

New Lab 8 Title

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Abstract

Soon our *awesome* abstract will go here.

Keywords: psychology, rmarkdown, data science

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Commit 3

Cognitive behavioral therapy (CBT) is one of the most effective psychotherapies for psychological disorders (Zettle & Hayes, 2015). Trauer et al. (2015) conducted a meta-analysis on the efficacy of CBT for insomnia.

#Results

The mean math score and standard deviation for boys under the no frl condition was 492.85 and 46.34, respectively. The mean math score and standard deviation for boys under the yes frl condition was 469.87 and 46.09, respectively. The mean math score and standard deviation for girls under the no frl condition was 501.21 and 45.96, respectively. Finally, the mean math score and standard deviation for girls under the yes frl condition was 477.51 and 46.30, respectively.

References

- Trauer, J. M., Qian, M. Y., Doyle, J. S., Rajaratnam, S. M., & Cunnington, D. (2015). Cognitive behavioral therapy for chronic insomnia: A systematic review and meta-analysis. *Annals of Internal Medicine*, 163(3), 191–204.
- Zettle, R. D., & Hayes, S. C. (2015). Rule-governed behavior: A potential theoretical framework for cognitive-behavioral therapy. In *The act in context* (pp. 33–63). Routledge.

sex	frl	math_mean	math_sd	rdg_mean	rdg_sd
boy	no	492.8523	46.33845	441.4553	32.31828
boy	yes	469.8716	46.09285	425.3794	26.62931
girl	no	501.2057	45.96210	448.5353	34.52403
girl	yes	477.5084	46.30459	430.8029	27.42125