

Results

Repeated Measures ANOVA

Within Subjects Effects

Cases	Sum of Squares	df	Mean Square	F	p	ω ²
Condition	4.174	1	4.174	31.284	< .001	0.109
Residuals	11.609	87	0.133			
Effort	0.694 ^a	3 ^a	0.231 ^a	8.403 ^a	< .001 ^a	0.021
Residuals	7.182	261	0.028			
Condition * Effort	0.058	3	0.019	1.295	0.277	5.228×10 ⁻⁴
Residuals	3.910	261	0.015			

Note. Type III Sum of Squares

^a Mauchly's test of sphericity indicates that the assumption of sphericity is violated (p < .05).

Between Subjects Effects

Cases	Sum of Squares	df	Mean Square	F	p
Residuals	21.163	87	0.243		

Note. Type III Sum of Squares

Descriptives

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Condition	Effort	N	Mean	SD	SE	Coefficient of variation
Self	50	88	0.941	0.127	0.013	0.135
	65	88	0.917	0.166	0.018	0.181
	80	88	0.909	0.162	0.017	0.179
	95	88	0.869	0.236	0.025	0.271
Other	50	88	0.817	0.252	0.027	0.308
	65	88	0.745	0.317	0.034	0.426
	80	88	0.746	0.320	0.034	0.429
	95	88	0.712	0.334	0.036	0.470

Descriptives plots



