



FRANCISCO JOSÉ FÉLIX SAAVEDRA



# ACTIVIDADE MOTORA E TOXICODEPENDÊNCIA

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Estudo sobre o efeito de um programa específico de actividade física numa população toxicodependente

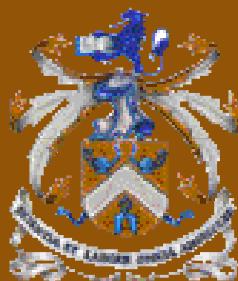


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**Tese de Doutoramento**

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**Volume II - Anexos**



UNIVERSIDADE DE TRÁS-OS-MONTES E ALTO DOURO  
VILA REAL, 2004



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**ANEXOS**



**Anexo I**

**Caracterização do Programa Terapêutico**



## CARACTERIZAÇÃO DO PROGRAMA TERAPÊUTICO

Com o propósito de poder caracterizar os pressupostos, subjacentes ao modelo terapêutico desenvolvido e implementado na RAN – Recuperação de Alcoólicos e Narcóticos; de Vila Real, solicitamos o preenchimento do seguinte questionário.

### **1. Identificação da Instituição**

1.1 - Nome da Instituição: \_\_\_\_\_

1.2 - Modelo Terapêutico: \_\_\_\_\_

1.3 - Morada: \_\_\_\_\_ Código Postal \_\_\_\_\_ - \_\_\_\_\_  
Localidade: \_\_\_\_\_ - Telefone: \_\_\_\_\_ - Fax: \_\_\_\_\_

### **2. Caracterização do Modelo Terapêutico**

2.1 - Qual o modelo? \_\_\_\_\_

2.2 – Quais as suas principais características?

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### **3. Filosofia do Programa**

#### **3.1 - Objectivo Geral**

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#### **3.2 - Objectivos Específicos**

- A Nível Comportamental

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- A Nível Afectivo/Emocional

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- A Nível Cognitivo

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#### **4. Estrutura Terapêutica**

##### 4.1 - Equipa de Apoio (n.º de indivíduos)

Médicos \_\_\_\_\_

Enfermeiros \_\_\_\_\_

Psicoterapêuta/Psicólogo \_\_\_\_\_

Assistente Social \_\_\_\_\_

Conselheiros \_\_\_\_\_

Monitores \_\_\_\_\_

Outros \_\_\_\_\_

##### 4.2 - Que Tipo de Terapias?

###### 4.2.1 - Actividade Psicoterapêutica

- Terapia Individual

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- Terapia de Grupo

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- Meditação

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• Palestras

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4.2.2 - *Half-Way*

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4.2.3 - Programa Familiar

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4.2.4 - *After Care*

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4.2.4 – Programa de Reinserção Profissional

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#### 4.3 - Duração do Tratamento

4.3.1 - Tempo Total (1<sup>a</sup> + 2<sup>a</sup> + 3<sup>a</sup> Fase) \_\_\_\_\_

#### 4.3.2 – Sub Fases

1<sup>a</sup> Fase \_\_\_\_\_

2<sup>a</sup> Fase \_\_\_\_\_

3<sup>a</sup> Fase \_\_\_\_\_

**Obrigado pela sua colaboração.**



**Anexo II**

**Ficha de Anamnese**

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## FICHA DE ANAMNESE

O presente questionário tem como principal objectivo, informar sobre as condições gerais e o historial em que os elementos participantes, no nosso estudo, se encontram.

As questões apresentadas foram desenhadas para serem as mais claras e directas possíveis. A validade dos resultados obtidos depende da sua honestidade.

As informações que der neste questionário, serão mantidas em confidencialidade, uma vez que serão exclusivamente utilizadas neste trabalho.

### PERFIL DO INDIVIDUO

---

1 – Nome: \_\_\_\_\_

2 – Data de Nascimento: \_\_\_/\_\_\_/\_\_\_ – Local: \_\_\_\_\_ - Idade: \_\_\_ anos

3 – Sexo:

- Masculino
- Feminino

4 – Estado civil:

- solteiro(a)
- casado(a)
- divorciado(a)

5 – Habilidades académicas: \_\_\_\_\_

6 – A sua profissão é/era: \_\_\_\_\_

## HISTORIAL MÉDICO

7 – Assinale quais as doenças ou problemas de saúde, a seguir apresentadas, que lhe foram diagnosticadas ou tratadas por um médico:

- |   |   |
|---|---|
| <input type="checkbox"/> Alcoolismo           | <input type="checkbox"/> Diabetes                   |
| <input type="checkbox"/> Toxicodependência    | <input type="checkbox"/> Epilepsia                  |
| <input type="checkbox"/> Anemia               | <input type="checkbox"/> Hiperlipidemia             |
| <input type="checkbox"/> Asma                 | <input type="checkbox"/> Hipoglicemias              |
| <input type="checkbox"/> Bronquite            | <input type="checkbox"/> VIH                        |
| <input type="checkbox"/> Cancro               | <input type="checkbox"/> Obesidade                  |
| <input type="checkbox"/> Cirrose              | <input type="checkbox"/> Pressão arterial alta      |
| <input type="checkbox"/> Deformação na coluna | <input type="checkbox"/> Problemas nas articulações |
| <input type="checkbox"/> Dores de cabeça      | <input type="checkbox"/> Problemas de audição       |
| <input type="checkbox"/> Problemas de fígado  | <input type="checkbox"/> Problemas de coração       |
| <input type="checkbox"/> Problemas em dormir  | <input type="checkbox"/> Problemas do SNC           |
| <input type="checkbox"/> Hepatite             | <input type="checkbox"/> Problemas de olhos         |
| <input type="checkbox"/> Tuberculose          | <input type="checkbox"/> Problemas de respiração    |
| <input type="checkbox"/> Tonturas             | <input type="checkbox"/> Outros: _____              |

8 – Quantos anos usou drogas?

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Menos de 1 ano | <input type="checkbox"/> De 2 a 3 anos | <input type="checkbox"/> De 4 a 5 anos  |
| <input type="checkbox"/> De 1 a 2 anos  | <input type="checkbox"/> De 3 a 4 anos | <input type="checkbox"/> Mais de 5 anos |

9 – Tipos de Consumo, por ordem de uso (iniciação, intermédio e final).

- |                                  |                                  |                                    |
|----------------------------------|----------------------------------|------------------------------------|
| <input type="checkbox"/> Ácidos  | <input type="checkbox"/> Ecstasy | <input type="checkbox"/> Marijuana |
| <input type="checkbox"/> Álcool  | <input type="checkbox"/> Haxixe  | <input type="checkbox"/> Morfina   |
| <input type="checkbox"/> Cocaína | <input type="checkbox"/> Heroína | <input type="checkbox"/> Ópio      |

## HISTORIAL DESPORTIVO

10 – Costumava fazer alguma actividade física?

Sim

Não

11 – Qual o numero de treinos/aulas por semana?

1 Treino/aula por semana

2 a 3 treinos/aulas por semana

Mais de 3 treinos/aulas por semana

12 – Há quanto tempo já não pratica qualquer tipo de actividade física?

Há 1 ano

Há 3 anos

Há 5 anos

Há 2 anos

Há 4 anos

Há mais de 5 anos

Se acha que tem mais alguma informação; que gostaria de apresentar, por favor; utilize este espaço. \_\_\_\_\_  
\_\_\_\_\_  
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**Obrigado pela sua colaboração**



**Anexo III**

**Questionário de Ansiedade e Evitamento em Situações de  
Desempenho e Interacção Social**

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## Questionário

### Escala de Ansiedade e Evitamento em Situações de Desempenho e Interacção Social (EAESDIS)

(Watson, D., Friend, R., 1969)

Segue-se uma lista de situações em que as pessoas podem sentir desconforto e mal-estar, o que pode levar ao evitamento dessas situações.

Leia atentamente cada uma das afirmações que se seguem e assinale uma das cinco opções - QUASE SEMPRE; FREQUENTEMENTE; ALGUMAS VEZES; RARAMENTE; e QUASE NUNCA – para cada uma das citações. Se nunca se confrontou com alguma das situações apresentadas, imagine o desconforto que sentiria se tivesse que o fazer.

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Nome: \_\_\_\_\_ - Data: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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Data de Nascimento: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ – Local: \_\_\_\_\_ - Idade: \_\_\_\_ anos

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1. Tento evitar situações que me obriguem a ser sociável.

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

2. Não tenho um desejo particular em evitar pessoas. ®

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

3. Se tenho oportunidade para conhecer pessoas, normalmente aproveito as ocasiões para o fazer. ®

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

4. Normalmente sinto-me descontraído(a) quando estou com um grupo de pessoas. ®

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

5. Normalmente quero manter-me afastado das pessoas.

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

6. Geralmente sinto-me desconfortável quando estou num grupo de pessoas que não conheço.

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

7. Normalmente sinto-me descontraído(a) quando conheço alguém pela primeira vez. ®

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

8. É impensável entrar numa sala cheia de pessoas que me são estranhas.

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

9. Quando os meus superiores querem falar comigo, falo de boa vontade. ®

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

10. Tendo a afastar-me das pessoas.

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

11. Normalmente arranjo desculpas para evitar compromissos sociais.

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

12. Por vezes assumo a responsabilidade de apresentar pessoas umas ás outras.

®

- Q. Sempre
- Frequentemente
- Algumas Vezes
- Raramente
- Quase Nunca

**Obrigado pela sua colaboração**



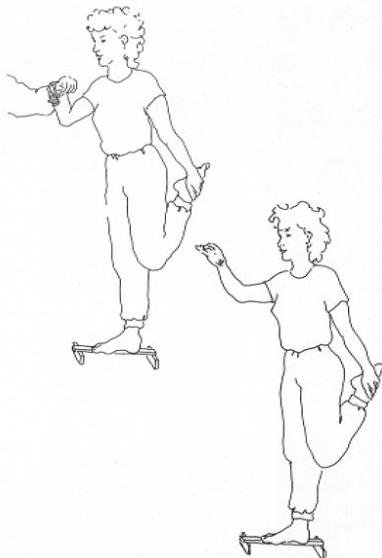
**Anexo IV**

**Protocolo de Realização das Provas (*Eurofit*)**



## PROVA I – Equilíbrio de Flamingo

**Objectivo:** Avaliar a capacidade de equilíbrio.



**Descrição:** Equilíbrio numa perna, durante um minuto, sobre uma plataforma.

### **Material:**

- Plataforma metálica com 50 cm de comprimento, 4 cm de altura e 3 cm de largura, revestida com um material fino (5 mm). Dois suportes com 15 cm de comprimento e 2 cm de largura para dar estabilidade à estrutura.
- Cronómetro.

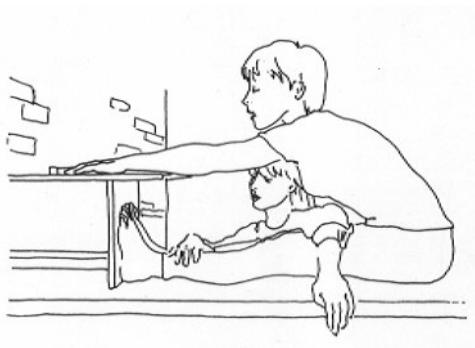
**Resultado:** Número de tentativas necessárias para manter o equilíbrio durante o minuto de duração do teste. Por exemplo, um sujeito com 5 “quedas”, durante um minuto, regista o resultado de 5.

**Bibliografia:** Conselho da Europa (1988).

## PROVA II – Flexão do Tronco á Frente

*Sit and Reach Test*

**Objectivo:** Avaliar a amplitude (flexibilidade), do movimento de flexão do tronco.



**Descrição:** Partindo da posição de sentado, com os braços estendidos á frente, flectir o tronco, procurando chegar com a ponta dos dedos o mais longe possível. Tem duas tentativas para o efeito.

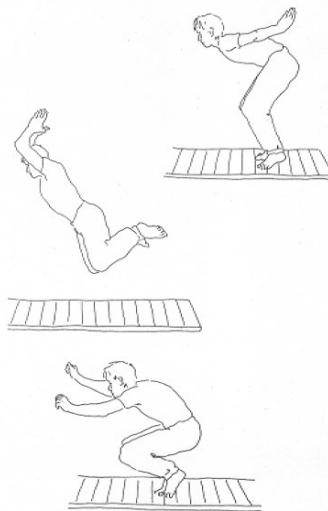
**Material:** Caixa com 35 cm de comprimento; 45 cm de largura; 32 cm de altura. As medidas do tampo da caixa são: 55 cm de comprimento e 45 cm de largura. Coloca-se, a meio do tampo, uma régua graduada com uma escala de 0 a 50 cm.

**Resultado:** Regista-se, em cm, o melhor resultado das duas tentativas.

**Bibliografia:** Conselho da Europa (1988).

### PROVA III – Impulsão Horizontal

**Objectivo:** Avaliar a força explosiva (rápida) do trem inferior.



**Descrição:** Salto em comprimento, partindo de uma posição estática.

**Material:** Fita métrica; uma superfície plana, não escorregadia (ex: colchões de judo); giz.

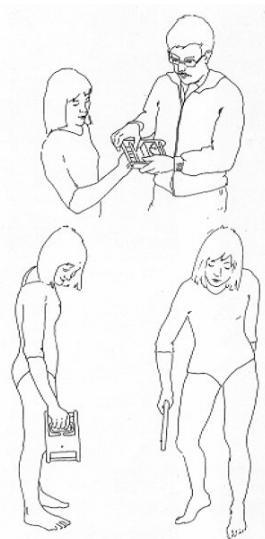
**Resultado:** Regista-se, em cm, a melhor das duas tentativas.

Nota: Na recepção, o executante deve manter o equilíbrio, sem apoiar as mãos no solo, nem deslocar os apoios.

**Bibliografia:** Conselho da Europa (1988).

## PROVA IV – Dinamometria de Mão

**Objectivo:** Avaliar a força máxima isométrica de preensão de mão



**Descrição:** O indivíduo segura o dinamómetro com a mão do braço dominante e executa o movimento de preensão com a máxima força possível. Realiza duas vezes o teste.

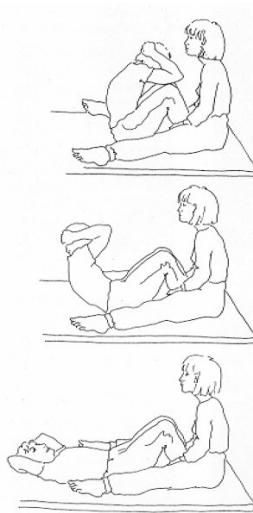
**Material:** Dinamómetro calibrado com pega ajustável.

**Resultado:** Regista-se o melhor resultado das duas tentativas.

**Bibliografia:** Conselho da Europa (1988).

## PROVA V – Abdominal (“sit-ups”)

**Objectivo:** Avaliar a força resistente da musculatura abdominal (força média)



**Descrição:** Elevação do tronco, com os joelhos dobrados e os pés fixos.

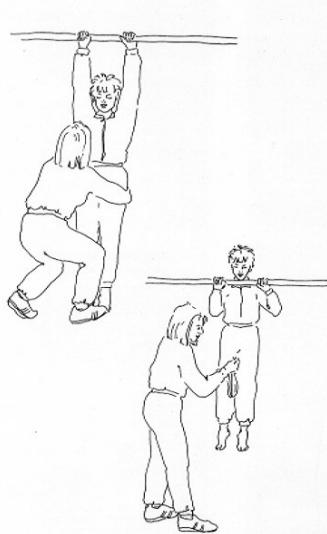
**Material:** Colchão; Cronómetro e um ajudante.

