t= −3.154 , p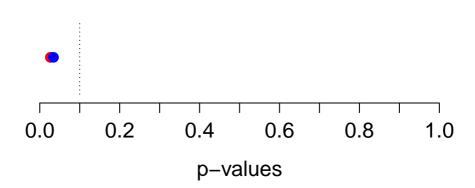= 0.034