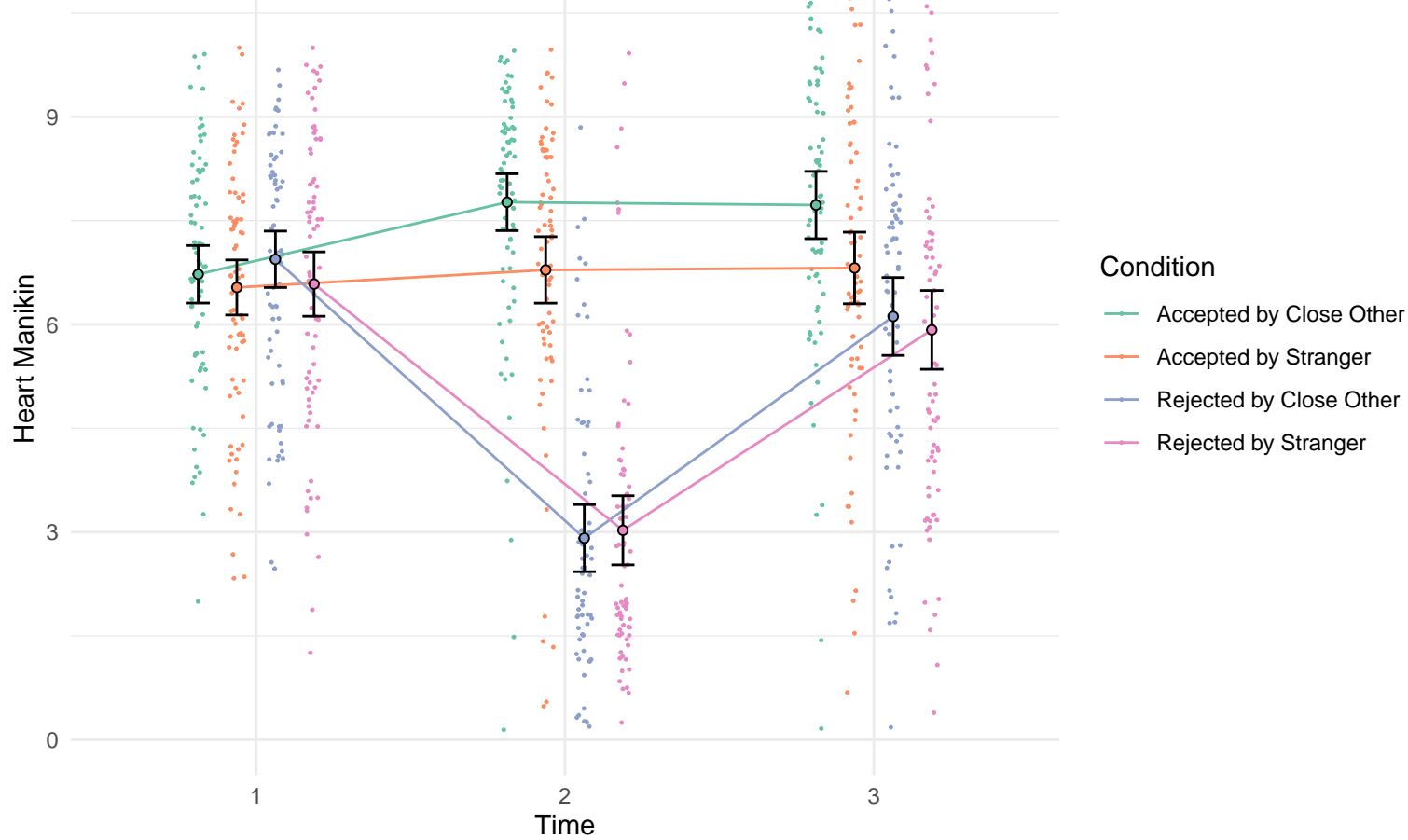
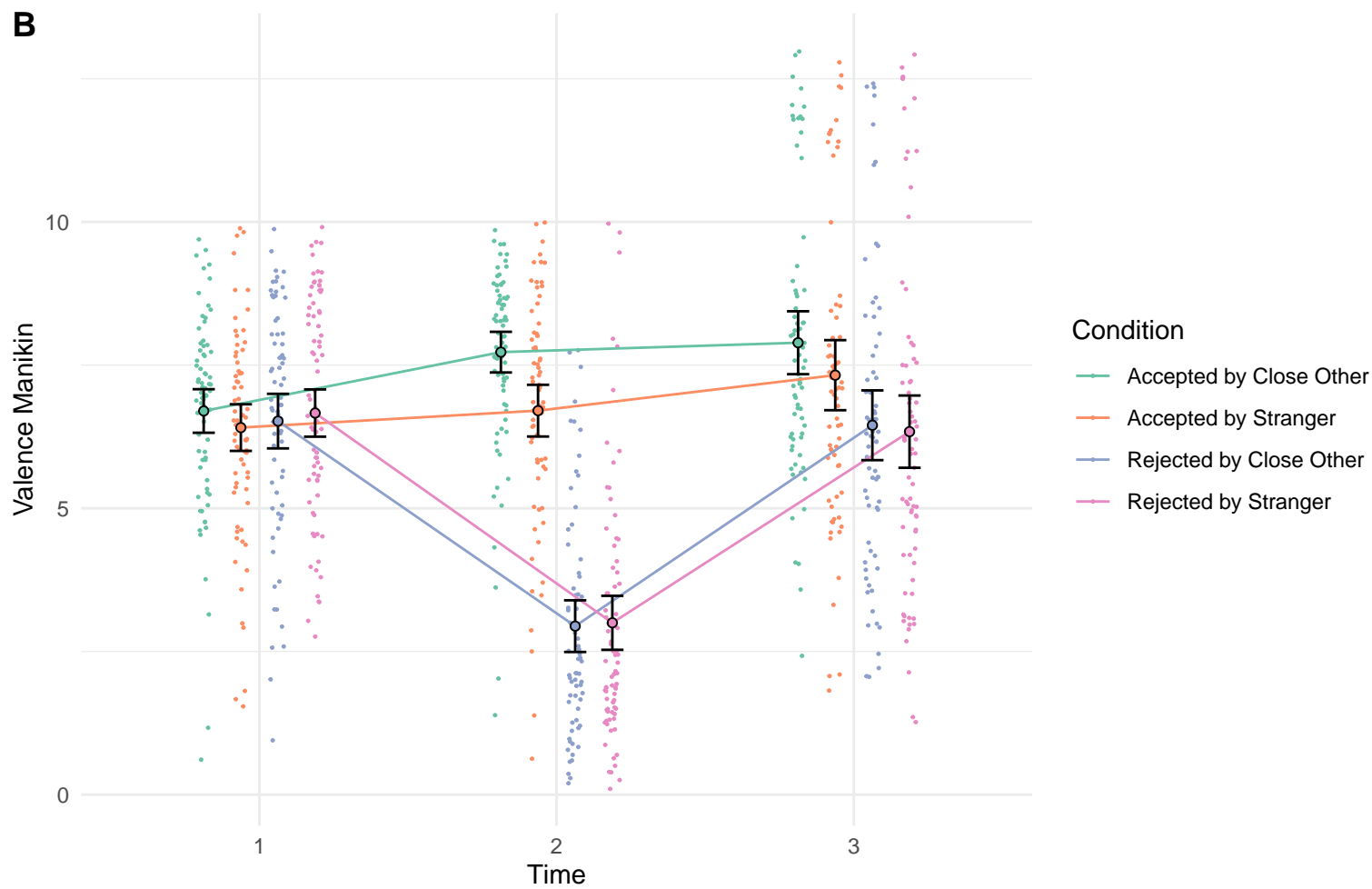


**A**

Participants completed the essay between Time 1 and Time 2.  
Errorbars represent 95% confidence intervals

**B**

Participants completed the essay between Time 1 and Time 2.  
Errorbars represent 95% confidence intervals