Appendix 4. Effect sizes thresholds (Cohen, 1988)

Cohen's d:	Eta squared:
less than 0.2=no effect	less than 0.01=no effect
0.2 to 0.49=small effect	0.01 to 0.059=small effect
0.5 to 0.79=medium effect	0.06 to 0.13=medium effect
0.8 or higher=large effect	0.14 to 0.2=large effect