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Variable	Mean		SD		t		p		Effect size	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Age	21.1	21.1	1.1	1.1	0.0	0.0	0.99	0.99	0.00	0.00
Gender	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Marital status	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Education	12.0	12.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Income	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Religion	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Occupation	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Health status	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Family size	3.0	3.0	1.0	1.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental education	12.0	12.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental income	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental religion	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental occupation	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental health status	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental family size	3.0	3.0	1.0	1.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental parental education	12.0	12.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental parental income	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental parental religion	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental parental occupation	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental parental health status	1.0	1.0	0.0	0.0	0.0	0.0	0.99	0.99	0.00	0.00
Parental parental family size	3.0	3.0	1.0	1.0	0.0	0.0	0.99	0.99	0.00	0.00

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1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100

Table 10. *Continued*

[illegible]

Self-Reported Status	Reference Status	Self-Reported Status	Reference Status	Self-Reported Status	Reference Status
100%	100%	100%	100%	100%	100%

Parameter	2000				2001				2002				2003				2004			
	Mean	SD	CV	Skew	Mean	SD	CV	Skew	Mean	SD	CV	Skew	Mean	SD	CV	Skew	Mean	SD	CV	Skew
Age	24.5	4.2	0.17	-0.1	25.1	4.5	0.18	-0.2	25.8	4.8	0.19	-0.3	26.2	5.0	0.20	-0.4	26.5	5.2	0.21	-0.5
Height	1.75	0.08	0.05	0.1	1.76	0.09	0.05	0.2	1.77	0.10	0.06	0.3	1.78	0.11	0.07	0.4	1.79	0.12	0.08	0.5
Weight	70.5	12.5	0.18	0.2	71.2	13.0	0.19	0.3	72.0	13.5	0.20	0.4	72.8	14.0	0.21	0.5	73.5	14.5	0.22	0.6
Heart rate	72.5	10.5	0.15	-0.1	73.0	11.0	0.16	-0.2	73.5	11.5	0.17	-0.3	74.0	12.0	0.18	-0.4	74.5	12.5	0.19	-0.5
Stroke volume	100.5	15.5	0.16	0.1	101.0	16.0	0.17	0.2	101.5	16.5	0.18	0.3	102.0	17.0	0.19	0.4	102.5	17.5	0.20	0.5
Cardiac output	5.5	0.8	0.15	-0.1	5.6	0.9	0.16	-0.2	5.7	1.0	0.17	-0.3	5.8	1.1	0.18	-0.4	5.9	1.2	0.19	-0.5
Stroke index	100.5	15.5	0.16	0.1	101.0	16.0	0.17	0.2	101.5	16.5	0.18	0.3	102.0	17.0	0.19	0.4	102.5	17.5	0.20	0.5
Cardiac index	3.1	0.4	0.13	-0.1	3.2	0.5	0.15	-0.2	3.3	0.6	0.17	-0.3	3.4	0.7	0.19	-0.4	3.5	0.8	0.21	-0.5
Stroke volume index	100.5	15.5	0.16	0.1	101.0	16.0	0.17	0.2	101.5	16.5	0.18	0.3	102.0	17.0	0.19	0.4	102.5	17.5	0.20	0.5
Cardiac output index	3.1	0.4	0.13	-0.1	3.2	0.5	0.15	-0.2	3.3	0.6	0.17	-0.3	3.4	0.7	0.19	-0.4	3.5	0.8	0.21	-0.5
Stroke volume index	100.5	15.5	0.16	0.1	101.0	16.0	0.17	0.2	101.5	16.5	0.18	0.3	102.0	17.0	0.19	0.4	102.5	17.5	0.20	0.5
Cardiac output index	3.1	0.4	0.13	-0.1	3.2	0.5	0.15	-0.2	3.3	0.6	0.17	-0.3	3.4	0.7	0.19	-0.4	3.5	0.8	0.21	-0.5