Supplementary Material

Wilcoxon signed-rank tests

Table 1: Wilcoxon signed rank tests results for cases of normality violation

	W	p	Effect Size	95% CI for Effect Size	
				Lower	Upper
H1a	6312.000	0.539	-0.056	-0.228	0.121
H2a	1875.000	< .001	-0.716	-0.792	-0.618
H2b	4663.000	0.048	-0.294	-0.446	-0.124
H3a	5907.500	0.246	-0.116	-0.285	0.060
H3b	6666.500	0.914	-0.002	-0.178	0.173
H4a	5791.000	< .001	-0.133	-0.302	0.043

Note. The assumption of normality was checked via the Shapiro-Wilk test and we considered $p \ leq$ .005 to suggest deviation from normality, which is a less conservative threshold for the paired comparisons of differece scores in this study. The effect size is provided by the matched rank biserial correlation.