Results

Paired Samples T-Test

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Measure 1		Measure 2	W	df	p
Before 1	-	After 1	45.000		0.322
Before 3	-	After 3	91.500		0.007
Before 5	-	After 5	120.000		< .001
Before 6	-	After 6	85.000		0.003
Before 7	-	After 7	105.000		< .001
Before 8	-	After 8	105.000		< .001
Before 9	-	After 9	124.000		0.002
Before 10	-	After 10	99.000		0.002
Before 14	-	After 14	78.000		0.056
Before 15	-	After 15	105.000		0.005

Note. For all tests, the alternative hypothesis specifies that Measure 1 is greater than Measure 2. For example, Before 1 is greater than After 1.

Note. Wilcoxon signed-rank test.

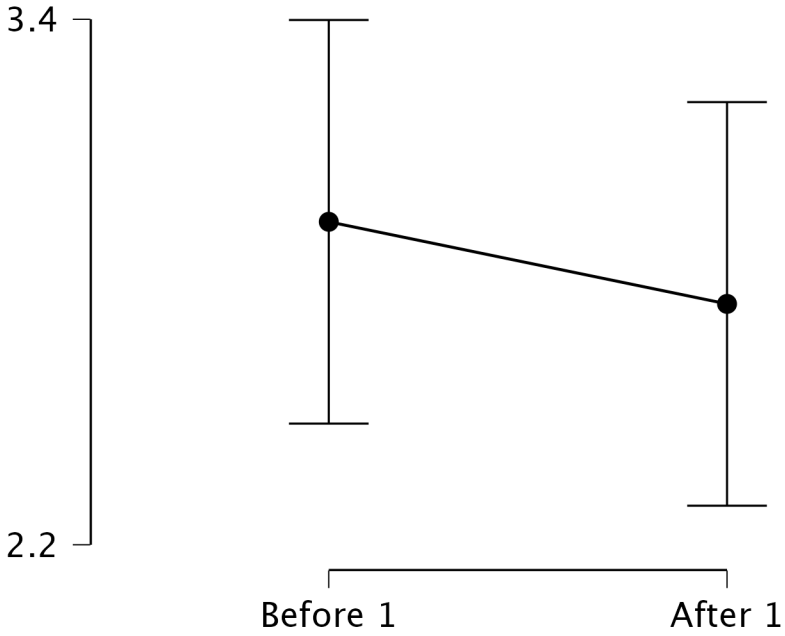
Descriptives

Descriptives

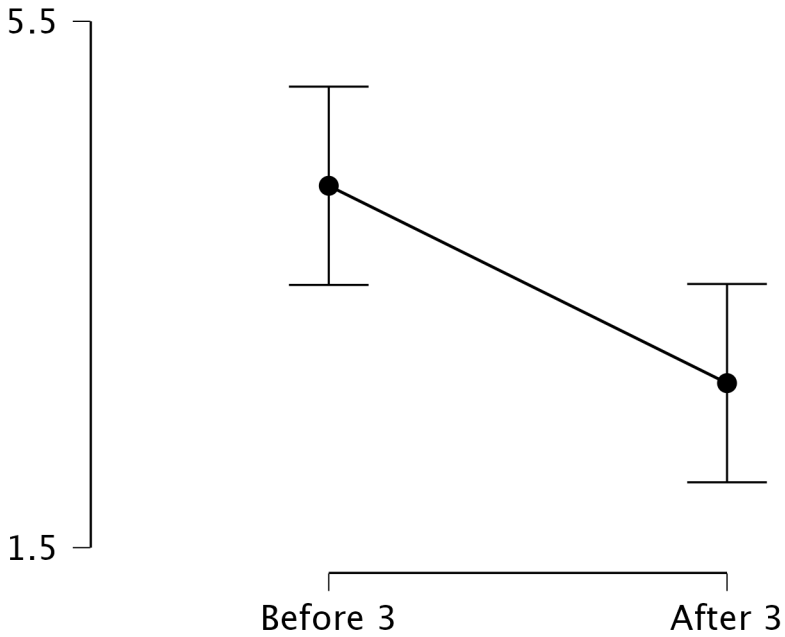
	N	Mean	SD	SE
Before 1	16	2.938	1.237	0.309
After 1	16	2.750	0.683	0.171
Before 3	16	4.250	1.065	0.266
After 3	16	2.750	1.653	0.413
Before 5	16	4.688	0.704	0.176
After 5	16	2.688	1.138	0.285
Before 6	16	4.938	0.929	0.232
After 6	16	3.375	1.500	0.375
Before 7	16	4.500	1.033	0.258
After 7	16	2.063	0.929	0.232
Before 8	16	4.500	1.095	0.274
After 8	16	2.000	1.033	0.258
Before 9	16	3.813	1.642	0.410
After 9	16	1.875	0.719	0.180
Before 10	16	4.500	1.414	0.354
After 10	16	2.688	1.401	0.350
Before 14	16	3.750	1.483	0.371
After 14	16	2.688	1.401	0.350
Before 15	16	4.250	1.390	0.348
After 15	16	2.500	1.265	0.316

