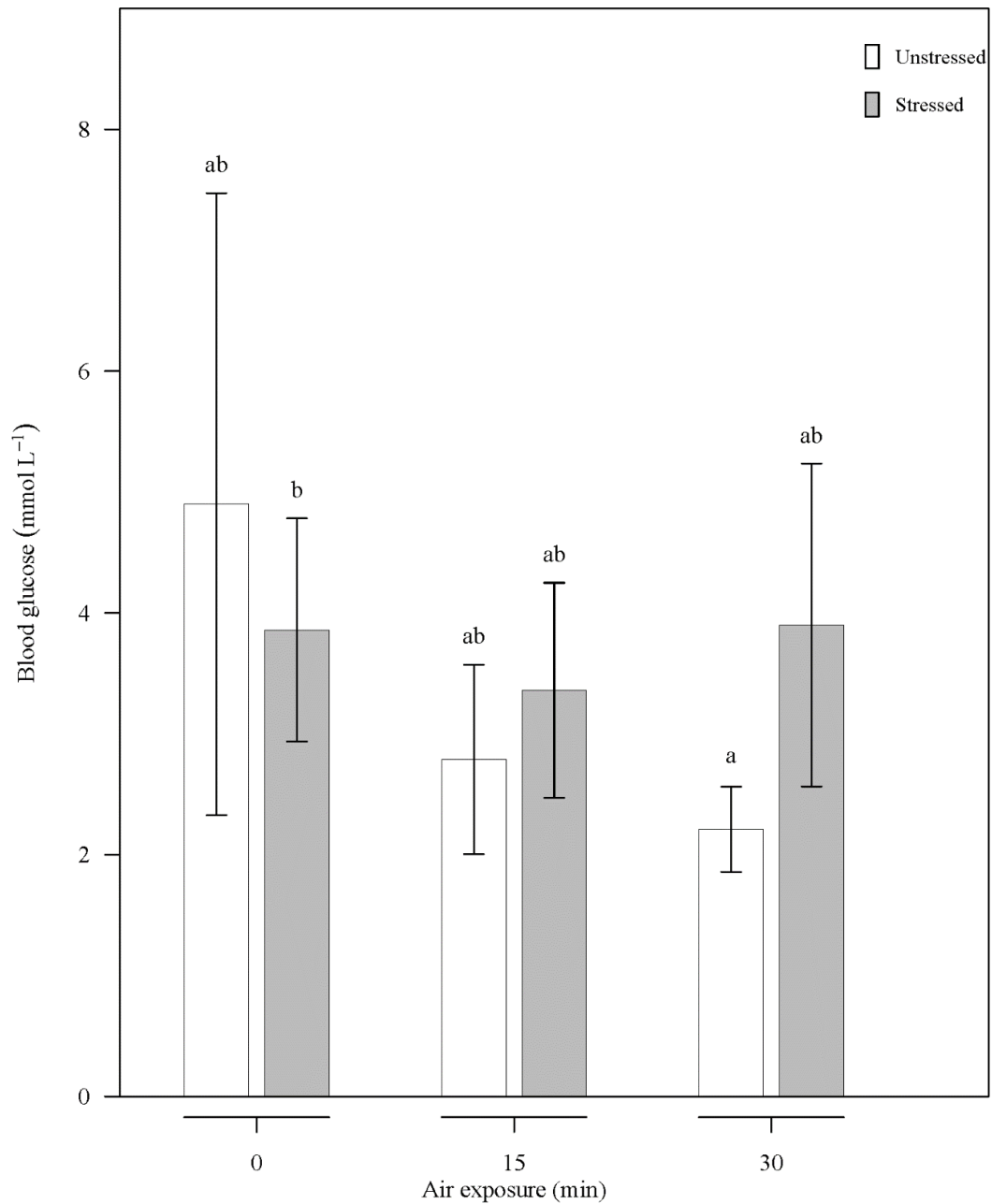
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433 Supplementary material

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435 1. Supplementary figures



436

437 Figure 1: Change in blood glucose in response to crowding (stressed) and/or air exposure for 0, 15 or 30 minutes. Bars are
438 mean values and arrows indicate 95% confidence intervals. Differences in letters above arrows indicate statistical
439 differences ($p < 0.05$).