**Resultado:** Número total de flexões do tronco, executadas correctamente, durante 30”.

**Bibliografia:** Conselho da Europa (1988).

## PROVA VI – Suspensão de Braços

**Objectivo:** Avaliar a força resistente dos ombros e braços.



**Descrição:** Manter o corpo imóvel e suspenso numa barra, com os braços flectidos.

**Material:** Barra Fixa; Cronómetro; colchão; e Pó de Magnésio.

**Resultado:** Regista-se o tempo máximo de suspensão que o sujeito efectuou. Exemplo: Tempo de 17,4", marca 174; ou um tempo de 1` e 93,5", regista 635.

**Bibliografia:** Conselho da Europa (1988).

**Anexo V**

**Ficha de Registo das Provas (*Eurofit*)**



**UNIVERSIDADE DE TRÁS-OS-MONTES E ALTO DOURO**  
**Departamento de Desporto**

**REGISTO DA AVALIAÇÃO DA CONDIÇÃO FÍSICA (*EUROFIT*)**

Equilíbrio		Flexão Tronco		Impulsão Horizontal		Dinamometria		Abdominal		Suspensão	
Pré-Teste	Pós-Teste	Pré-Teste	Pós-Teste	Pré-Teste	Pós-Teste	Pré-Teste	Pós-Teste	Pré-Teste	Pós-Teste	Pré-Teste	Pós-Teste



**Anexo VI**

**Programa de Treino Base**

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## UNIVERSIDADE DE TRÁS OS MONTES E ALTO DOURO

Departamento de Desporto

### Programa de Treino Base dos Factores de Rendimento - FORÇA

**Duração:** 2 semanas de treino.

**Objectivos de treino:** Melhorar a Resistência de Força e a Força Resistência (principalmente dos grupos musculares dos membros superiores e inferiores).

**Métodos de treino:** Método Intervalado Intensivo.

**Intensidade do estímulo:** velocidade explosiva dos movimentos.

**Duração do estímulo:** 20"

**Densidade do estímulo:** intervalo de 40" entre cada estação; 2` entre as séries (volta).

**Volume do estímulo:** 2 séries ao circuito.

**Conteúdo de treino:** Exercícios de força geral sem carga adicional.

Ex. 1 - De joelhos cair para a frente em queda facial. Os braços amortecem a queda, contacto da mão a cerca de 70 cm dos joelhos, seguido de extensão explosiva dos braços para ficar outra vez na posição de joelhos.

Ex. 2 - Saltitar com ambas as pernas no mesmo lugar:

- Tão alto quanto possível (1<sup>a</sup> série)

- Tão rápido quanto possível (2<sup>a</sup> série)

Ex. 3 - Deitado dorsalmente, com pernas semi-flectidas, planta do pé assente no solo e a parte dorsal do pé, fixa nos espaldares. Mãos na nuca, procura tocar com a cabeça nos joelhos.

Ex. 4 - De pé com as mãos a agarrar os espaldares, sensivelmente à altura dos ombros. Saltos de impulsão vertical, com as mãos a apoarem e controlar o movimento.

Ex. 5 - Na posição de decúbito ventral, com as mãos colocadas à largura dos ombros; flexão e extensão dos braços. Alunos com dificuldade, na execução da queda facial, apoiam-se nos joelhos e na ponta dos pés.

Ex. 6 - Subida total com uma perna alternada, na cabeça do plinto.

Ex. 7 - De pé, com grande flexão de pernas, colocar a palma das mãos ligeiramente ao lado das pontas dos pés; projectando as pernas à retaguarda. Seguidamente, flectir as pernas e colocar os pés, sensivelmente, no mesmo lugar e vir novamente à posição de pé (salto combinado).

**Forma de organização:** circuito de treino. Em cada estação 3 ou 4 alunos, conforme o respectivo número de alunos da turma.

**Material necessário:**

Ex. 1 - Colchões.

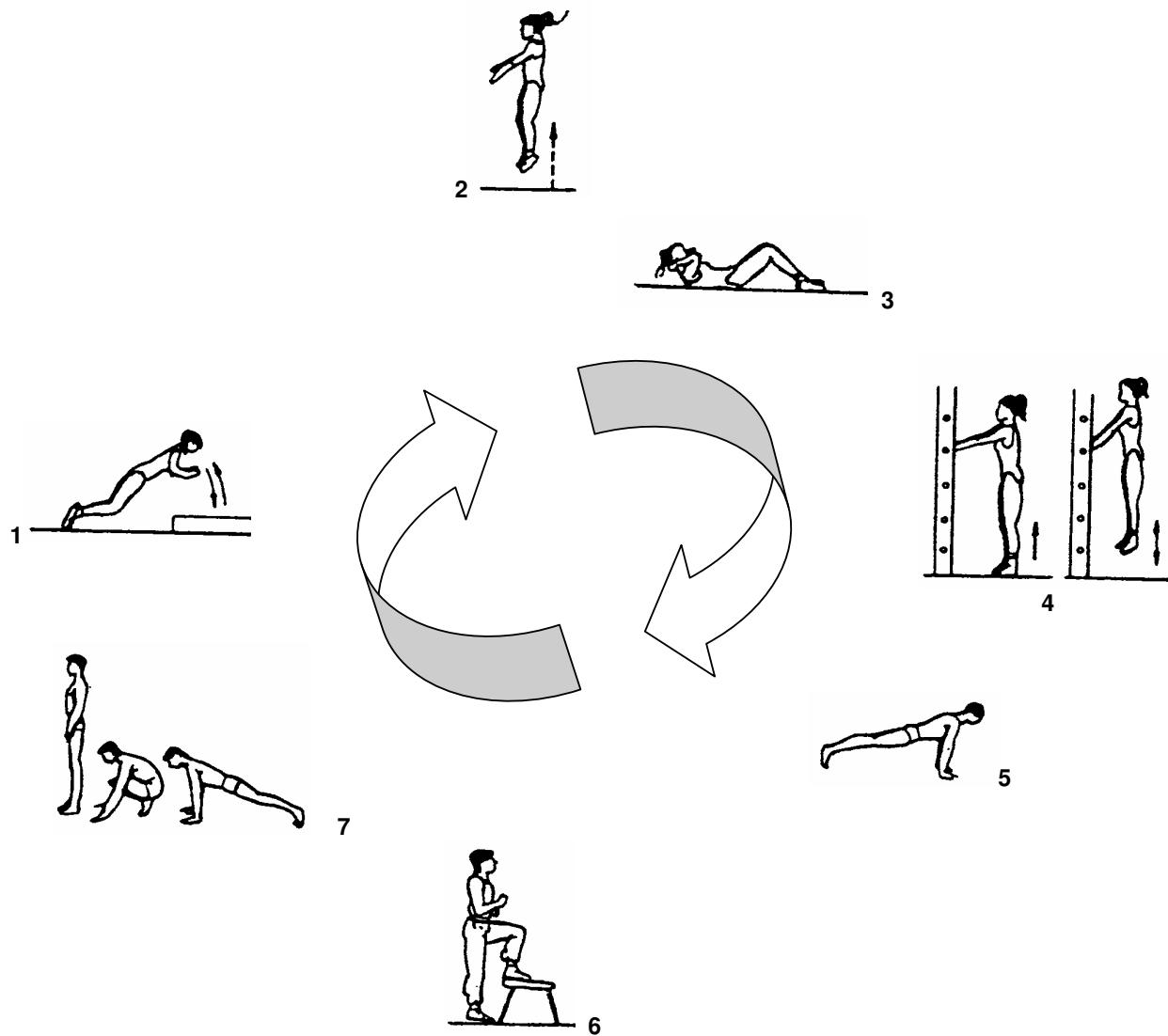
Ex. 2 - Espaldares.

Ex. 3 - Cabeça do plinto

UNIVERSIDADE DE TRÁS OS MONTES E ALTO DOURO

Departamento de Desporto

Programa de Treino Base dos Factores de Rendimento - FORÇA



Duração estímulo - 20"

Intervalo - 40"



**Anexo VII**

**Programa de Treino na Sala de Musculação**

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## UNIVERSIDADE DE TRÁS OS MONTES E ALTO DOURO

### Departamento de Desporto

#### Programa de Treino Sala de Musculação - FORÇA

**Duração:** 8 semanas de treino (2 + 3 + 3 semanas)

**Objectivos de treino:** Melhoria da força através da capacidade de activar melhor os músculos e/ou procurar induzir hipertrofia nas fibras musculares. Incluíram-se exercícios para todos os grandes grupos musculares. Pretende-se uma alternância entre exercícios dos músculos agonistas e o respectivo antagonista.

**Métodos de treino:** Método Intervalado Intensivo. Caracteriza-se pela execução repetida de uma tarefa/exercício de forte intensidade, com um espaço temporal e/ou número de repetições bem determinado. Após o que se segue um período de repouso, que não é de recuperação total.

**Forma de organização:** em circuito, indicado para o desenvolvimento da força muscular e para a promoção da melhoria cardio-circulatória.

**Estrutura da carga:** variável em função da fase de aplicação e desenvolvimento do programa de treino (ver quadro 3.4).

**Carga:** 20, 10, 8 RM que corresponde a cerca de 60, 70 e 85 % de 1 RM;

**Tipo de exercícios:** Exercícios concêntricos e excêntricos;

**Séries:** 1 + 2 + 3;

**Repetições:** 15 a 20 + 10 a 12 + 6 a 8;

**Recuperação:**

- Entre as repetições: 60";
- Entre as séries: 120" + 180";

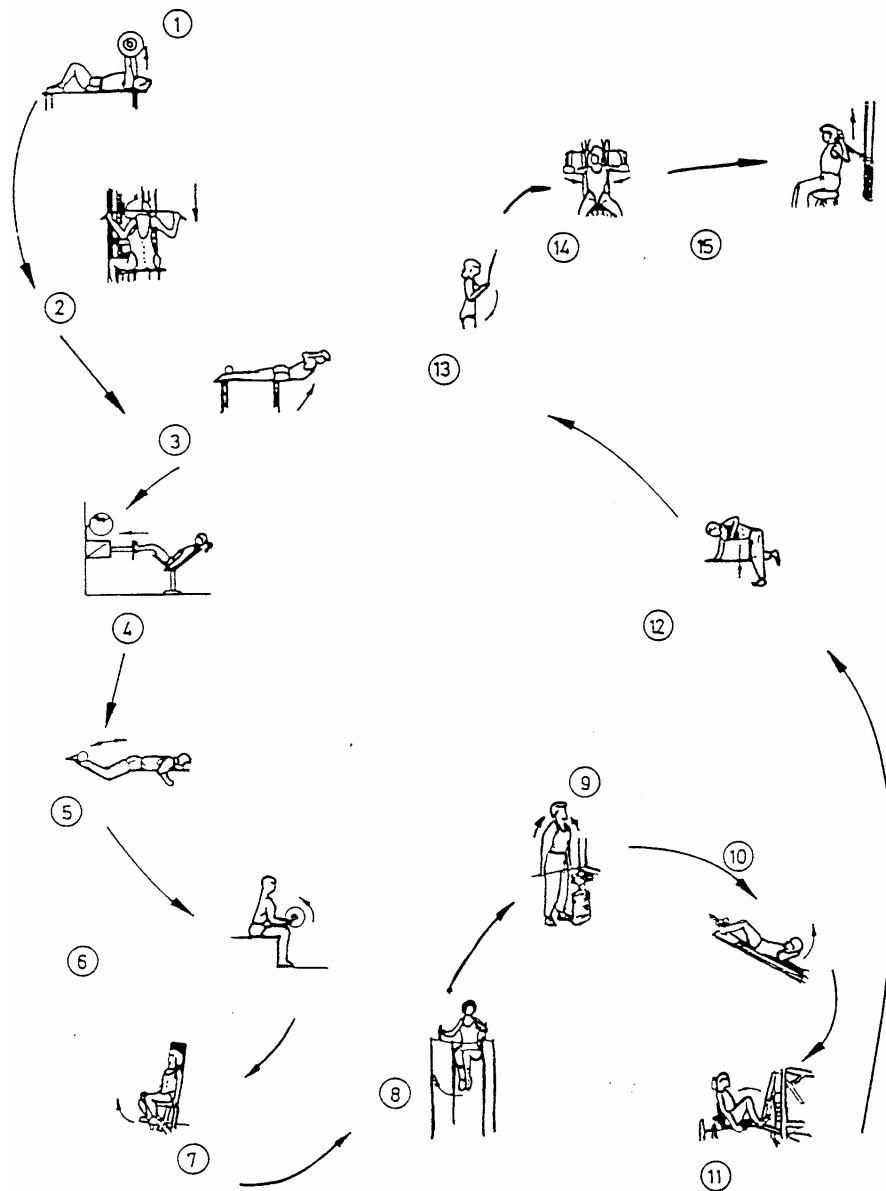
**Aumento da carga:** sempre que se ultrapassa com facilidade as 12 repetições, incremento na carga de cerca de 5%.

**Conteúdo de treino:** *supino, latíssimo, hiper-extensão, prensa de pernas, flexão de pernas, flexão de braços, extensão de pernas, abdominal (cadeira suspensa), elevação de ombros, extensão dos gémeos, abdominal (prancha inclinada), remo de braço, tricipedes, "butterfly" e "militar-press". Exercícios para todos os grandes grupos musculares.*

## UNIVERSIDADE DE TRÁS OS MONTES E ALTO DOURO

Departamento de Desporto

### Programa de Treino Sala de Musculação – FORÇA



# UNIVERSIDADE DE TRÁS OS MONTES E ALTO DOURO

## Departamento de Desporto

### Programa de Treino de Força e Musculação

Nome: \_\_\_\_\_ - Ciclo de Treino de \_\_\_\_\_ / \_\_\_\_\_ / a \_\_\_\_\_ / \_\_\_\_\_

Exercícios	Data	Semana 1			Semana 2			Semana 3		
		1º dia	2º dia	3º dia	4º dia	5º dia	6º dia	7º dia	8º dia	9º dia
	Latíssimos F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Prensa pernas F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Cadeira Abdominal	Rep.								
		Carga								
		Séries								
	Tricipede F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Flexão Pernas F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Butterfly F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Extensão Pernas F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Millitary-Press F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Abdominal	Rep.								
		Carga								
		Séries								
	Gêmeos F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Supino F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								
	Hiper-extensão do Tronco	Rep.								
		Carga								
		Séries								
	Puxada Braços F. Máx = ..... Kg ..... % = ..... Kg	Rep.								
		Carga								
		Séries								

**Anexo VIII**

**Análise Estatística Descritiva e Inferencial**

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**Anexo VIII - A**

**Escala de Ansiedade e Evitamento em Situações de  
Desempenho e Interacção Social**

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## **Estudo da Fidelidade (Consistência Interna)**

### **Alpha de Cronbach**

\*\*\*\*\* Method 2 (covariance matrix) will be used for this analysis \*\*\*\*\*

R E L I A B I L I T Y   A N A L Y S I S   -   S C A L E   (A L P H A)

		Mean	Std Dev	Cases
1.	ESDIS1.1	3,5769	1,0909	52,0
2.	ESDIS2.1	3,4615	1,0930	52,0
3.	ESDIS3.1	4,0577	,9582	52,0
4.	ESDIS4.1	3,7885	1,0542	52,0
5.	ESDIS5.1	3,8077	,9505	52,0
6.	ESDIS6.1	3,1346	1,0295	52,0
7.	ESDIS7.1	3,4423	,9983	52,0
8.	ESDIS8.1	3,4615	1,0930	52,0
9.	ESDIS9.1	4,3462	,9264	52,0
10.	ESDS10.1	3,8846	1,0224	52,0
11.	ESDS11.1	3,6154	,9529	52,0
12.	ESDS12.1	3,5192	,9598	52,0