Descriptives Plots

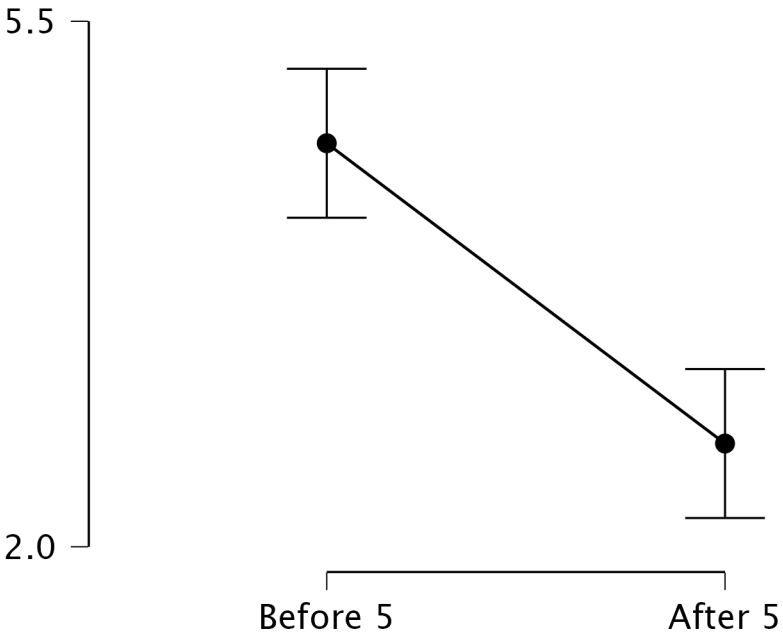
Before 1 - After 1



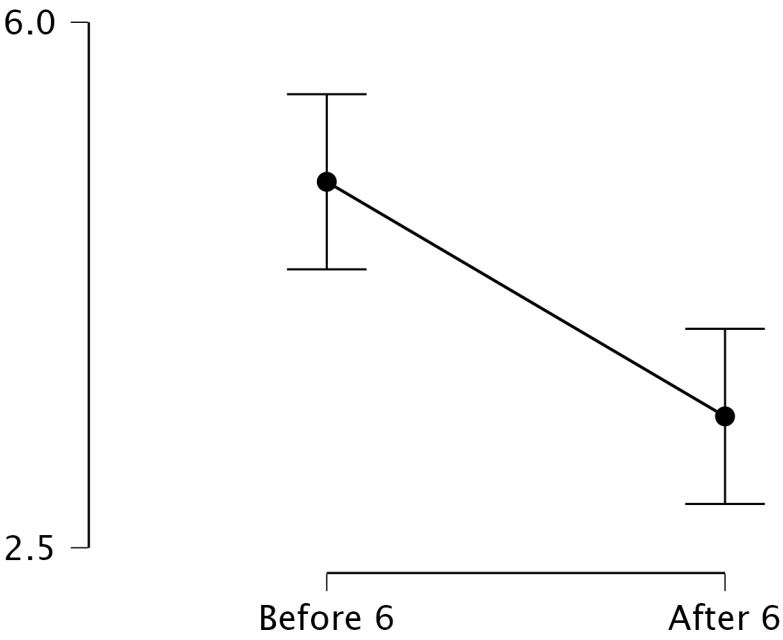
Before 3 - After 3



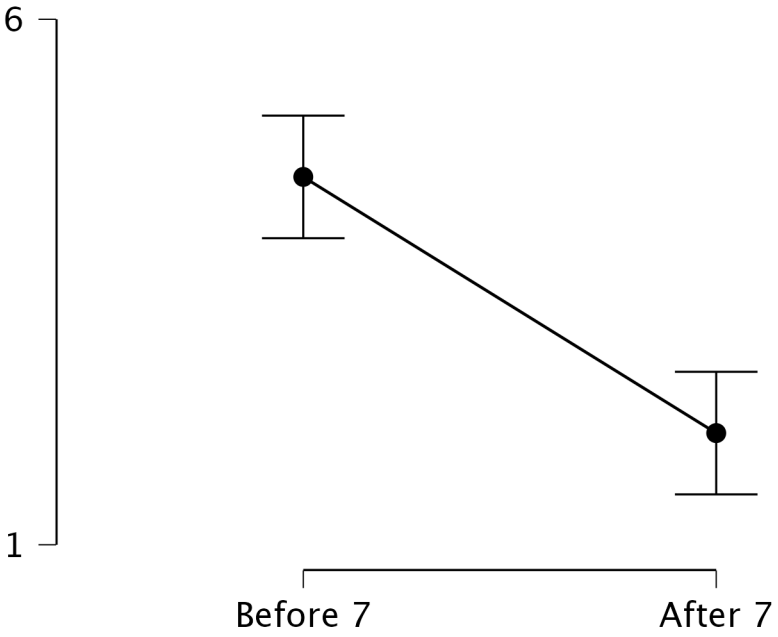
