*Figure 3. Confidence with studies*

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **After Before** | **A**  A lot worse | **B** A little worse | **C** Stayed the same | **D** A little better | **E** A lot better |  |
| ***1 -*** *Not confident at all* | 0 | 1 | 1 | 0 | 0 | **2** |
| ***2 -*** *Not very confident* | 0 | 1 | 3 | 1 | 3 | **8** |
| ***3 -*** *Neither* | 0 | 1 | 4 | 4 | 4 | **13** |
| ***4 -*** *Fairly confident* | 0 | 2 | 11 | 17 | 11 | **41** |
| ***5 -*** *Very confident* | 0 | 0 | 5 | 6 | 32 | **43** |
|  | **0** | **5** | **24** | **28** | **50** | ***107*** |