Results

Paired Samples T-Test

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Measure 1		Measure 2	W	df	p
Before 2	-	After 2	12.500		0.019
Before 4	-	After 4	17.500		0.087
Before 11	-	After 11	12.500		0.006
Before 12	-	After 12	26.000		0.050
Before 13	-	After 13	18.000		0.097
Before 16	-	After16	15.000		0.010

Note. For all tests, the alternative hypothesis specifies that Measure 1 is less than Measure 2. For example, Before 2 is less than After 2.
Note. Wilcoxon signed-rank test.

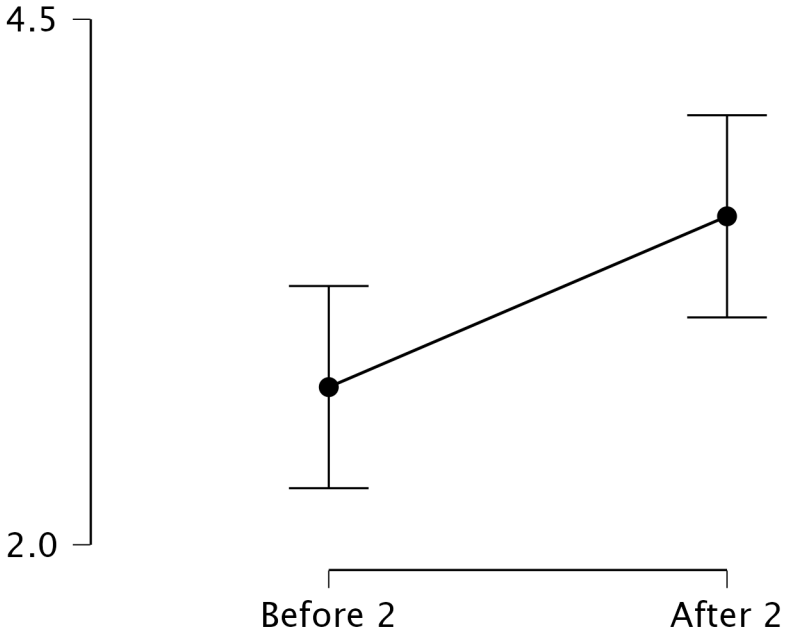
Descriptives

Descriptives

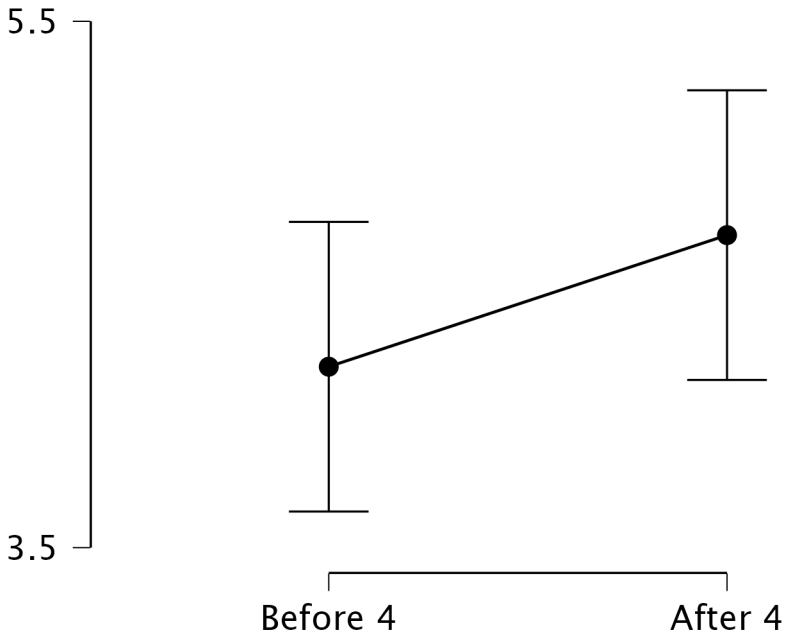
	N	Mean	SD	SE
Before 2	16	2.750	0.856	0.214
After 2	16	3.563	0.892	0.223
Before 4	16	4.188	0.834	0.209
After 4	16	4.688	1.195	0.299
Before 11	16	5.188	2.040	0.510
After 11	16	7.250	2.082	0.520
Before 12	16	3.813	1.559	0.390
After 12	16	4.875	1.204	0.301
Before 13	16	3.500	1.317	0.329
After 13	16	4.188	1.167	0.292
Before 16	16	3.250	1.528	0.382
After16	16	4.750	1.612	0.403

