

Table 7

Means, standard deviations, p-values and effect sizes for quality of life (BBQ) and procrastination (PPS).

Measure	Baseline	Post	3 months	6 months	p-value ^c	Effect- size ^d
BBQ M (SD)	45.68 (21.85) ^a	49.62 (17.50) ^a	63.71 (14.12) ^b	62.0 (25.59) ^b	= .468	N/A
PPS M (SD)	43.06 (9.06) ^a	37.46 (11.64) ^a	32.0 (18.47) ^b	37.0 (19.93) ^b	< .01	.73 [-.85 to 1.78]

^aPooled means and standard deviations from multiple imputed dataset.

^bObserved means and standard deviations from non-missing data.

^cPaired t-test between baseline and post-treatment.

^dCohen's d between baseline and post-treatment with 95 % CI.