### Correlation Matrix

	ESDIS1.1	ESDIS2.1	ESDIS3.1	ESDIS4.1	ESDIS5.1
ESDIS1.1	1,0000				
ESDIS2.1	,1505	1,0000			
ESDIS3.1	,3239	,2736	1,0000		
ESDIS4.1	,5174	,0183	,5558	1,0000	
ESDIS5.1	,4306	,1626	,5506	,6044	1,0000
ESDIS6.1	,5929	,3445	,3497	,4423	,4678
ESDIS7.1	,6253	,1686	,4033	,4633	,4220
ESDIS8.1	,4137	,2614	,3485	,5289	,3325
ESDIS9.1	,2836	,1490	,3967	,6788	,5002
ESDS10.1	,4652	,2592	,4072	,5955	,7233
ESDS11.1	,6326	,3056	,4328	,4640	,4580
ESDS12.1	,4386	,2531	,2440	,2657	,1331
	ESDIS6.1	ESDIS7.1	ESDIS8.1	ESDIS9.1	ESDS10.1
ESDIS6.1	1,0000				
ESDIS7.1	,5323	1,0000			
ESDIS8.1	,6059	,4921	1,0000		
ESDIS9.1	,3408	,3188	,3233	1,0000	
ESDS10.1	,5553	,4352	,4346	,5399	1,0000
ESDS11.1	,5935	,5121	,4938	,4425	,5372
ESDS12.1	,3446	,2877	,1970	,2570	,2021
	ESDS11.1	ESDS12.1			
ESDS11.1	1,0000				
ESDS12.1	,5442	1,0000			

**R E L I A B I L I T Y   A N A L Y S I S   -   S C A L E   (A L P H A)**

N of Cases = 52,0

Statistics for Scale	Mean	Variance	Std Dev	N of Variables		
				12	Range	Max/Min
Item Means	3,6747	3,1346	4,3462	1,2115	1,3865	,1042
Item Variances	1,0251	,8582	1,1946	,3363	1,3919	,0157
Inter-item Covariances	,4140	,0211	,7029	,6817	33,2857	,0245
Inter-item Correlations	,4065	,0183	,7233	,7050	39,4639	,0225

Item-total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Alpha if Item Deleted
ESDIS1.1	40,5192	55,1173	,6571	,6279	,8782
ESDIS2.1	40,6346	60,6286	,3013	,2999	,8985
ESDIS3.1	40,0385	57,7240	,5707	,4797	,8831
ESDIS4.1	40,3077	55,0407	,6904	,7398	,8764
ESDIS5.1	40,2885	56,8367	,6427	,6377	,8794
ESDIS6.1	40,9615	55,0965	,7063	,5903	,8756
ESDIS7.1	40,6538	56,5053	,6296	,4909	,8799
ESDIS8.1	40,6346	56,0011	,5964	,5362	,8818
ESDIS9.1	39,7500	58,1520	,5620	,5557	,8835
ESDS10.1	40,2115	55,3073	,6970	,6448	,8761
ESDS11.1	40,4808	55,5486	,7389	,6330	,8744
ESDS12.1	40,5769	59,8567	,4157	,3824	,8909

Reliability Coefficients 12 items

Alpha = ,8905 Standardized item alpha = ,8915

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 1. Tento evitar situações que me obriguem a ser sociável

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Evito situações que me obrigam a ser sociável	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Evito situações que me obrigam a ser sociável	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Evito situações que me obrigam a ser sociável	Grupo Experimental	2,8846		,2309			
		2,4091					
		3,3602					
		2,8718					
		3,0000					
		1,386					
		1,1774					
	Grupo Controlo	1,00					
		5,00					
		4,00					
		2,0000					
		-,079		,456			
		-,674		,887			
		2,7308		,2390			
Pós Evito situações que me obrigam a ser sociável	Grupo Experimental	2,2386					
		3,2229					
		2,7137					
		3,0000					
		1,485					
		1,2184					
		1,00					
	Grupo Controlo	5,00					
		4,00					
		2,2500					
		-,156		,456			
		-1,096		,887			
		4,0385		,1615			
		3,7058					
	Grupo Experimental	4,3712					
		4,0427					
		4,0000					
		,678					
		,8237					
		3,00					
		5,00					
	Grupo Controlo	2,00					
		2,0000					
		-,074		,456			
		-1,518		,887			
		3,2308		,1865			
		2,8466					
		3,6149					

**Tests of Normality**

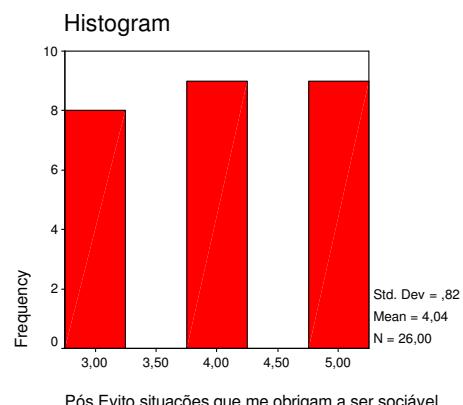
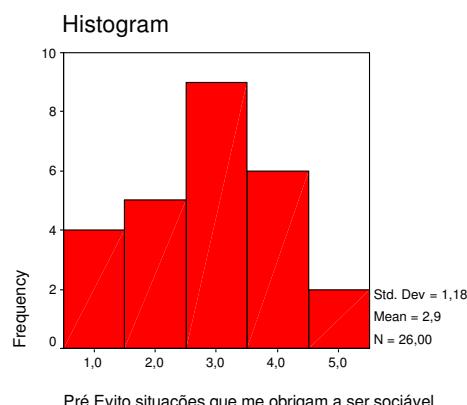
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
Pré Evito situações que me obrigam a ser sociável	Grupo Experimental	,193	26	,014	,916	26	,043
	Grupo Controlo	,203	26	,007	,887	26	,010**
Pós Evito situações que me obrigam a ser sociável	Grupo Experimental	,225	26	,002	,797	26	,010**
	Grupo Controlo	,327	26	,000	,816	26	,010**

\*\*. This is an upper bound of the true significance.

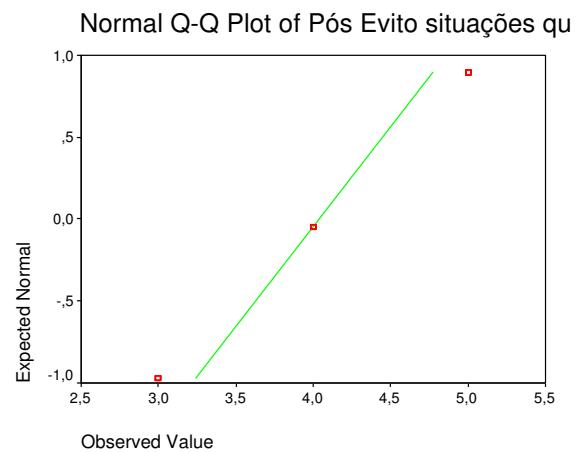
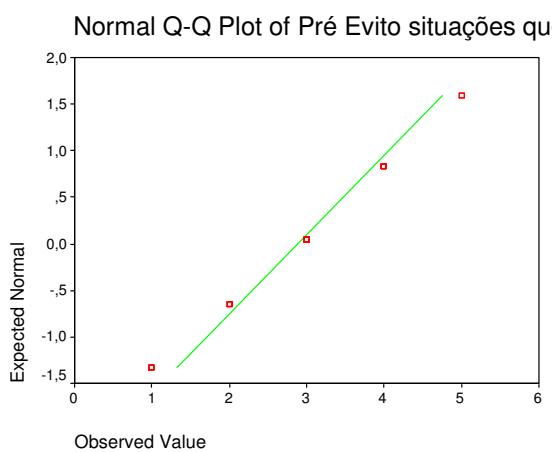
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

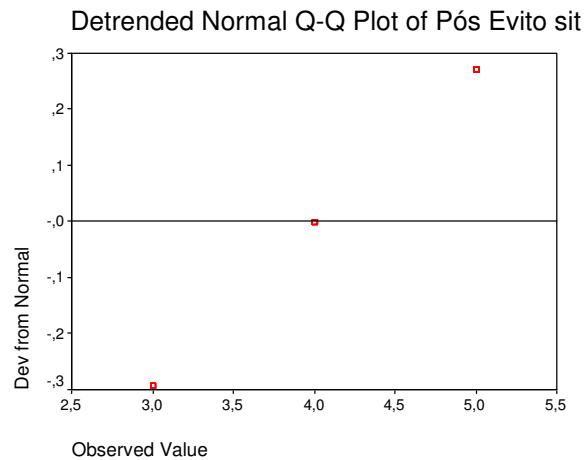
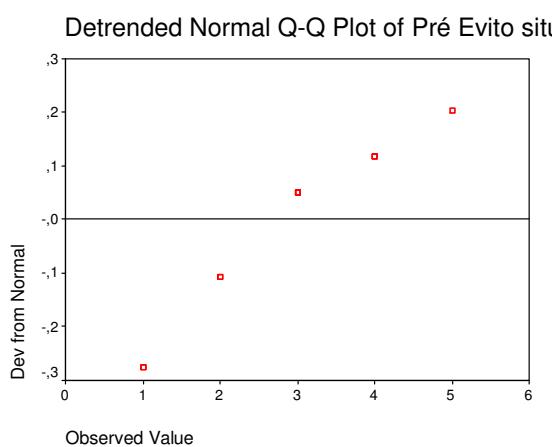
### Histograms



### Normal Q-Q Plots

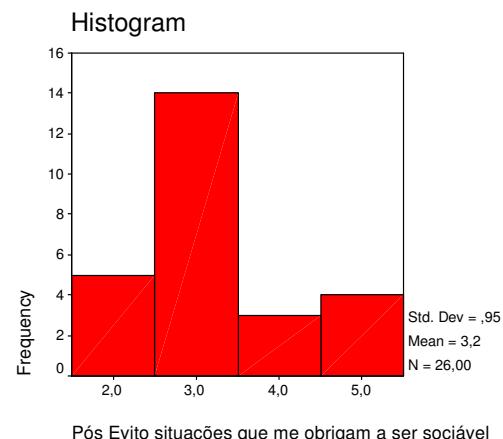
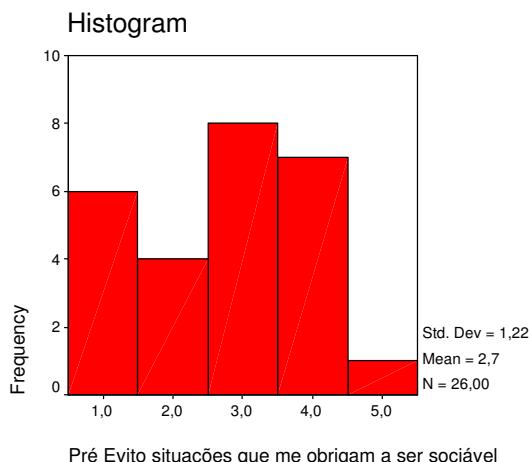


## Detrended Normal Q-Q Plots

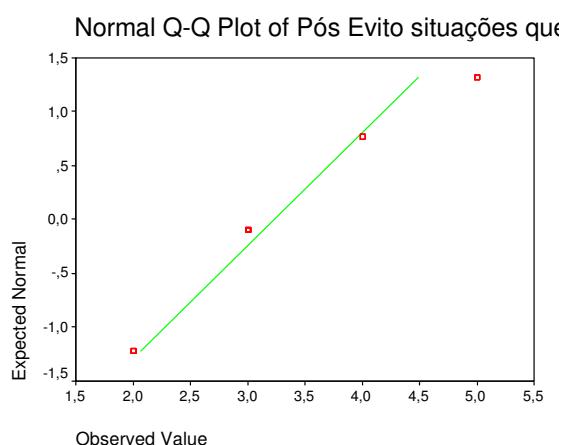
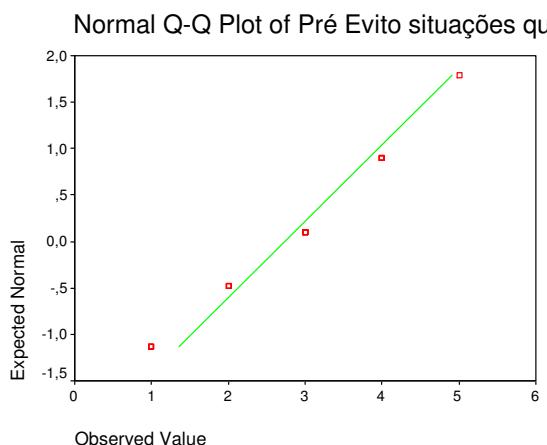


**Grupos = Grupo Controlo**

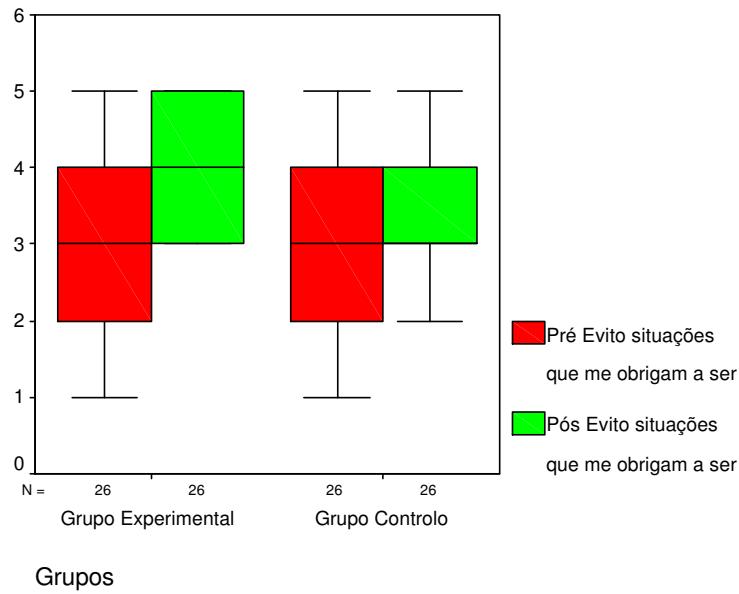
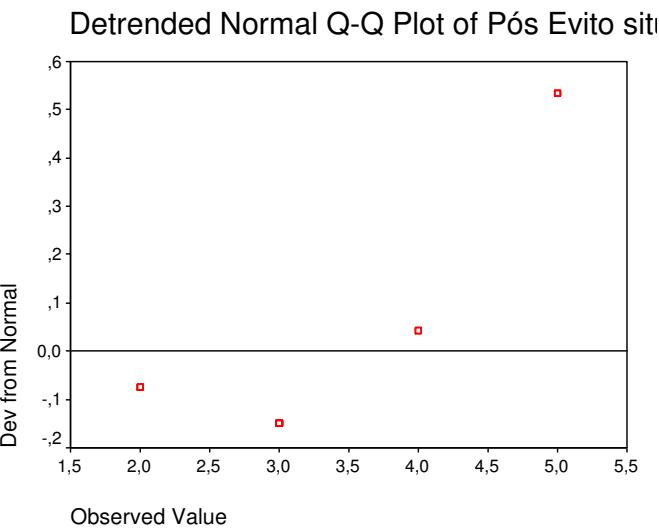
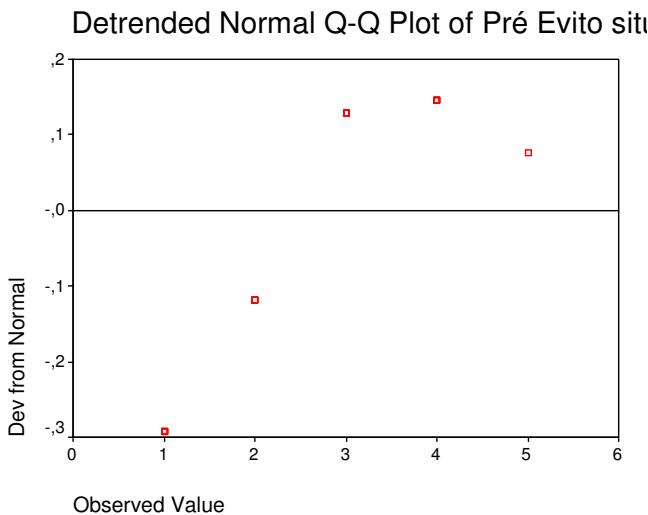
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 1. Tento evitar situações que me obriguem a ser sociável