Before 5 – After 5



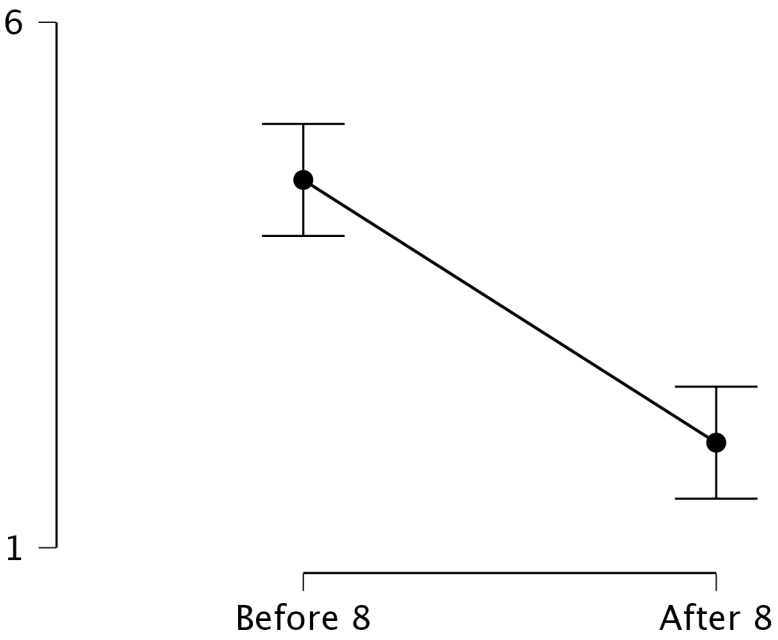
Before 6 – After 6



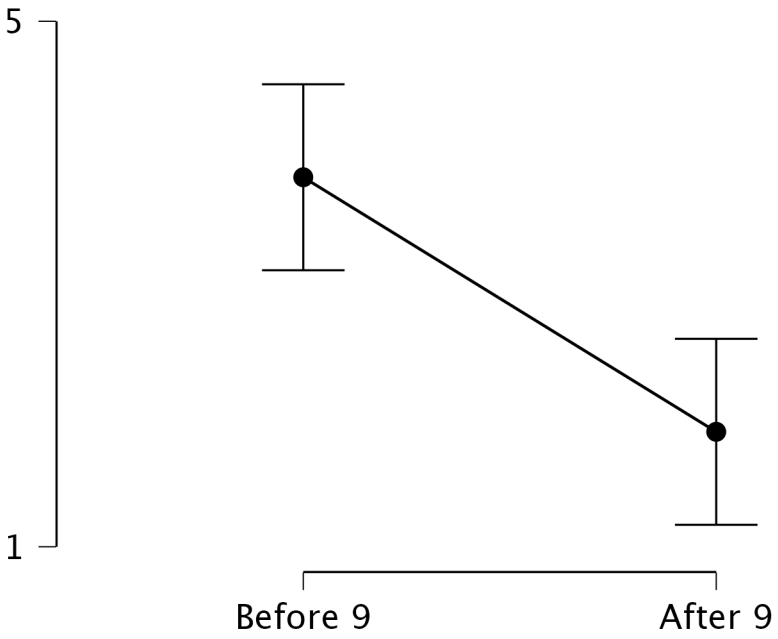
Before 7 – After 7



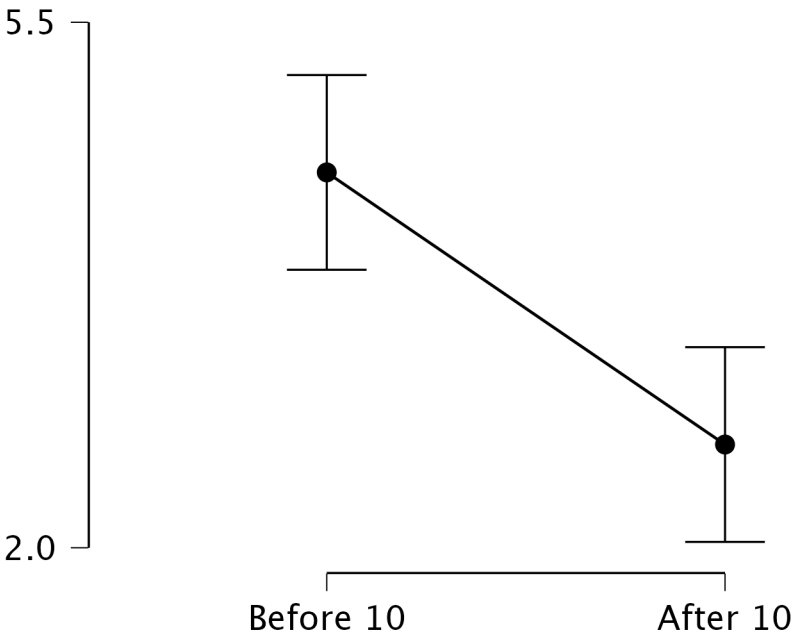
