One Sample T-Test

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	t	df	p	Mean Difference	95% CI for Mean Difference		Cohen's d	SE Cohen's d
					Lower	Upper		
improvement	6.475	19	< .001	1.405	0.951	1.859	1.448	0.320

Note. For the Student t-test, the alternative hypothesis specifies that the mean is different from 0.
Note. Student's t-test.