#### Grupo Experimental

##### T-Test

Group Statistics

	Momento	N	Mean	Std. Deviation	Std. Error Mean
Evito situações que me obrigam a ser sociável (Grupo Experimental)	Pré-Teste	26	2,8846	1,1774	,2309
	Pós-Teste	26	4,0385	,8237	,1615

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Evito situações que me obrigam a ser sociável (Grupo Experimental)	Equal variances assumed	2,327	,133	-4,095	50	,000	-1,1538	,2818	-1,7198	-,5878
	Equal variances not assumed			-4,095	44,743	,000	-1,1538	,2818	-1,7215	-,5862

#### Grupo Controlo

##### T-Test

Group Statistics

	Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Evito situações que me obrigam a ser sociável (Grupo Controlo)	Pré-teste	26	2,7308	1,2184	,2390
	Pós-teste	26	3,2308	,9511	,1865

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Evito situações que me obrigam a ser sociável (Grupo Controlo)	Equal variances assumed	3,126	,083	-1,649	50	,105	-,5000	,3031	-1,1089	,1089
	Equal variances not assumed			-1,649	47,217	,106	-,5000	,3031	-1,1098	,1098

#### T-Test

Group Statistics

	Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré	Evito situações que me obrigam a ser sociável	Grupo Experimental	26	2,8846	1,1774
		Grupo Controlo	26	2,7308	1,2184
Pós	Evito situações que me obrigam a ser sociável	Grupo Experimental	26	4,0385	,8237
		Grupo Controlo	26	3,2308	,9511
					,1865

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference		
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference			
						Lower	Upper				
Pré	Evito situações que me obrigam a ser sociável	Equal variances assumed	,310	,580	,463	50	,645	,1538	,3323	-,5136	,8213
		Equal variances not assumed			,463	49,941	,645	,1538	,3323	-,5136	,8213
Pós	Evito situações que me obrigam a ser sociável	Equal variances assumed	,142	,708	3,273	50	,002	,8077	,2468	,3121	1,3033
		Equal variances not assumed			3,273	49,000	,002	,8077	,2468	,3118	1,3036

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 2. Não tenho um desejo particular em evitar pessoas (com outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	3,8846		,1601			
		3,5550					
		4,2143					
		3,8718					
		4,0000					
		,666					
		,8162					
	Grupo Controlo	3,0385		,2319			
		2,5608					
		3,5161					
		3,0427					
		3,0000					
		1,398					
		,1,1826					
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	2,4231		,1680			
		2,0771					
		2,7691					
		2,4145					
		2,0000					
		,734					
		,8566					
	Grupo Controlo	1,00					
		4,00					
		3,00					
		1,0000					
		,258		,456			
		-,362		,887			

**Tests of Normality**

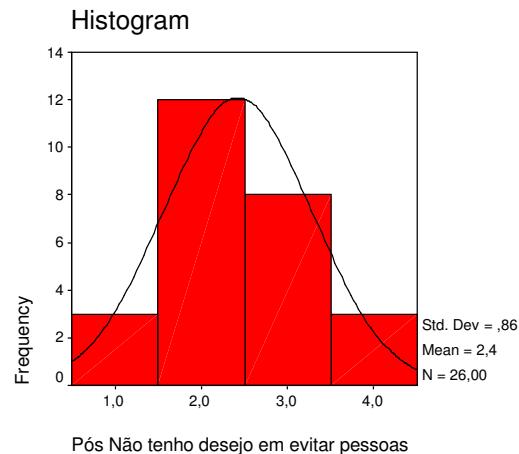
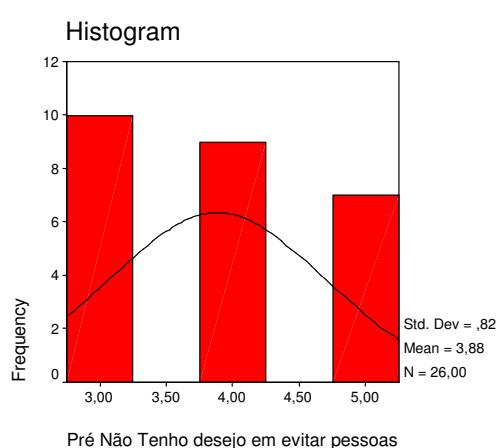
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	,245	26	,000	,793	26	,010**
	Grupo Controlo	,205	26	,006	,908	26	,027
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	,266	26	,000	,869	26	,010**
	Grupo Controlo	,239	26	,001	,905	26	,023

\*\*. This is an upper bound of the true significance.

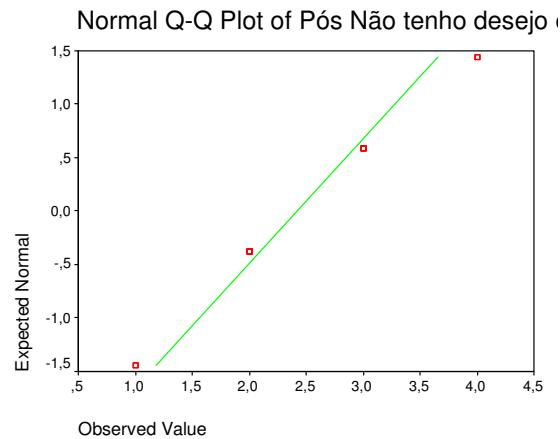
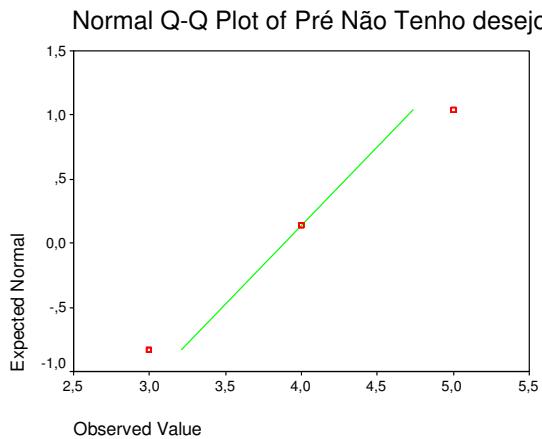
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

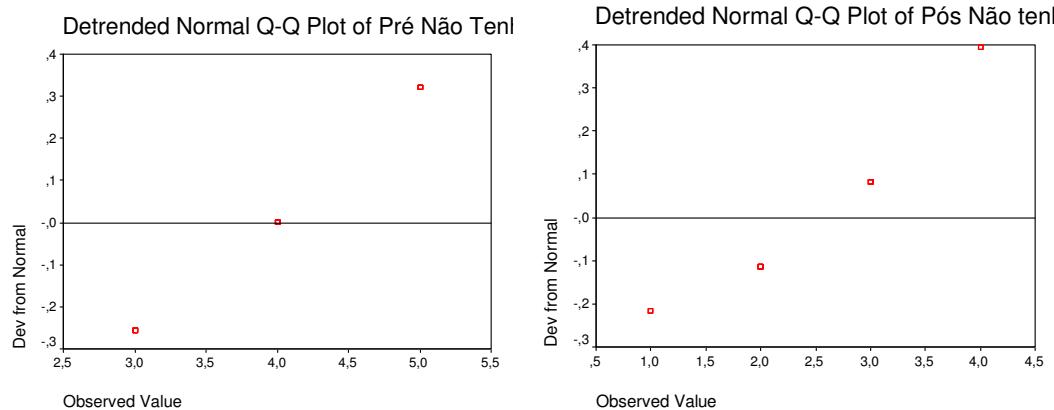
### Histograms



### Normal Q-Q Plots

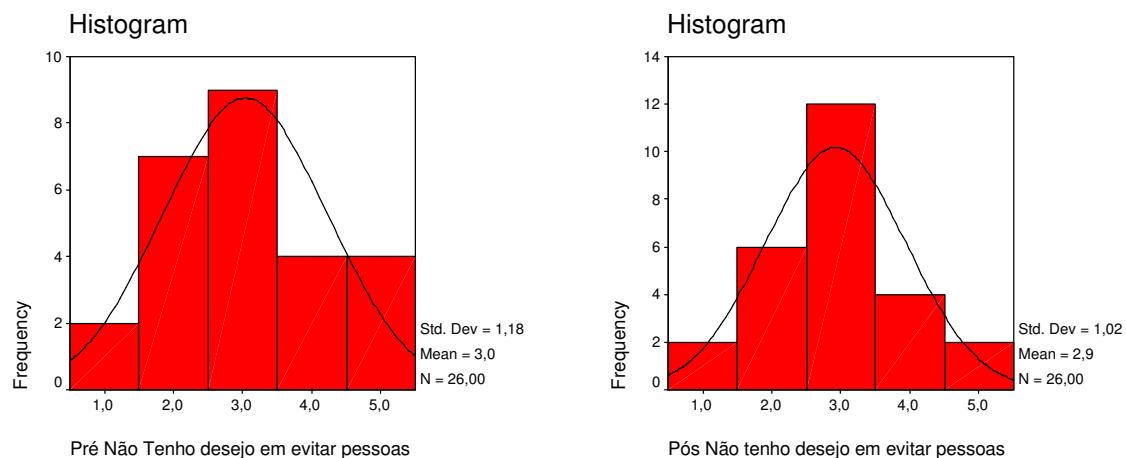


## Detrended Normal Q-Q Plots

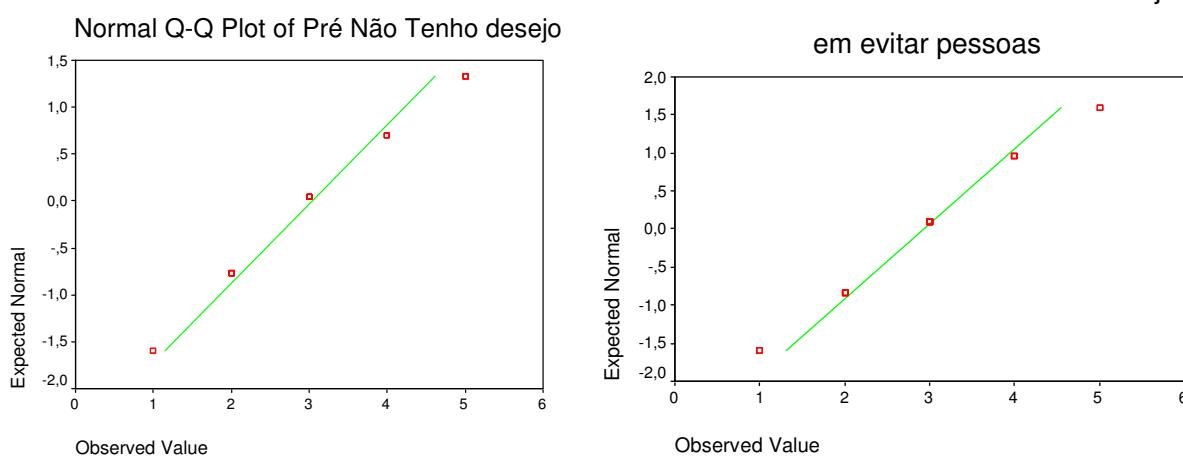


**Grupos = Grupo Controlo**

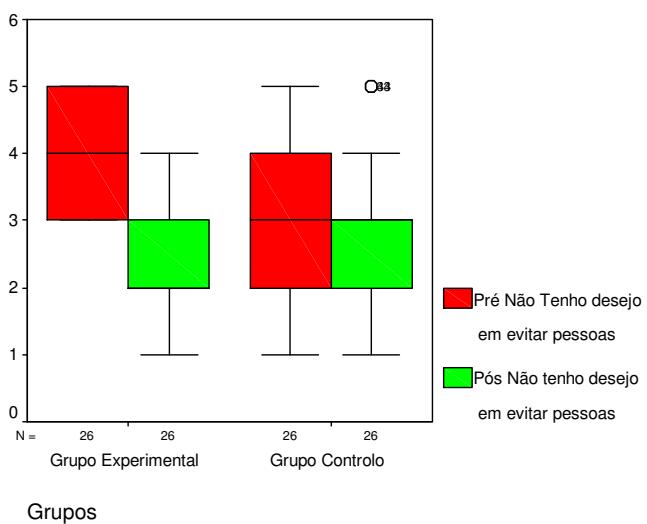
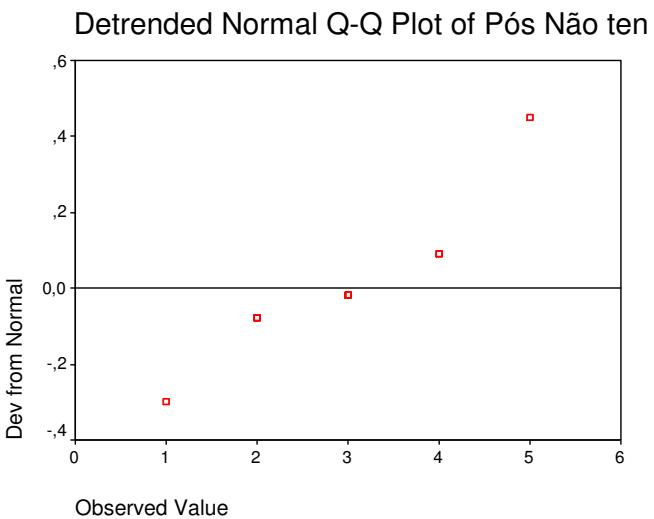
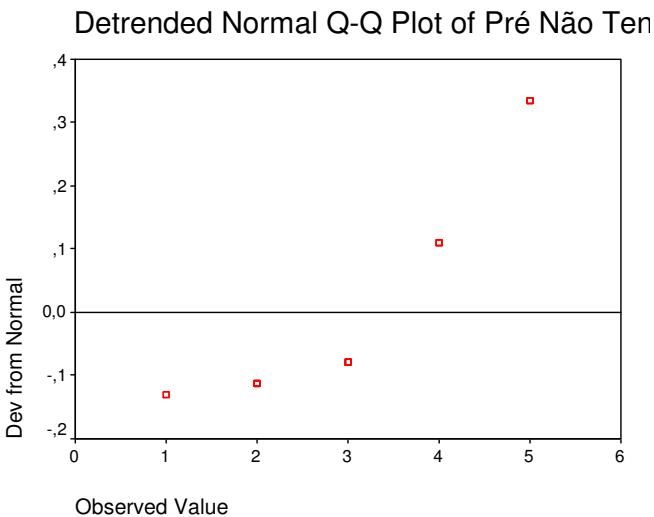
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 2. Não tenho um desejo particular em evitar pessoas (sem outliers)

