

id	email	change in affect	change in cognitive competence	change in difficulty	change in interest	change in effort
1	Interesting	1.83	2.83	1.30	1.25	1.5
2	Interesting	0	0.5	0.15	0.25	2
3	Plain	-1.15	-1.5	-1.55	-1.75	-3
4	Interesting	0.67	0.33	0.15	1.5	0.5
⋮	⋮	⋮	⋮	⋮	⋮	⋮