**Table 2 Change in Students’ Attitudes Scores from Pre-test, Post-test, and Follow-up**

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| **Pre-test** | **Post-Test** | **Follow-up** | ***t test comparison*** | ***d statistic*** |
| 34.09(5.8) | 35.34(5.5) |  | *t*(347) = 4.78, *p=*.001 | 0.25 |
| 33.34(4.24) |  | 34.26(4.10) | t(233)=2.73, p= .007 | 0.18 |

*Note*. The *d* statistics represent the effect size of the training, describing the magnitude of difference between the pre-test and post-test or between the pre-test and follow-up.