#### Explore

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%

Descriptives

Grupos				Statistic	Std. Error
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	Mean		3,8846	,1601
		95% Confidence Interval for Mean	Lower Bound	3,5550	
			Upper Bound	4,2143	
		5% Trimmed Mean		3,8718	
		Median		4,0000	
		Variance		,666	
		Std. Deviation		,8162	
		Minimum		3,00	
		Maximum		5,00	
		Range		2,00	
		Interquartile Range		2,0000	
		Skewness		,224	,456
		Kurtosis		-1,453	,887
Grupo Controlo		Mean		3,0417	,2444
		95% Confidence Interval for Mean	Lower Bound	2,5362	
			Upper Bound	3,5471	
		5% Trimmed Mean		3,0463	
		Median		3,0000	
		Variance		1,433	
		Std. Deviation		1,1971	
		Minimum		1,00	
		Maximum		5,00	
		Range		4,00	
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	Mean		2,4231	,1680
		95% Confidence Interval for Mean	Lower Bound	2,0771	
			Upper Bound	2,7691	
		5% Trimmed Mean		2,4145	
		Median		2,0000	
		Variance		,734	
		Std. Deviation		,8566	
		Minimum		1,00	
		Maximum		4,00	
		Range		3,00	
Grupo Controlo		Mean		2,7500	,1729
		95% Confidence Interval for Mean	Lower Bound	2,3923	
			Upper Bound	3,1077	
		5% Trimmed Mean		2,7778	
		Median		3,0000	
		Variance		,717	
		Std. Deviation		,8470	
		Minimum		1,00	
		Maximum		4,00	
		Range		3,00	

**Tests of Normality**

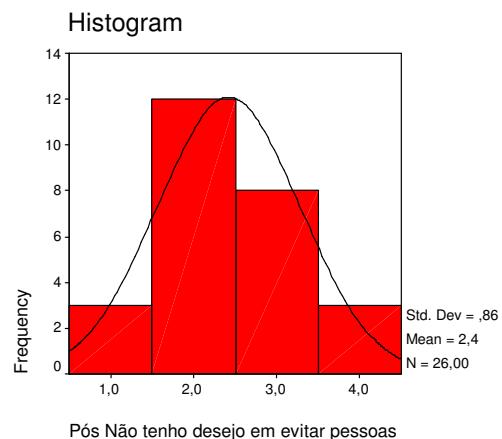
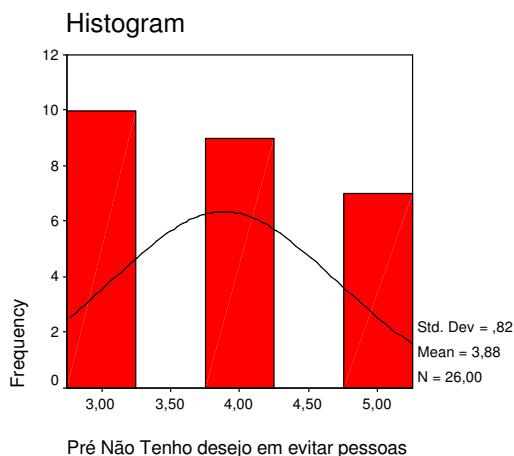
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	,245	26	,000	,793	26
	Grupo Controlo	,222	24	,003	,904	24
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	,266	26	,000	,869	26
	Grupo Controlo	,283	24	,000	,863	24

\*\*. This is an upper bound of the true significance.

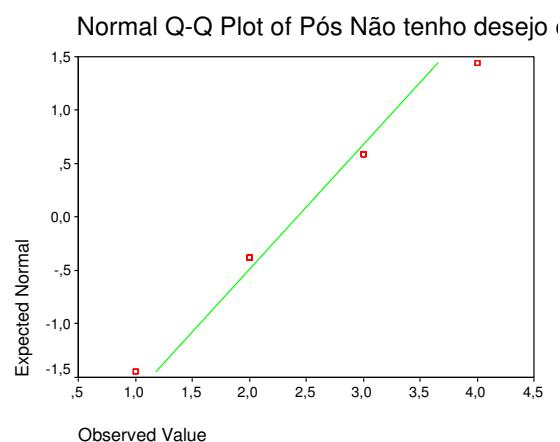
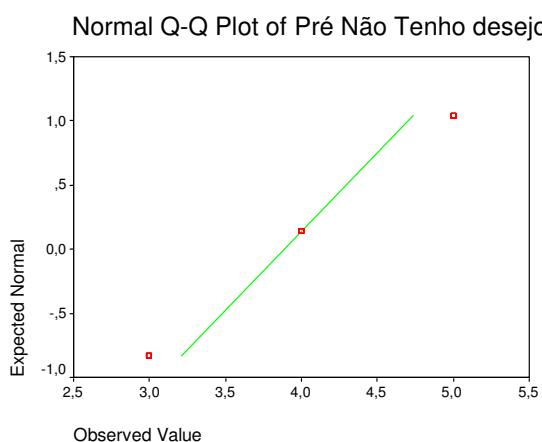
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

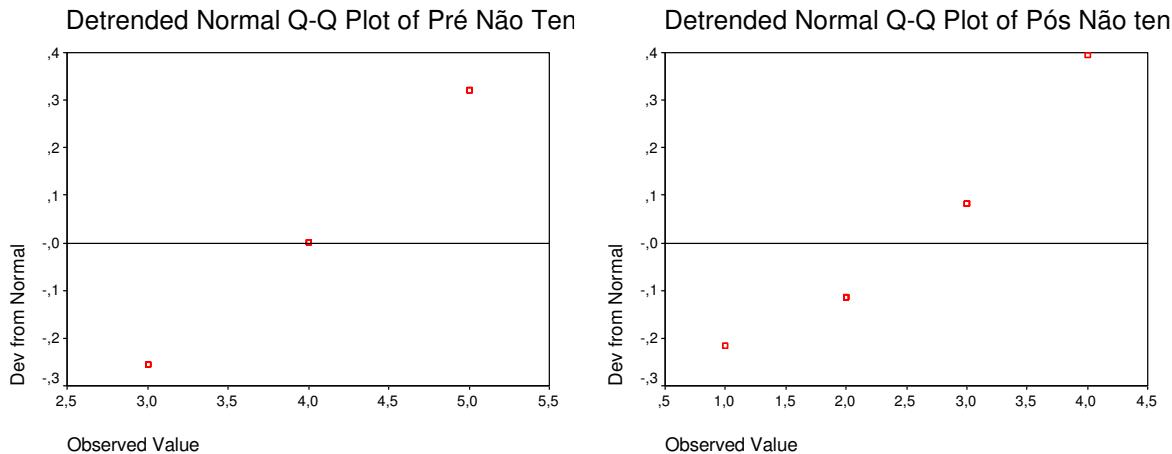
### Histograms



### Normal Q-Q Plots

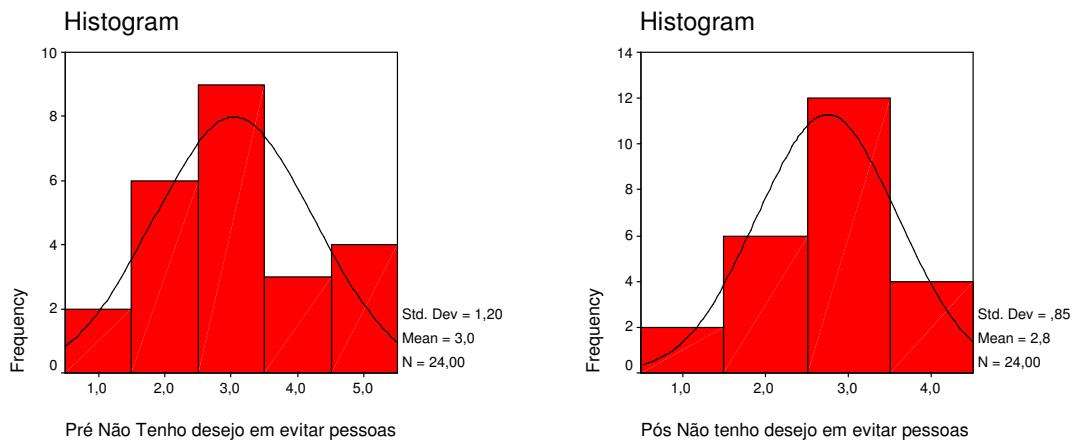


## Detrended Normal Q-Q Plots

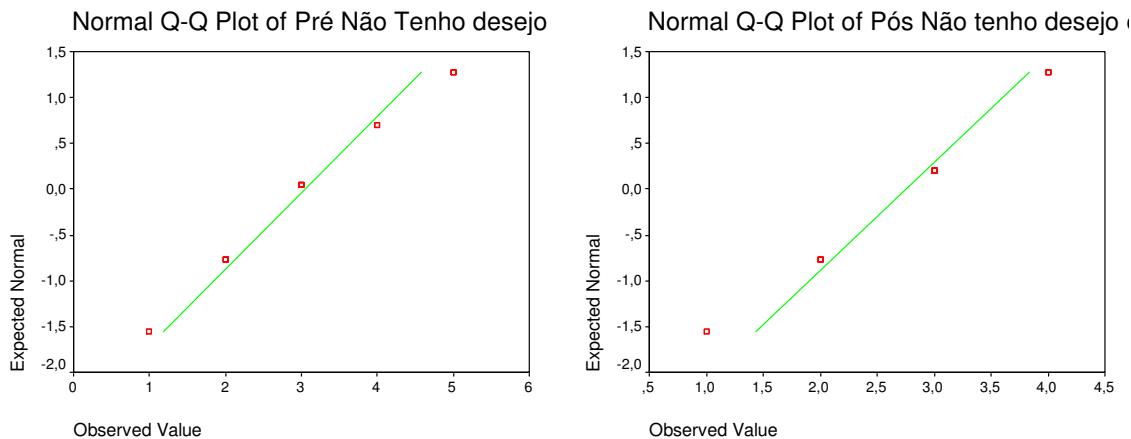


## Grupos = Grupo Controlo

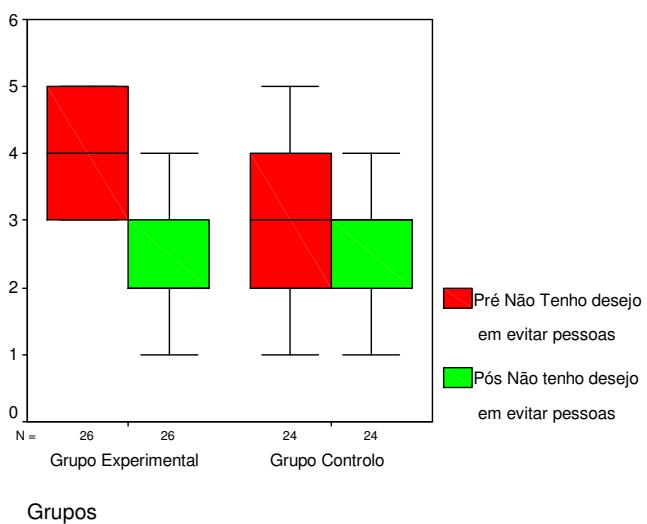
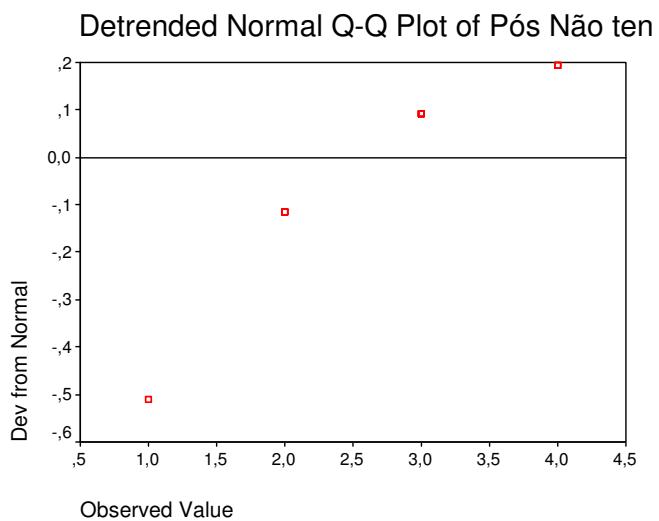
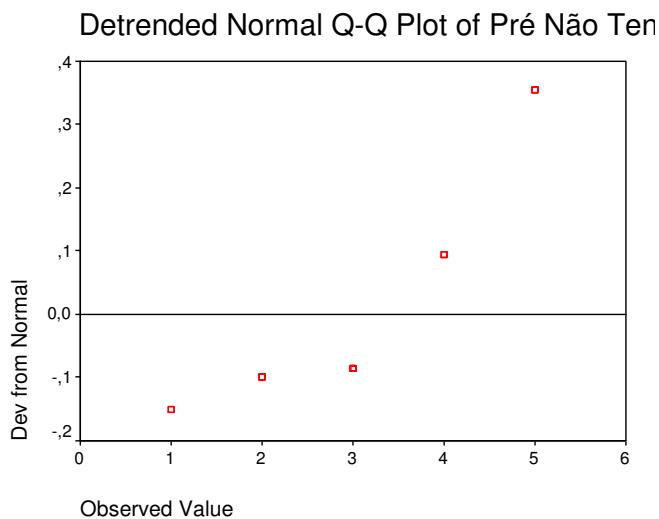
### Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 2. Não tenho um desejo particular em evitar pessoas

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Não Tenho desejo em evitar pessoas	Pré-teste	26	3,8846	,8162	,1601	
	Pós-teste	26	2,4231	,8566	,1680	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Não Tenho desejo em evitar pessoas	.101	,752	6,298	50	,000	1,4615	,2320	,9955	1,9276	
			6,298	49,883	,000	1,4615	,2320	,9954	1,9276	

#### Grupo Controlo

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Não Tenho desejo em evitar pessoas	Pré-teste	24	3,0417	1,1971	,2444	
	Grupo Controlo	24	2,7500	,8470	,1729	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Não Tenho desejo em evitar pessoas	1,429	,238	,974	46	,335	,2917	,2993	-,3109	,8942	
			,974	41,414	,336	,2917	,2993	-,3127	,8960	

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Não Tenho desejo em evitar pessoas	Grupo Experimental	26	3,8846	,8162	,1601	
	Grupo Controlo	24	3,0417	1,1971	,2444	
Pós Não tenho desejo em evitar pessoas	Grupo Experimental	26	2,4231	,8566	,1680	
	Grupo Controlo	24	2,7500	,8470	,1729	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pre Não Tenho desejo em evitar pessoas	1,457	,233	2,929	48	,005	,8429	,2878	,2643	1,4216	
			2,886	40,169	,006	,8429	,2921	,2526	1,4332	
Pós Não tenho desejo em evitar pessoas	,152	,698	-1,355	48	,182	-,3269	,2412	-,8119	,1580	
			-1,356	47,763	,181	-,3269	,2411	-,8117	,1578	

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 3. Se tenho oportunidade para conhecer pessoas, normalmente aproveito as ocasiões par o fazer

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Aproveito as ocasiões para conhecer pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Aproveito as ocasiões para conhecer pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Aproveito as ocasiões para conhecer pessoas	Grupo Experimental	2,7692		,2024			
		2,3525					
		3,1860					
		2,7991					
		3,0000					
		1,065					
		1,0318					
	Grupo Controlo	1,00					
		4,00					
		3,00					
		2,0000					
		-,444		,456			
		-,837		,887			
		2,8077		,2077			
Pós Aproveito as ocasiões para conhecer pessoas	Grupo Experimental	2,8419					
		3,0000					
		1,122					
		1,0590					
		1,00					
		4,00					
		3,00					
	Grupo Controlo	2,0000					
		-,461		,456			
		-,929		,887			
		4,1154		,1501			
		3,8061					
		4,4246					
		4,1282					
	Grupo Experimental	4,0000					
		,586					
		,7656					
		3,00					
		5,00					
		2,00					
		1,2500					
	Grupo Controlo	-,204		,456			
		-1,205		,887			
		3,2692		,1308			
		2,9999					
		3,5386					
		3,2564					
		3,0000					

### Tests of Normality

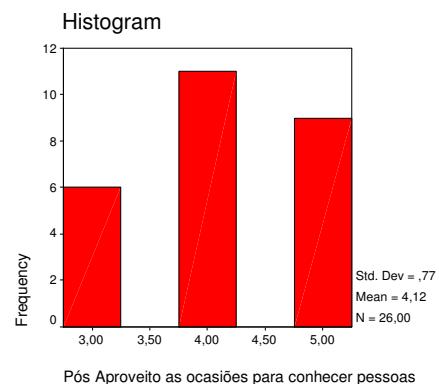
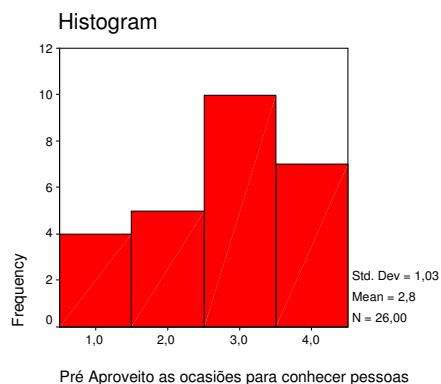
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Aproveito as ocasiões para conhecer pessoas	Grupo Experimental ,242	26	,000	,859	26	,010**
	Grupo Controlo ,226	26	,001	,853	26	,010**
Pós Aproveito as ocasiões para conhecer pessoas	Grupo Experimental ,222	26	,002	,805	26	,010**
	Grupo Controlo ,349	26	,000	,799	26	,010**

\*\*. This is an upper bound of the true significance.