440

441 2. R-CODE for Games-Howell post-hoc test
 442 Adapted from a GitHub Gist by SCHLEGEL, A. 2016. *games_howell.R* [Online]. Available:
 443 <https://gist.github.com/aschleg/ea7942efc6108aedfa9ec98aeb6c2096> [Accessed 01.01 2018]

```

444
445 games.howell <- function(grp, obs) {
446
447   #Create combinations
448   combs <- combn(unique(grp), 2)
449
450   # Statistics that will be used throughout the calculations:
451   # n = sample size of each group
452   # groups = number of groups in data
453   # Mean = means of each group sample
454   # std = variance of each group sample
455   n <- tapply(obs, grp, length)
456   groups <- length(tapply(obs, grp, length))
457   Mean <- tapply(obs, grp, mean, na.rm=T)
458   std <- tapply(obs, grp, var, na.rm=T)
459
460   statistics <- lapply(1:ncol(combs), function(x) {
461     mean.diff <- Mean[combs[2,x]] - Mean[combs[1,x]]
462
463     #t-values
464     t <- abs(Mean[combs[1,x]] - Mean[combs[2,x]]) / sqrt((std[combs[1,x]] / n[combs[1,x]]) +
465 (std[combs[2,x]] / n[combs[2,x]]))
466
467     # Degrees of Freedom
468     df <- (std[combs[1,x]] / n[combs[1,x]] + std[combs[2,x]] / n[combs[2,x]])^2 / # Numerator
469 Degrees of Freedom
470 ((std[combs[1,x]] / n[combs[1,x]])^2 / (n[combs[1,x]] - 1) + # Part 1 of Denominator
471 Degrees of Freedom
472 (std[combs[2,x]] / n[combs[2,x]])^2 / (n[combs[2,x]] - 1)) # Part 2 of Denominator
473 Degrees of Freedom
474
475     #p-values
476     p <- ptukey(t * sqrt(2), groups, df, lower.tail = FALSE)
477
478     # Sigma standard error
479     se <- sqrt(0.5 * (std[combs[1,x]] / n[combs[1,x]] + std[combs[2,x]] / n[combs[2,x]]))
480
481     # Upper Confidence Limit
482     upper.conf <- lapply(1:ncol(combs), function(x) {
483       mean.diff + qtkey(p = 0.95, nmeans = groups, df = df) * se
484     })[[1]]
485
486     # Lower Confidence Limit
487     lower.conf <- lapply(1:ncol(combs), function(x) {
488       mean.diff - qtkey(p = 0.95, nmeans = groups, df = df) * se
489     })[[1]]
490
491     # Group Combinations
492     grp.comb <- paste(combs[1,x], ':', combs[2,x])
493
494     # Collect all statistics into list
495     stats <- list(grp.comb, mean.diff, se, t, df, p, upper.conf, lower.conf)
496   })
497
498   # Unlist statistics collected earlier
499   stats.unlisted <- lapply(statistics, function(x) {
500     unlist(x)
501   })
502
503   # Create dataframe from flattened list
504   results <- data.frame(matrix(unlist(stats.unlisted), nrow = length(stats.unlisted),
505 byrow=TRUE))
506
507   # Select columns set as factors that should be numeric and change with as.numeric
508   results[c(2, 3:ncol(results))] <- round(as.numeric(as.matrix(results[c(2,
509 3:ncol(results)]))), digits = 3)
510
511   # Rename data frame columns
512   colnames(results) <- c('groups', 'Mean Difference', 'Standard Error', 't', 'df', 'p', 'upper
513 ci', 'lower ci')
514
515   return(results) }
516

