

Effect Size in Paired Samples T-Test Using SPSS

Cohen's d

Small, Medium, Large Effects: .20, .50, .80

$$d = \frac{\text{Mean difference}}{\text{Standard deviation of the difference in scores}}$$

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	JUMP1 - JUMP2	-.03400	.03185	.00712	-.04891	-.01909	-4.773	19	.000