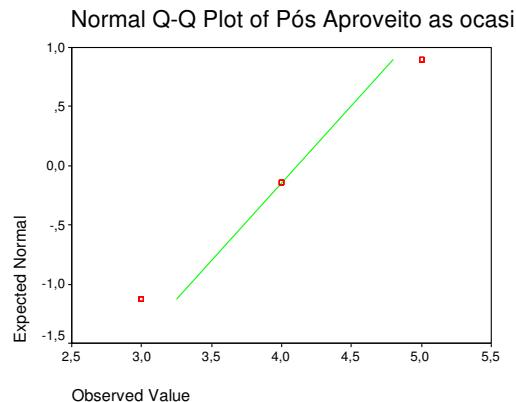
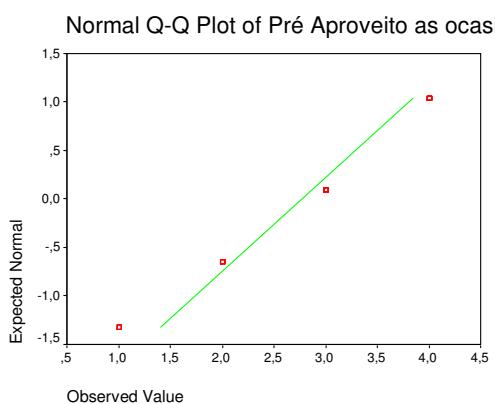
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

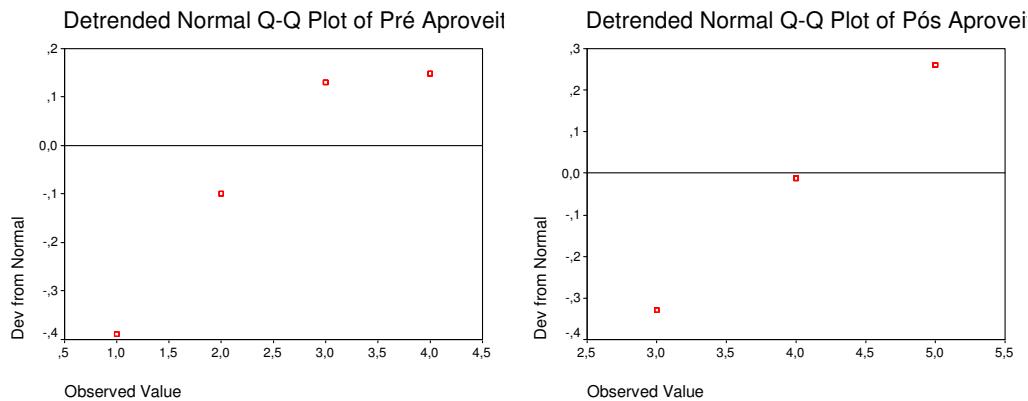
### Histograms



### Normal Q-Q Plots

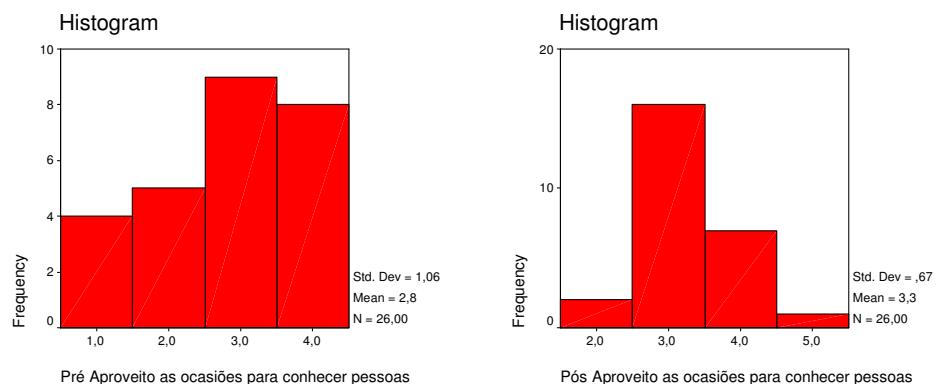


## Detrended Normal Q-Q Plots

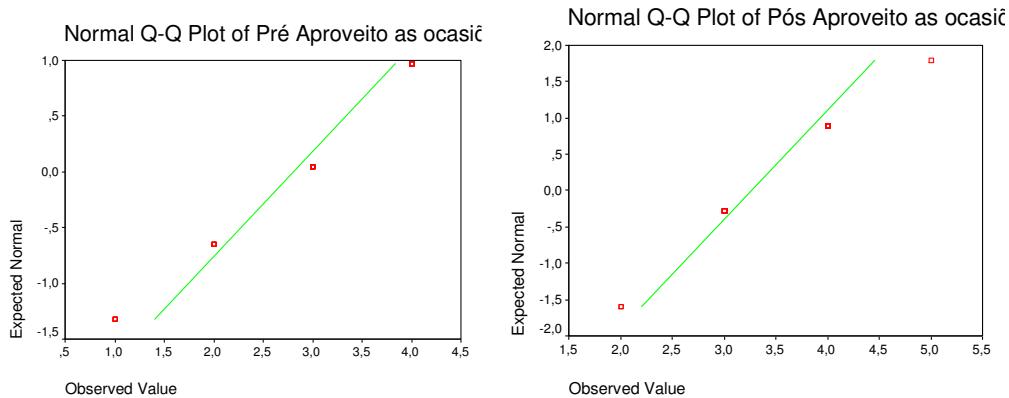


**Grupos = Grupo Controlo**

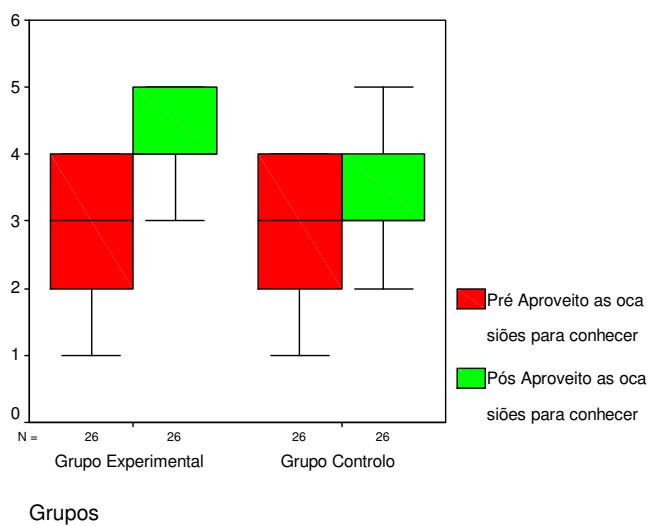
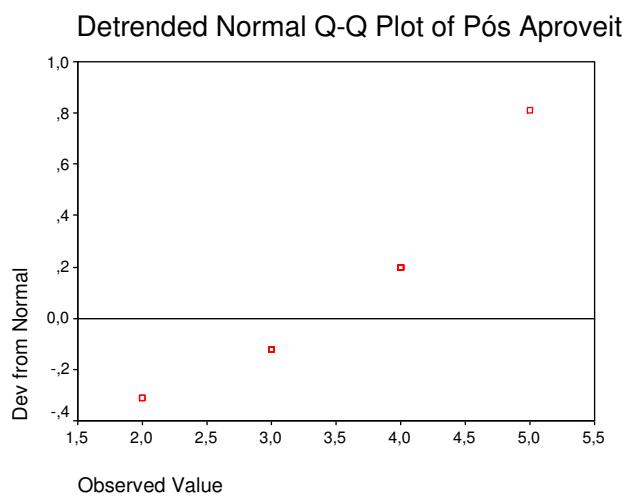
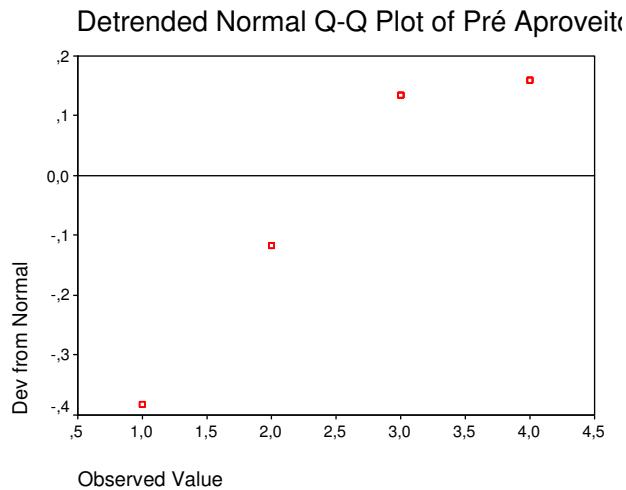
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

**3. Se tenho oportunidade para conhecer pessoas, normalmente aproveito as ocasiões para o fazer**

### Grupo Experimental T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Aproveito as ocasiões para conhecer pessoas (Grupo Experimental)	Pré-teste	26	2,7692	1,0318	,2024	
	Pós-teste	26	4,1154	,7656	,1501	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Aproveito as ocasiões para conhecer pessoas (Grupo Experimental)	Equal variances assumed	2,563	,116	-5,342	50	,000	-1,3462	,2520	-1,8523	-,8400
				-5,342	46,125	,000	-1,3462	,2520	-1,8533	-,8390

### Grupo Controlo T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Aproveito as ocasiões para conhecer pessoas (Grupo Controlo)	Pré-teste	26	2,8077	1,0590	,2077	
	Pós-teste	26	3,2692	,6668	,1308	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Aproveito as ocasiões para conhecer pessoas (Grupo Controlo)	Equal variances assumed	6,066	,017	-1,881	50	,066	-,4615	,2454	-,9545	3,143E-02
				-1,881	42,130	,067	-,4615	,2454	-,9568	3,372E-02

### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Aproveito as ocasiões para conhecer pessoas	Grupo Experimental	26	2,7692	1,0318	,2024	
	Grupo Controlo	26	2,8077	1,0590	,2077	
Pós Aproveito as ocasiões para conhecer pessoas	Grupo Experimental	26	4,1154	,7656	,1501	
	Grupo Controlo	26	3,2692	,6668	,1308	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Aproveito as ocasiões para conhecer pessoas	Equal variances assumed	,027	,869	-,133	50	,895	-3,846E-02	,2900	-,6209	,5440
				-,133	49,966	,895	-3,846E-02	,2900	-,6209	,5440
Pós Aproveito as ocasiões para conhecer pessoas	Equal variances assumed	,543	,465	4,250	50	,000	,8462	,1991	,4462	1,2461
	Equal variances not assumed			4,250	49,075	,000	,8462	,1991	,4460	1,2463

**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**4. Normalmente sinto-me descontraído(a) quando estou com um grupo de pessoas (com outliers)**

**Explore**

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Sinto-me descontraído num grupo de pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Sinto-me descontraído num grupo de pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos				Statistic	Std. Error
				Mean	Std. Error
Pré Sinto-me descontraído num grupo de pessoas	Grupo Experimental	Mean		3,2692	,1715
		95% Confidence Interval for Mean	Lower Bound	2,9160	
			Upper Bound	3,6224	
		5% Trimmed Mean		3,2436	
		Median		3,0000	
		Variance		,765	
		Std. Deviation		,8744	
	Grupo Controlo	Minimum		2,00	
		Maximum		5,00	
		Range		3,00	
		Interquartile Range		1,0000	
		Skewness		,198	,456
		Kurtosis		-,503	,887
		Mean		3,3846	,2154
Pós Sinto-me descontraído num grupo de pessoas	Grupo Experimental	95% Confidence Interval for Mean	Lower Bound	2,9410	
			Upper Bound	3,8282	
		5% Trimmed Mean		3,3718	
		Median		3,0000	
		Variance		1,206	
		Std. Deviation		1,0983	
		Minimum		2,00	
	Grupo Controlo	Maximum		5,00	
		Range		3,00	
		Interquartile Range		1,5000	
		Skewness		,318	,456
		Kurtosis		-,169	,887
		Mean		4,2692	,1308
		95% Confidence Interval for Mean	Lower Bound	3,9999	
			Upper Bound	4,5386	
		5% Trimmed Mean		4,2991	
		Median		4,0000	
		Variance		,445	
		Std. Deviation		,6668	
		Minimum		3,00	
		Maximum		5,00	
		Range		2,00	
		Interquartile Range		1,0000	
		Skewness		-,363	,456
		Kurtosis		-,642	,887
		Mean		3,3077	,2272
		95% Confidence Interval for Mean	Lower Bound	2,8399	
			Upper Bound	3,7755	
		5% Trimmed Mean		3,3419	
		Median		3,0000	
		Variance		1,342	
		Std. Deviation		1,1582	
		Minimum		1,00	
		Maximum		5,00	
		Range		4,00	
		Interquartile Range		1,2500	
		Skewness		-,327	,456
		Kurtosis		-,482	,887

**Tests of Normality**

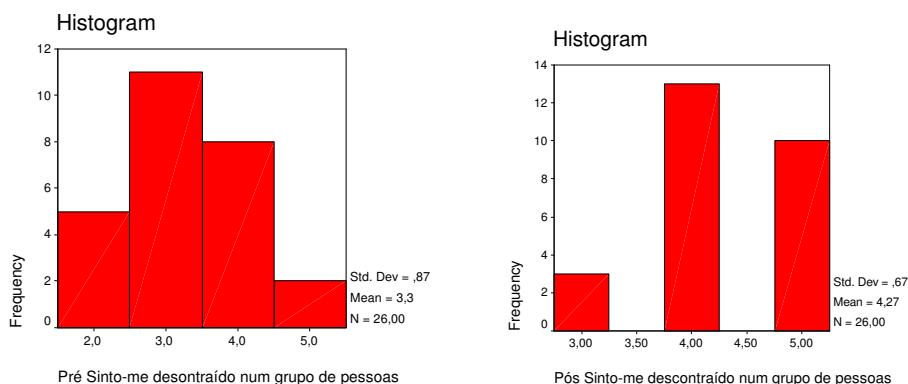
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Sinto-me desontraído num grupo de pessoas	,236	26	,001	,876	26	,010**
	,252	26	,000	,848	26	,010**
Pós Sinto-me descontraído num grupo de pessoas	,272	26	,000	,781	26	,010**
	,187	26	,020	,914	26	,039

\*\*. This is an upper bound of the true significance.

