

# Regression Vs. ANOVA: Is a main effect really a main effect?

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# Outline

- 1 Introduction
  - Defining the problem
  - Content of this talk
- 2 Toy Example
  - Using categorical variables only
  - Using continuous variables
- 3 Real Data Example
  - Methods
  - Results
- 4 Conclusion

# Defining the problem

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*All stats in R have the same syntax*



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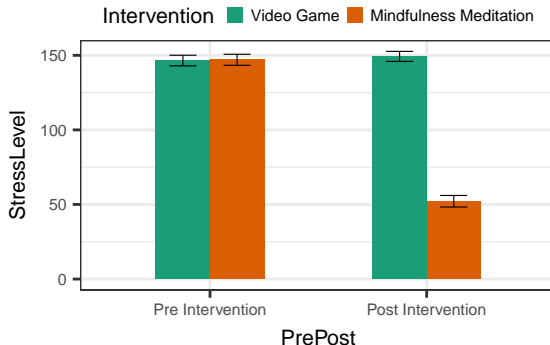
- How to use R
- How to build a good mixed-effects model
- The  $p$ -value debate

# The simulated data

Assessing stress levels after and before a 30 minutes intervention, “mindfulness meditation” or “video games”.

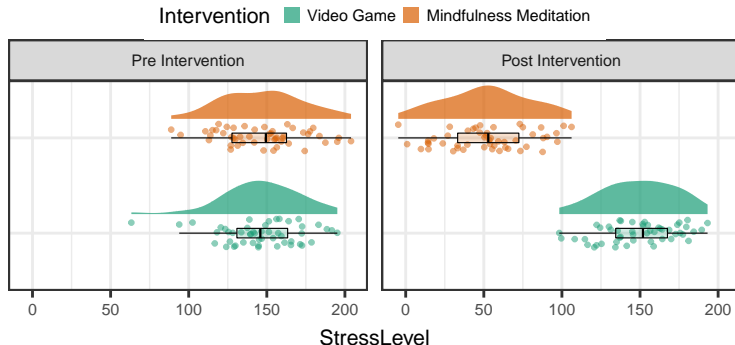
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# Regression and ANOVA results

# Graphically understanding the regression results

# Changes to the simulated data



# Regression results

# Graphically understanding the regression results

# The experiment in a nutshell

# Impact of the choice of reference levels

# What's the take home message?