```

Supplementary material

1. Supplementary figures

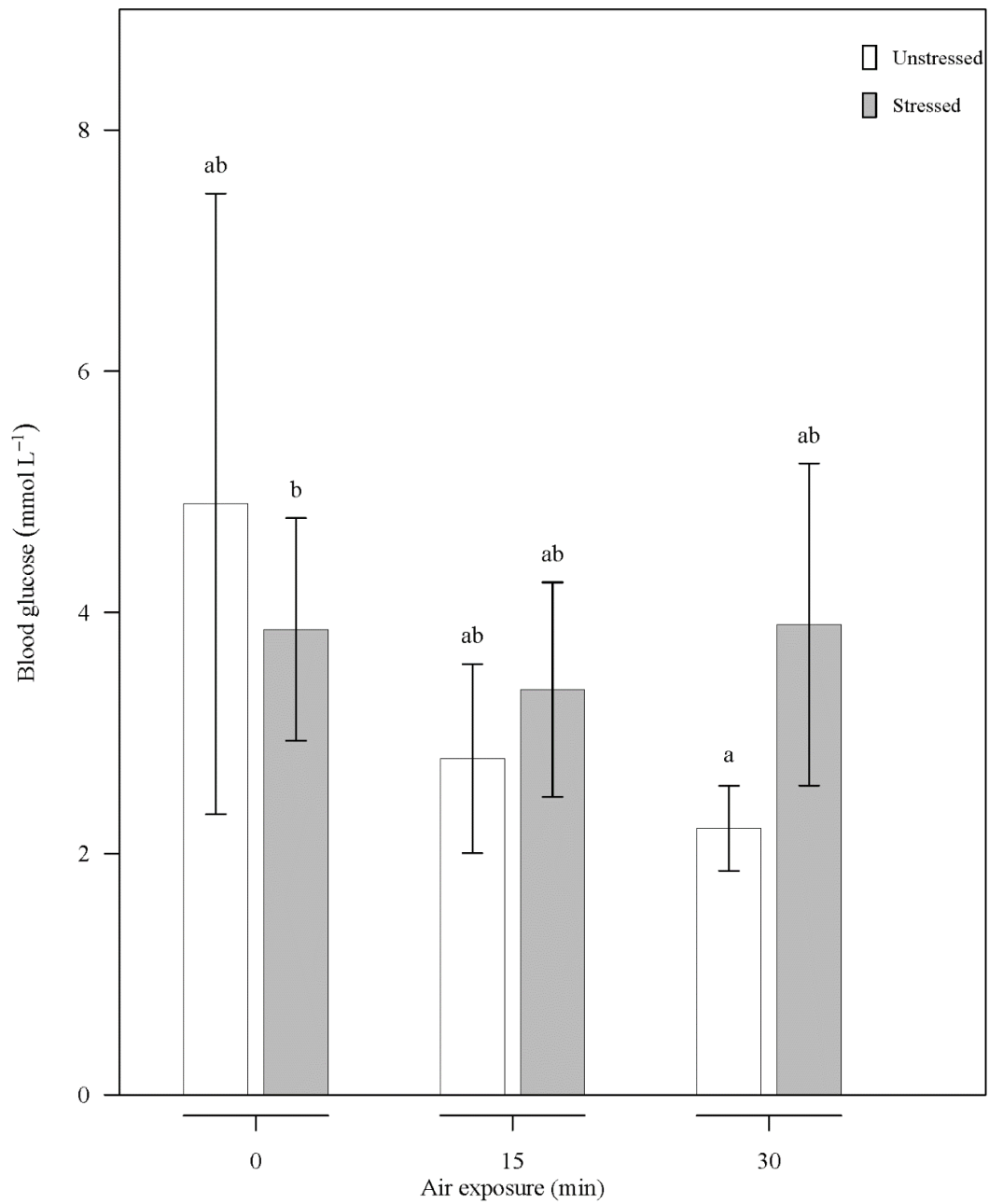


Figure 1: Change in blood glucose in response to crowding (stressed) and/or air exposure for 0, 15 or 30 minutes. Bars are mean values and arrows indicate 95% confidence intervals. Differences in letters above arrows indicate statistical differences ($p < 0.05$).

