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-												r	12	-
_	n <sub>1</sub>	1	2	3	4	5	6	7	8	9	10	11	12	
_	1	-	-	-	-	-	-	-	-	-	-	-	-	•
	2	-	-	-	-	-	-	-	0	0	0	0	1	
	3	-	-	-	-	0	1	1	2	2	3	3	4	
	4	-	-	-	0	1	2	3	4	4	5	6	7	
	5	-	-	0	1	2	3	5	6	7	8	9	11	
	6	-	-	1	2	3	5	6	8	10	11	13	14	
	7	-	-	1	3	5	6	8	10	12	14	16	18	
	8	-	0	2	4	6	8	10	13	15	17	19	22	
	9	-	0	2	4	7	10	12	15	17	21	23	26	
	10	-	0	3	5	8	11	14	17	20	23	26	29	
	11	-	0	3	6	9	13	16	19	23	26	30	33	
	12	-	1	4	7	11	14	18	22	26	29	33	37	22















Sample Baseline Analysis Report 2 treatment between-subjects design										
Table 1. Baseline I	All,	Control,	Intervention,							
Variable	N = 263	n = 131	n = 132							
Female, n (%)	161 (61.2)	72 (55.0)	89 (67.4)							
Age at enrollment, mean $\pm$ SD	71.3 ± 5.4	70.8 ± 5.2	71.7 ± 5.6							
Race, n (%)										
Black	165 (62.7)	86 (65.6)	79 (59.8)							
White	75 (28.5)	35 (26.7)	40 (30.3)							
Other	23 (8.7)	10 (7.6)	13 (9.8)							
Hispanic, n (%)	20 (7.6)	10 (7.6)	10 (7.6)							
Education										
<high school<="" td=""><td>56 (21.3)</td><td>30 (22.9)</td><td>26 (19.7)</td><td></td></high>	56 (21.3)	30 (22.9)	26 (19.7)							
High school	79 (30.0)	34 (26.0)	45 (34.1)							
>High school	128 (48.7)	67 (51.1)	61 (46.2)							
Married, n (%)	87 (33.1)	43 (32.8)	44 (33.3)	30						



























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Variable	All, N = 263	Control, n = 131	Intervention, n = 132	Р	
Female, n (%) Age at enrollment, mean ± SD	161 (61.2) 71.3 ± 5.4	72 (55.0) 70.8 ± 5.2	89 (67.4) 71.7 ± 5.6	n.s. <.05	
Race, n (%) Black White Other	165 (62.7) 75 (28.5) 23 (8.7)	86 (65.6) 35 (26.7) 10 (7.6)	79 (59.8) 40 (30.3) 13 (9.8)	n.s.	
Hispanic, n (%) Education <high school<="" td=""><td>20 (7.6) 56 (21.3)</td><td>10 (7.6) 30 (22.9)</td><td>10 (7.6) 26 (19.7)</td><td>n.s. n.s.</td><td></td></high>	20 (7.6) 56 (21.3)	10 (7.6) 30 (22.9)	10 (7.6) 26 (19.7)	n.s. n.s.	
High school >High school Married, n (%)	79 (30.0) 128 (48.7) 87 (33.1)	34 (26.0) 67 (51.1) 43 (32.8)	45 (34.1) 61 (46.2) 44 (33.3)	n.s.	4































## Oral Presentation of Study Results





Oral Presentation															
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	From To ALL CONDS CONTROL NON-REL RELATIONL														
	Measure	Day1	Day2	df	t	р	df t	р	df	t	р	df	t	р	
	WAI/COMP	7	27	54	0.205	0.838			24	0.014	0.989	29	0.361	0.720	
	WAI/BOND	7	27	54	0.519	0.606			24	0.376	0.710	29	1.489	0.147	
	WAI/TASK	7	27	54	0.134	0.894			24	0.409	0.686	29	0.661	0.514	
	WAI/GOAL	7	27	54	0.155	0.877			24	0.081	0.936	29	0.329	0.745	
	CONTINUE LAURA	30	44	54	0.868	0.389			24	0.625	0.538	29	0.619	0.541	
	MIN/DAY	-6-0	22-30	81	1.470	0.145	26 1.274	0.214	24	0.124	0.903	29	1.104	0.279	
		1-7	22-30	81	0.691	0.492	26 0.758	3 0.456	24	0.109	0.914	29	0.358	0.723	
		22-30	38-44	81	3.626	0.001	26 2.480	0.020	24	1.959	0.062	29	1.804	0.082	
	DAY/WK>30MIN	-6-0	22-30	81	6.653	0.000	26 2.323	0.028	24	5.284	0.000	29	4.347	0.000	
		1-7	22-30	81	6.272	0.000	26 2.401	0.024	24	3.818	0.001	29	4.597	0.000	
		22-30	38-44	81	8.990	0.000	26 4.043	0.000	24	5.322	0.000	29	6.530	0.000	
	STEP/DAY	1-7	22-30	81	1.778	0.079	26 1.197	0.242	24	2.366	0.026	29	0.236	0.815	
	DAY/WK>10KSTEP	1-7	22-30	77	3.986	0.000	25 1.355	0.188	23	3.591	0.002	27	2.055	0.050	
	STAGE	Intake	30	81	6.988	0.000	26 3.403	0.002	24	4.000	0.001	29	4.738	0.000	
		30	44	81	2.019	0.047	26 1.185	0.247	24	1.000	0.327	29	1.409	0.169	
	SELF-EFFICACY	1	29	81	4.782	0.000	26 0.872	0.391	24	3.314	0.003	29	4.750	0.000	
		29	44	81	2.770	0.007	26 1.525	6 0.139	24	4.550	0.000	29	0.085	0.933	
1	PROS	1	29	81	1.998	0.049	26 1.418	0.168	24	0.456	0.653	29	1.540	0.134	
		29	44	81	0.393	0.695	26 1.147	0.262	24	0.225	0.824	29	0.308	0.760	
	CONS	1	29	81	0.902	0.370	26 1.124	0.271	24	0.499	0.622	29	0.823	0.417	
1		29	44	81	0.740	0.462	26 0.386	0.703	24	0.611	0.547	29	0.339	0.737	77
1	CONTINUE FT	30	44	81	1.520	0.133	26 1.442	2 0.161	24	1.163	0.256	29	0.000	1.000	

