Descriptives Plots

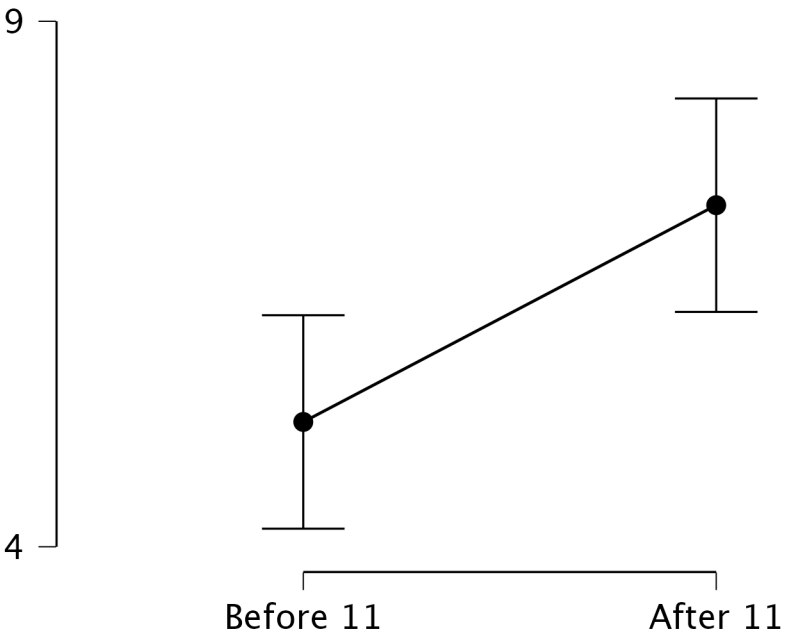
Before 2 - After 2



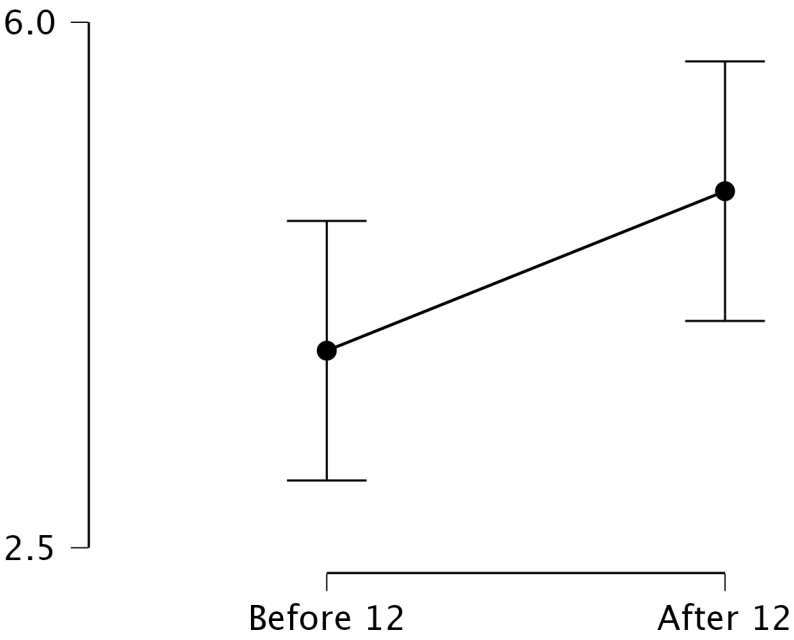
Before 4 - After 4



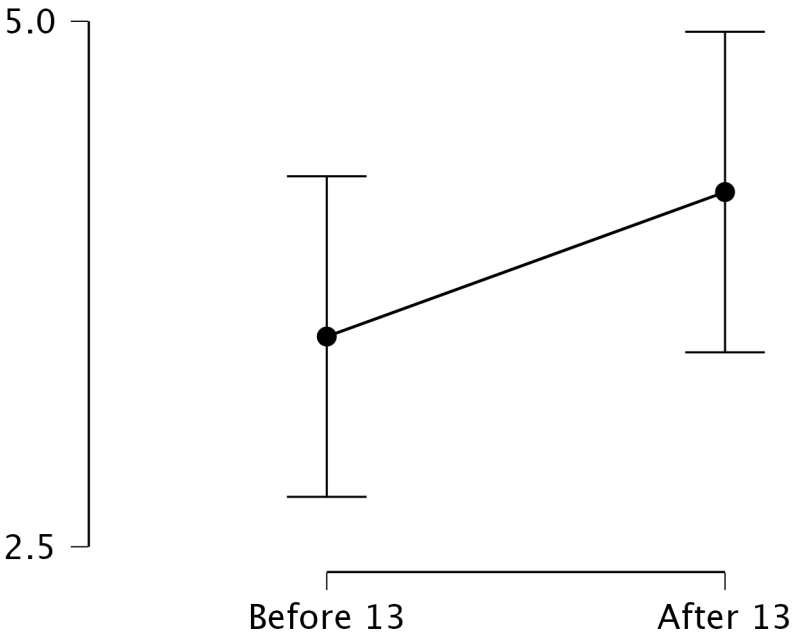
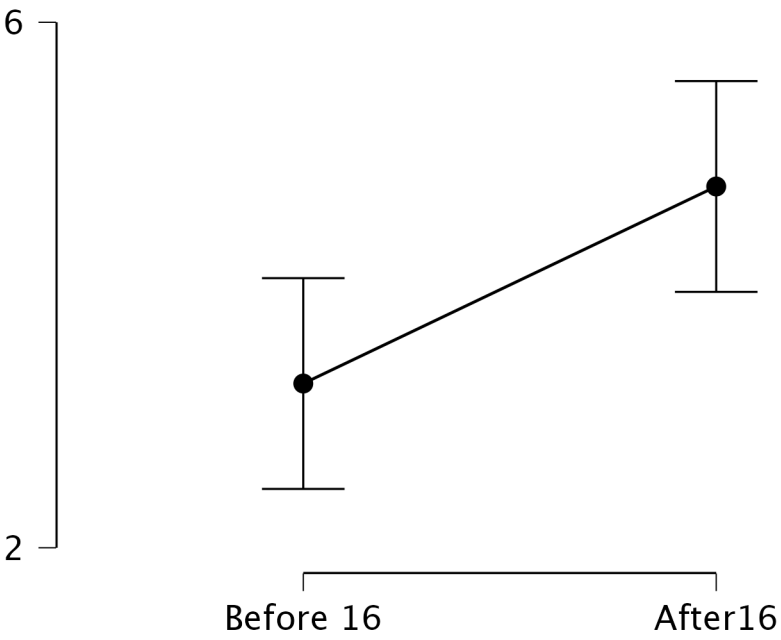
Before 11 – After 11



Before 12 – After 12



Before 13 – After 13



Before 16 – After16