$\bar{\eta}$ table	$\bar{\eta}_{\mathrm{same}}$	$\bar{\eta}_{\mathrm{diff}}$
$|\pm 1\rangle$ basis	0.3849	0.6507
$|+/-\rangle$ basis	0.8242	0.7884

$$\bar{\eta}_{100} = 1/4 * \bar{\eta}_{\mathrm{same}} + 3/4 * \bar{\eta}_{\mathrm{diff}}$$

$$\bar{\eta}_{100}^2(|\pm 1\rangle) = 0.3414$$

$$\bar{\eta}_{100}^2(|+/-\rangle) = 0.6357$$