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The following table shows the results of the experiment. The data indicates a significant increase in the number of participants who completed the task within the specified time frame. This suggests that the intervention was effective in improving performance. The results are consistent with the hypothesis that the intervention would lead to improved outcomes. The data also shows that the intervention had a positive impact on the overall well-being of the participants, as evidenced by the decrease in the number of participants who reported feeling stressed or overwhelmed. This is a promising finding that suggests that the intervention may have broader benefits beyond just improving performance. The results are also consistent with the hypothesis that the intervention would lead to improved outcomes. The data also shows that the intervention had a positive impact on the overall well-being of the participants, as evidenced by the decrease in the number of participants who reported feeling stressed or overwhelmed. This is a promising finding that suggests that the intervention may have broader benefits beyond just improving performance.

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