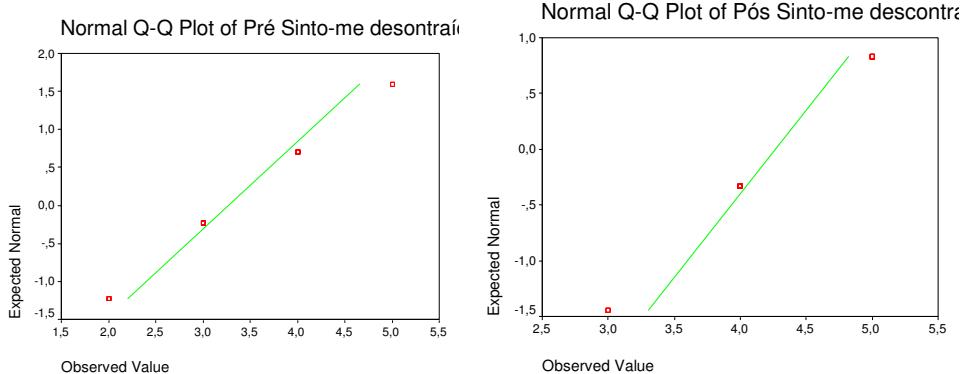
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

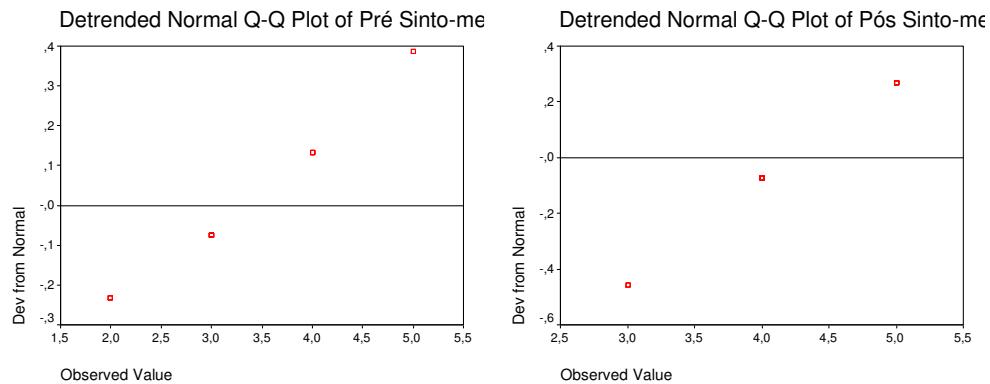
### Histograms



### Normal Q-Q Plots

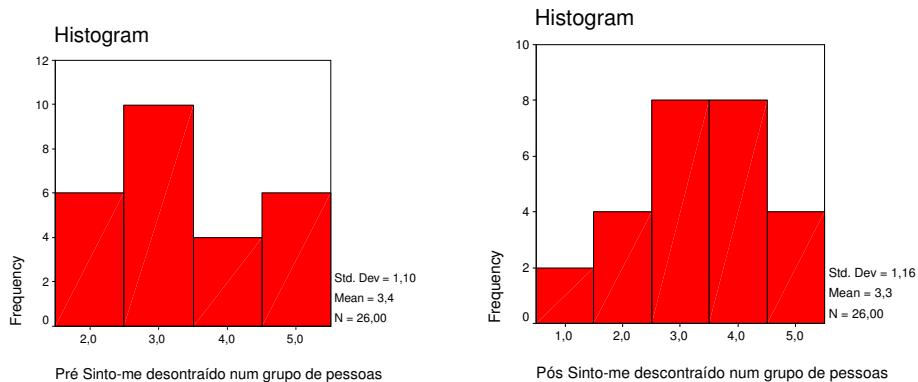


## Detrended Normal Q-Q Plots

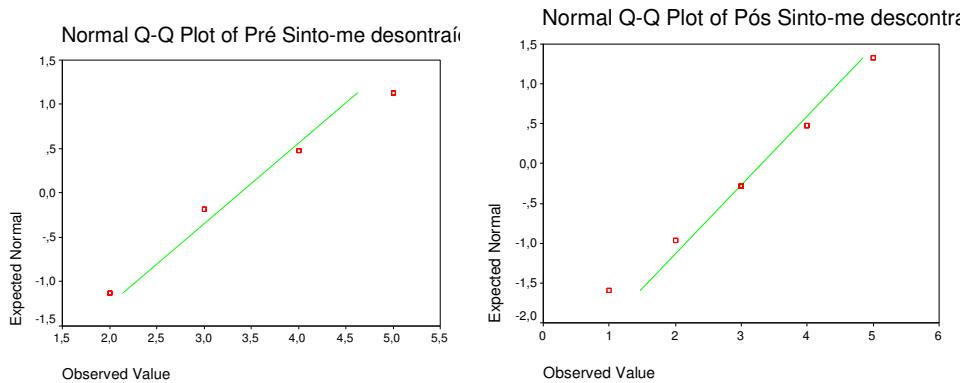


**Grupos = Grupo Controlo**

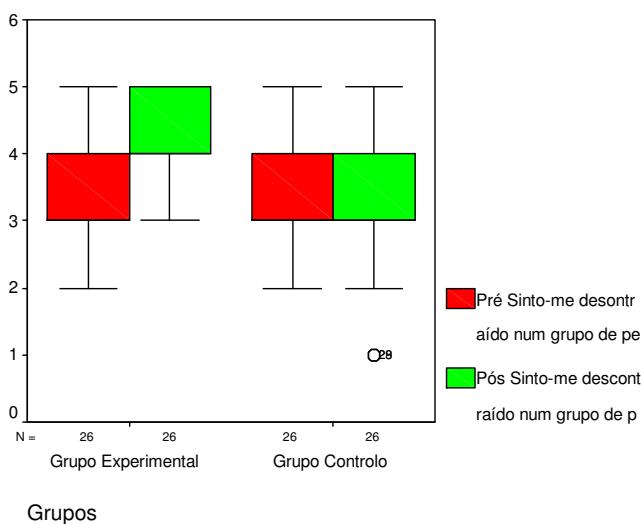
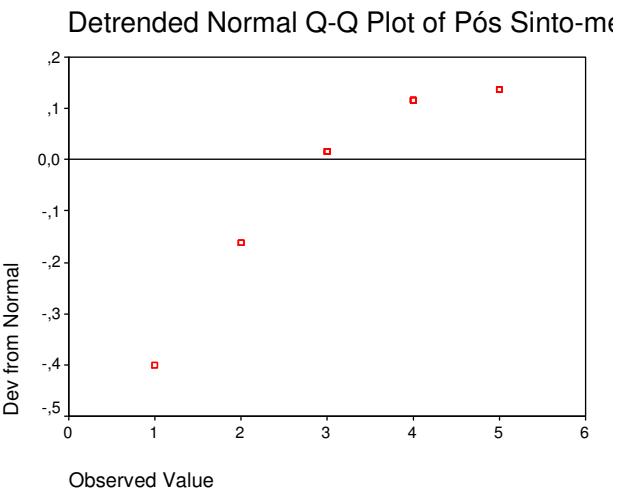
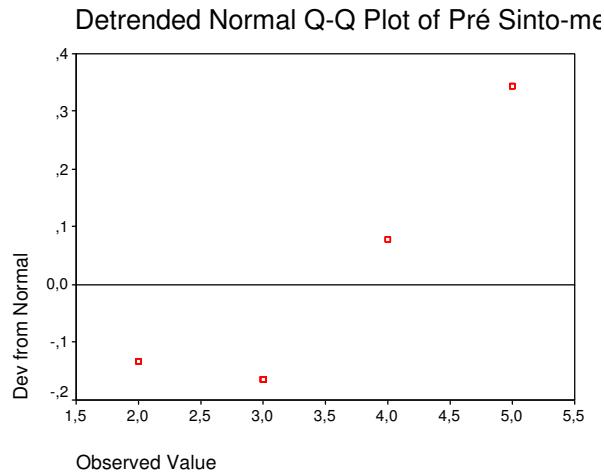
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**4. Normalmente sinto-me descontraído(a) quando estou com um grupo de pessoas (sem outliers)**

**Explore**

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Sinto-me descontraído num grupo de pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%
Pós Sinto-me descontraído num grupo de pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Sinto-me descontraído num grupo de pessoas	Grupo Experimental	Mean		3,2692	,1715		
		95% Confidence Interval for Mean		2,9160			
		Lower Bound		3,6224			
		Upper Bound					
		5% Trimmed Mean		3,2436			
		Median		3,0000			
		Variance		,765			
	Grupo Controlo	Std. Deviation		,8744			
		Minimum		2,00			
		Maximum		5,00			
		Range		3,00			
		Interquartile Range		1,0000			
		Skewness		,198	,456		
		Kurtosis		-,503	,887		
Pós Sinto-me descontraído num grupo de pessoas	Grupo Experimental	Mean		3,4583	,2251		
		95% Confidence Interval for Mean		2,9928			
		Lower Bound		3,9239			
		Upper Bound					
		5% Trimmed Mean		3,4537			
		Median		3,0000			
		Variance		1,216			
	Grupo Controlo	Std. Deviation		1,1025			
		Minimum		2,00			
		Maximum		5,00			
		Range		3,00			
		Interquartile Range		1,7500			
		Skewness		,221	,472		
		Kurtosis		-1,247	,918		

**Tests of Normality**

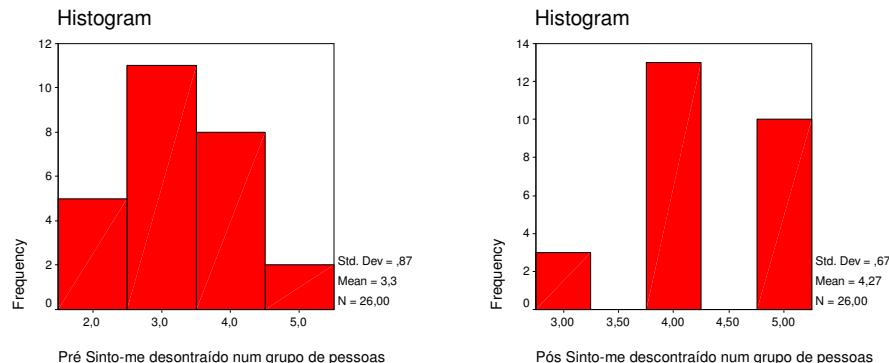
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Sinto-me desontraído num grupo de pessoas	,236	26	,001	,876	26	,010**
	,245	24	,001	,854	24	,010**
Pós Sinto-me descontraído num grupo de pessoas	,272	26	,000	,781	26	,010**
	,195	24	,018	,887	24	,012

\*\*. This is an upper bound of the true significance.

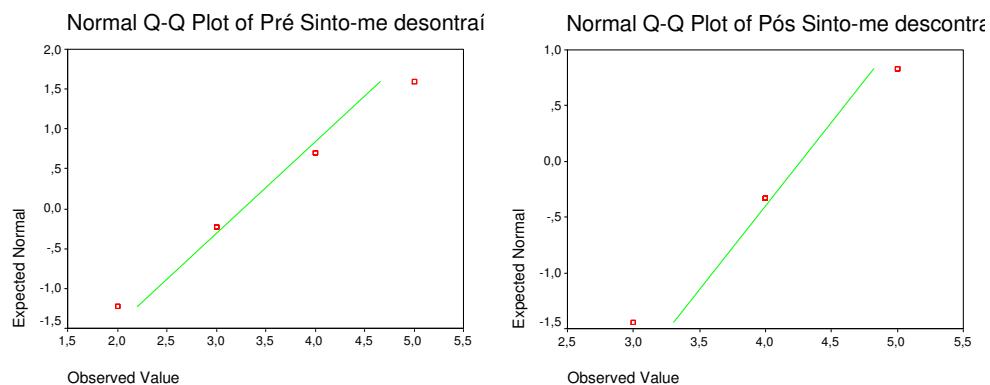
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

