Ability = Intercept + β 1(Gaming) + β 2(Double Espresso) + β 3(Single Espresso) + ϵ

Add the covariate to our model *before* the experimental factor:

Ability = Intercept + β 1(Gaming) + β 2(Double Espresso) + β 3(Single Espresso) + ϵ

The $\beta 2$ and $\beta 3$ coefficients tell us the difference between each group mean (i.e., the adjusted mean) compared to the reference Group (Water) when taking into account the covariate of Gaming frequency:

 $\beta 2$ is the difference between the Double Espresso and Water group adjusted means (= -1.01) while $\beta 3$ is the difference between the Double Espresso and Water group adjusted means (= -0.46)...