Table 1: Paired samples t-value, means, standard deviations (SD) and Cohen's effect size for average pre and post confidence scores.

		Mean ± SD	Mean difference	95% Confidence interval		t	*P*	*d*
				Lower	Upper			
Average confidence score	Pre	4.86 ± 1.16	2.71	2.41	3.00	18.43	< 0.001	2.48
	Post	7.56 ± 0.83						

Note. Abbreviations: t, t-statistic; *P,* significance *P*-value; *d,* Cohen's effect size.