2. R-CODE for Games-Howell post-hoc test

Adapted from a GitHub Gist by SCHLEGEL, A. 2016. *games_howell.R* [Online]. Available: <https://gist.github.com/aschleg/ea7942efc6108aedfa9ec98aeb6c2096> [Accessed 01.01 2018]

```
games.howell <- function(grp, obs) {  
  #Create combinations  
  combs <- combn(unique(grp), 2)  
  
  # Statistics that will be used throughout the calculations:  
  # n = sample size of each group  
  # groups = number of groups in data  
  # Mean = means of each group sample  
  # std = variance of each group sample  
  n <- tapply(obs, grp, length)  
  groups <- length(tapply(obs, grp, length))  
  Mean <- tapply(obs, grp, mean, na.rm=T)  
  std <- tapply(obs, grp, var, na.rm=T)  
  
  statistics <- lapply(1:ncol(combs), function(x) {  
    mean.diff <- Mean[combs[2,x]] - Mean[combs[1,x]]  
  
    #t-values  
    t <- abs(Mean[combs[1,x]] - Mean[combs[2,x]]) / sqrt((std[combs[1,x]] / n[combs[1,x]]) +  
(std[combs[2,x]] / n[combs[2,x]]))  
  
    # Degrees of Freedom  
    df <- (std[combs[1,x]] / n[combs[1,x]] + std[combs[2,x]] / n[combs[2,x]])^2 / # Numerator  
Degrees of Freedom  
    ((std[combs[1,x]] / n[combs[1,x]])^2 / (n[combs[1,x]] - 1) + # Part 1 of Denominator  
Degrees of Freedom  
    (std[combs[2,x]] / n[combs[2,x]])^2 / (n[combs[2,x]] - 1)) # Part 2 of Denominator  
Degrees of Freedom  
  
    #p-values  
    p <- ptukey(t * sqrt(2), groups, df, lower.tail = FALSE)  
  
    # Sigma standard error  
    se <- sqrt(0.5 * (std[combs[1,x]] / n[combs[1,x]] + std[combs[2,x]] / n[combs[2,x]]))  
  
    # Upper Confidence Limit  
    upper.conf <- lapply(1:ncol(combs), function(x) {  
      mean.diff + qtkey(p = 0.95, nmeans = groups, df = df) * se  
    })[[1]]  
  
    # Lower Confidence Limit  
    lower.conf <- lapply(1:ncol(combs), function(x) {  
      mean.diff - qtkey(p = 0.95, nmeans = groups, df = df) * se  
    })[[1]]  
  
    # Group Combinations  
    grp.comb <- paste(combs[1,x], ':', combs[2,x])  
  
    # Collect all statistics into list  
    stats <- list(grp.comb, mean.diff, se, t, df, p, upper.conf, lower.conf)  
  })  
  
  # Unlist statistics collected earlier  
  stats.unlisted <- lapply(statistics, function(x) {  
    unlist(x)  
  })  
  
  # Create dataframe from flattened list  
  results <- data.frame(matrix(unlist(stats.unlisted), nrow = length(stats.unlisted),  
byrow=TRUE))  
  
  # Select columns set as factors that should be numeric and change with as.numeric  
  results[c(2, 3:ncol(results))] <- round(as.numeric(as.matrix(results[c(2,  
3:ncol(results)]))), digits = 3)  
  
  # Rename data frame columns  
  colnames(results) <- c('groups', 'Mean Difference', 'Standard Error', 't', 'df', 'p', 'upper  
ci', 'lower ci')  
  
  return(results) }
```