Before 8 – After 8



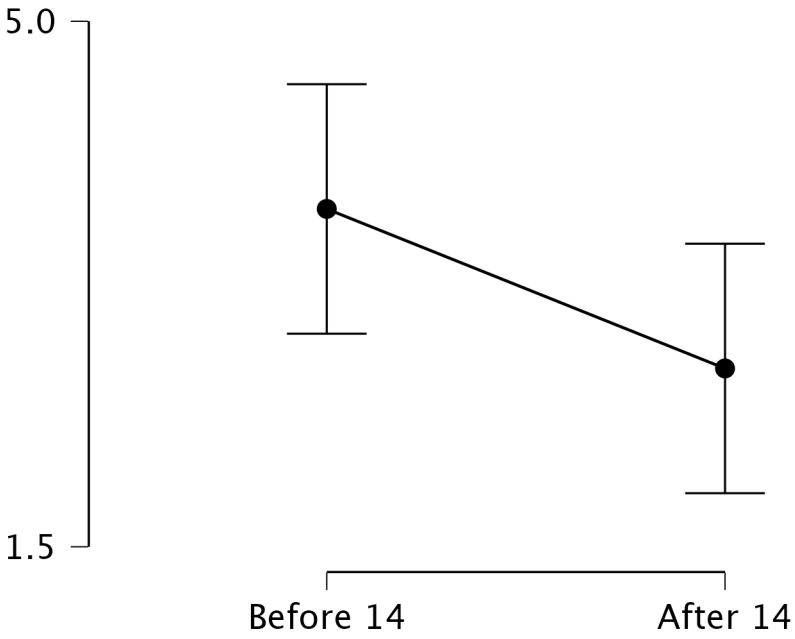
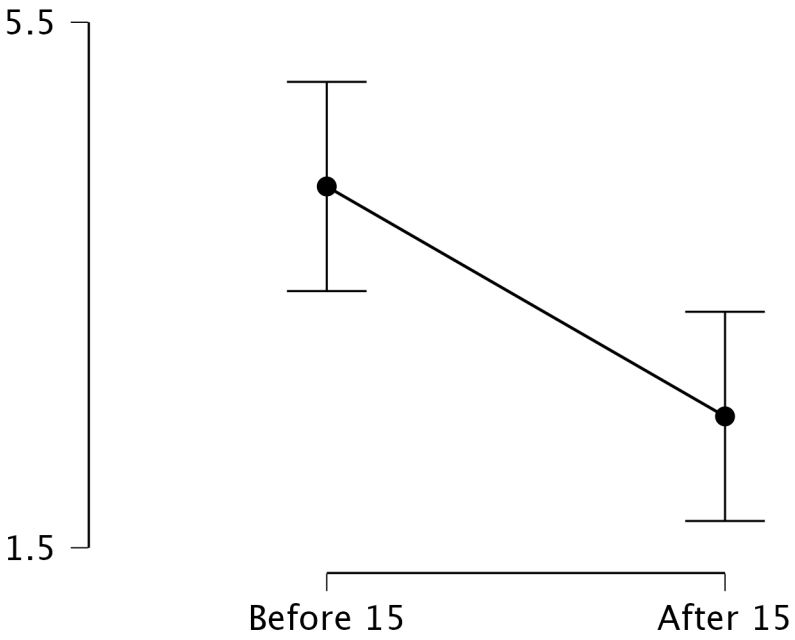
Before 9 – After 9



Before 10 – After 10



Before 14 - After 14



Before 15 - After 15