Diet	Wtloss
A	3,709
A	7,087
A	6,754
A	8,994
A	9,077
A	6,413
A	5,877
A	2,572
A	7,520
A	6,881
A	7,265
A	3,477
A	3,755
A	8,760
A	7,032
A	9,052
A	10,062
A	4,840
A	6,449
A	9,019
A	-1,715
A	4,718
A	4,007
A	7,241
A	2,128
A	6,968
A	4,853
A	0,055
A	2,680
A	3,746
A	7,033
A	5,033
A	5,569
A	6,712
A	3,663
A	2,741
A	6,256
A	5,349
A	7,300
A	5,445
A	4,970
A	3,613
A	7,568
A	5,861
A	4,157
A	0,203
A	4,441
A	5,875
A	5,715
A	0,280
B	-1,087
B	1,819
B	0,074
B	1,755
B	1,889

Diet A	**n**	50
	Mean	5,341
	SD	2,536

Diet B	**n**	50
	Mean	3,710
	SD	2,769

The results suggest that Diet A is more effectiv
of 5.341 kg, whereas those on Diet B lost 3.71(
However, both diets show relatively large stand
variability in individual weight-loss outcomes. T
participants in both groups achieved much high
comparison is balanced. If a statistical test (suc
would likely be statistically meaningful, but this

B	3,089
B	4,008
B	4,551
B	1,372
B	3,413
B	-4,148
B	2,823
B	2,865
B	4,369
B	6,337
B	6,308
B	3,494
B	10,539
B	3,840
B	5,123
B	5,485
B	-1,894
B	8,016
B	2,310
B	3,882
B	7,030
B	7,727
B	0,105
B	3,650
B	4,547
B	4,985
B	5,159
B	4,760
B	4,934
B	3,106
B	5,598
B	2,162
B	6,520
B	7,046
B	1,757
B	1,848
B	1,096
B	2,145
B	8,435
B	6,099
B	3,972
B	2,409
B	0,569
B	7,013
B	2,594

e for weight reduction than Diet B. Participants on Diet A lost an averag
) kg. This is a difference of approximately 1.63 kg in favour of Diet A.
lard deviations (Diet A: 2.536; Diet B: 2.769), indicating substantial
his means that while Diet A appears more effective on average, some
ıer or lower losses.Given the equal sample sizes (n = 50 per group), the
:h as an independent-samples t-test) were conducted, the difference in
cannot be confirmed without the full test results.

ge

e
means