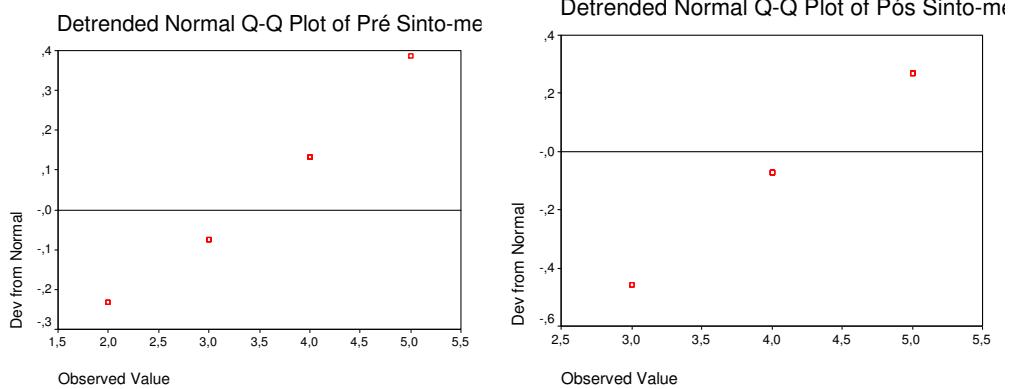
### Histograms



### Normal Q-Q Plots

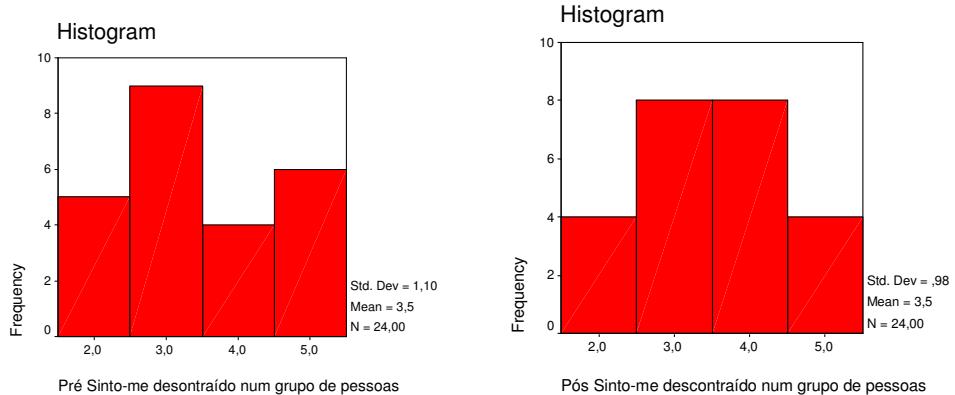


## Detrended Normal Q-Q Plots

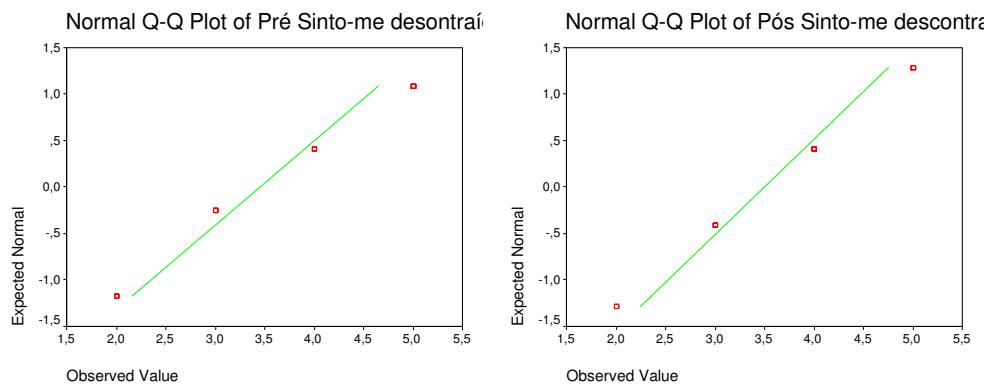


## Grupos = Grupo Controlo

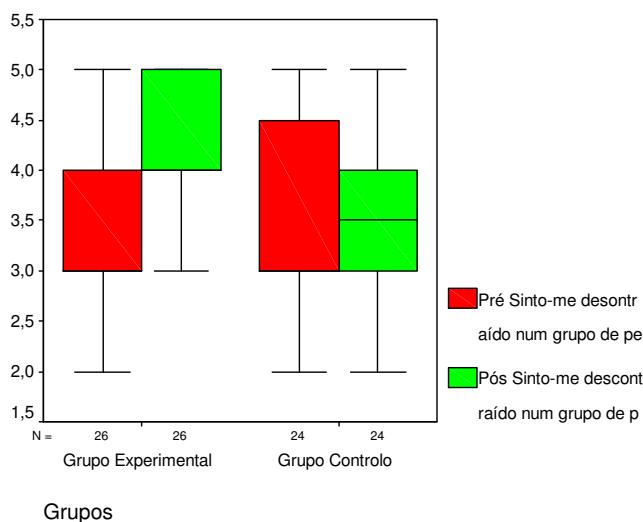
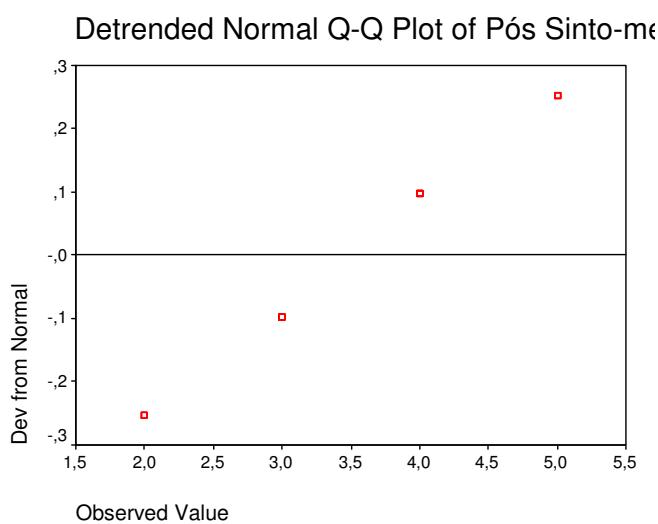
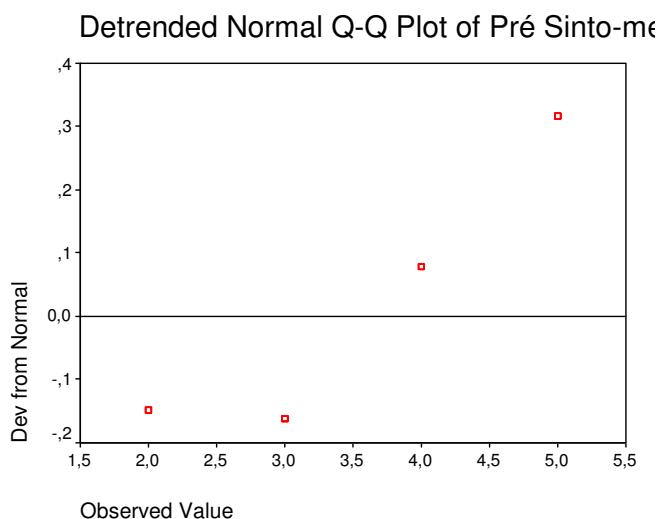
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 4. Normalmente sinto-me descontraído(a) quando estou com um grupo de pessoas

#### Grupo Experimental

##### T-Test

Group Statistics								
		Momento de avaliação	N	Mean	Std. Deviation	Std. Error Mean		
Sinto-me descontraído num grupo de pessoas (Grupo Experimental)	Pré-teste	26	3,2692	,8744	,1715			
	Pós-teste	26	4,2692	,6668	,1308			

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
Sinto-me descontraído num grupo de pessoas (Grupo Experimental)	Equal variances assumed	1,771	,189	-4,637	50	,000	-1,0000	,2157	-1,4332 -.5668
	Equal variances not assumed			-4,637	46,728	,000	-1,0000	,2157	-1,4339 -.5661

#### Grupo Controlo

##### T-Test

Group Statistics								
		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean		
Sinto-me descontraído num grupo de pessoas (Grupo Controlo)	Pré-teste	24	3,4583	1,1025	,2251			
	Pós-teste	24	3,5000	,9780	,1996			

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
Sinto-me descontraído num grupo de pessoas (Grupo Controlo)	Equal variances assumed	,665	,419	-,139	46	,890	-4,167E-02	,3008	-,6472 ,5639
	Equal variances not assumed			-,139	45,355	,890	-4,167E-02	,3008	-,6475 ,5641

##### T-Test

Group Statistics								
		Grupos	N	Mean	Std. Deviation	Std. Error Mean		
Pré Sinto-me descontraído num grupo de pessoas	Grupo Experimental	26	3,2692	,8744	,1715			
	Grupo Controlo	24	3,4583	1,1025	,2251			
Pós Sinto-me descontraído num grupo de pessoas	Grupo Experimental	26	4,2692	,6668	,1308			
	Grupo Controlo	24	3,5000	,9780	,1996			

Independent Samples Test									
		Levene's Test for Equality of Variances		t-test for Equality of Means					
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
Pré Sinto-me descontraído num grupo de pessoas	Equal variances assumed	2,761	,103	-,675	48	,503	-,1891	,2803	-,7527 ,3745
	Equal variances not assumed			-,668	43,859	,507	-,1891	,2829	-,7594 ,3812
Pós Sinto-me descontraído num grupo de pessoas	Equal variances assumed	5,352	,025	3,272	48	,002	,7692	,2351	,2965 1,2420
	Equal variances not assumed			3,223	40,168	,003	,7692	,2387	,2870 1,2515

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 5. Normalmente quero manter-me afastado das pessoas (com outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Quero manter-me afastado das pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Quero manter-me afastado das pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Quero manter-me afastado das pessoas	Grupo Experimental	3,3462		,1917			
		2,9514					
		3,7409					
		3,3718					
		3,0000					
		,955					
		,9774					
		1,00					
		5,00					
		4,00					
		1,0000					
		-,227		,456			
		,182		,887			
Pós Quero manter-me afastado das pessoas	Grupo Controlo	2,9231		,2070			
		2,4968					
		3,3494					
		2,9145					
		3,0000					
		1,114					
		1,0554					
		1,00					
		5,00					
		4,00					
		1,2500					
		-,058		,456			
		,151		,887			
	Grupo Experimental	4,0769		,1350			
		3,7989					
		4,3550					
		4,0855					
		4,0000					
		,474					
		,6884					
		3,00					
		5,00					
		2,00					
		1,0000					
		-,099		,456			
		-,722		,887			
	Grupo Controlo	3,5769		,2013			
		3,1623					
		3,9916					
		3,5855					
		3,5000					
		1,054					
		1,0266					
		2,00					
		5,00					
		3,00					
		1,2500					
		,016		,456			
		-1,081		,887			

#### Tests of Normality

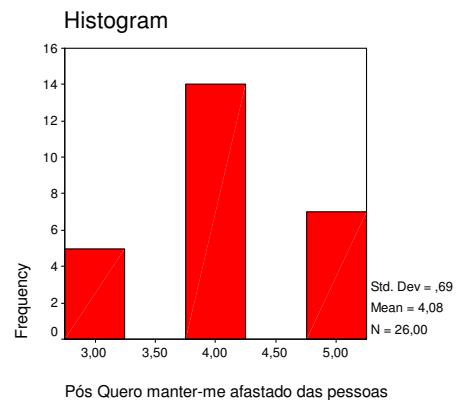
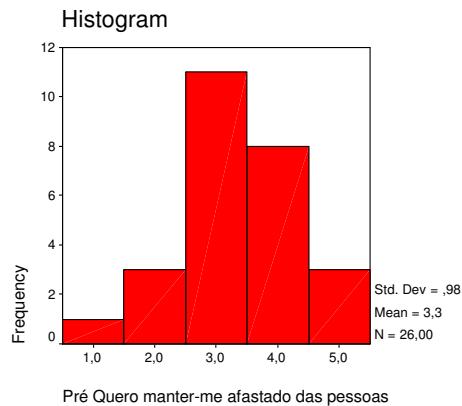
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Quero manter-me afastado das pessoas	Grupo Experimental	,215	26	,003	,905	26	,022
	Grupo Controlo	,260	26	,000	,891	26	,010
Pós Quero manter-me afastado das pessoas	Grupo Experimental	,275	26	,000	,802	26	,010**
	Grupo Controlo	,213	26	,004	,875	26	,010**

\*\*. This is an upper bound of the true significance.

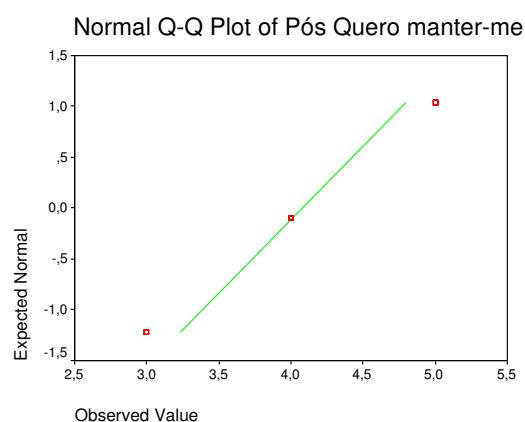
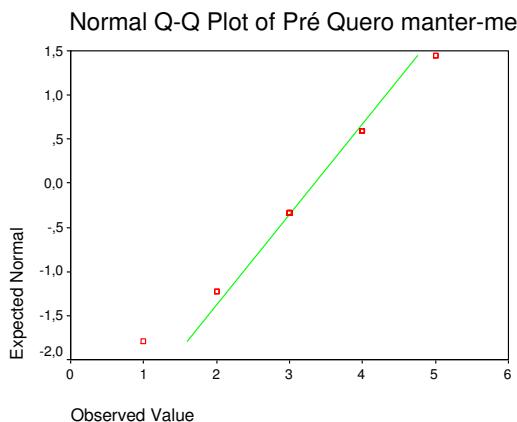
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

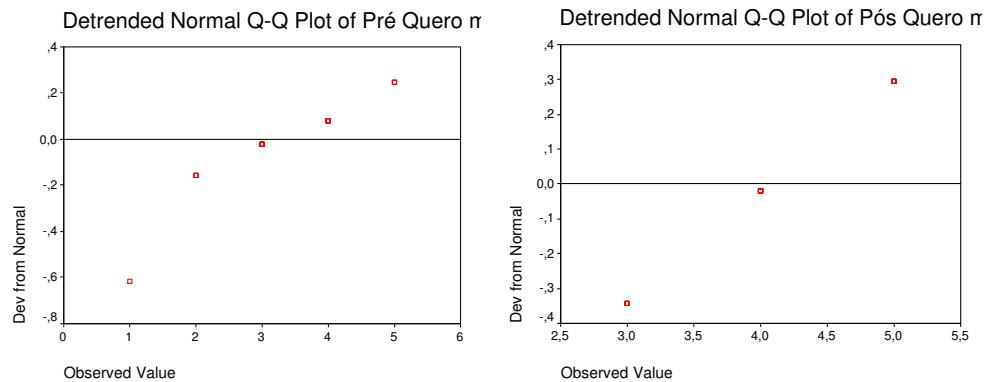
#### Histograms



#### Normal Q-Q Plots

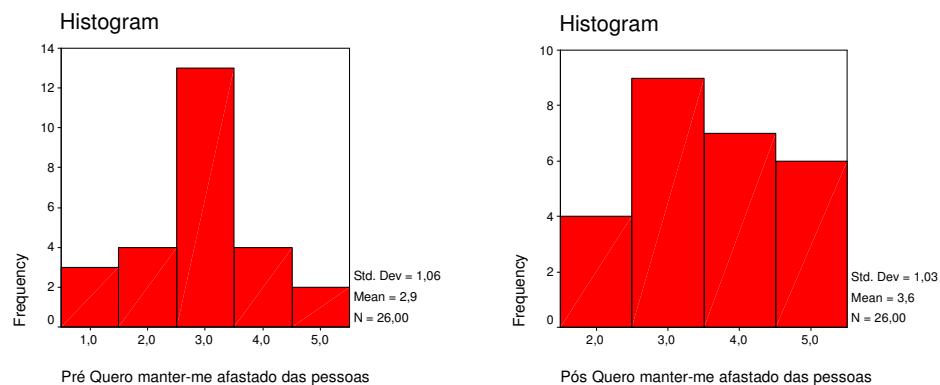


## Detrended Normal Q-Q Plots

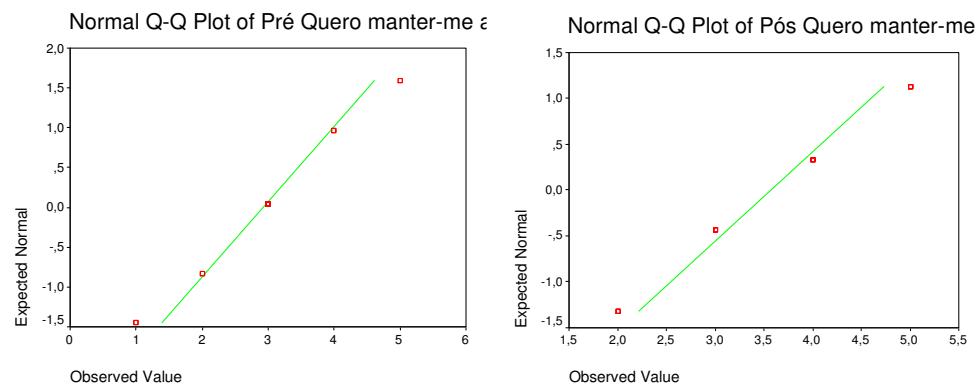


**Grupos = Grupo Controlo**

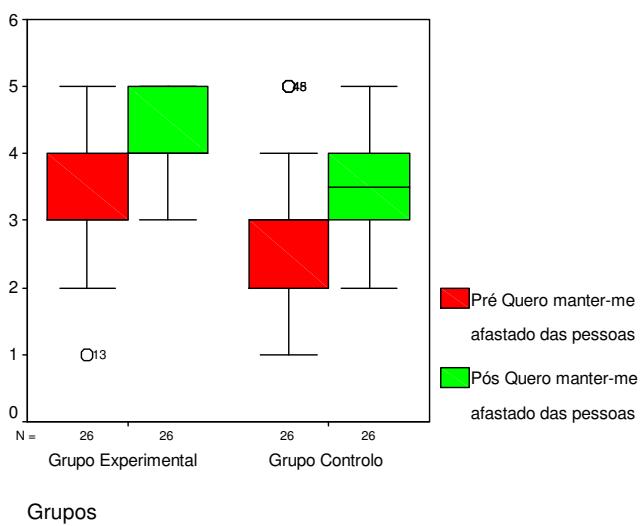
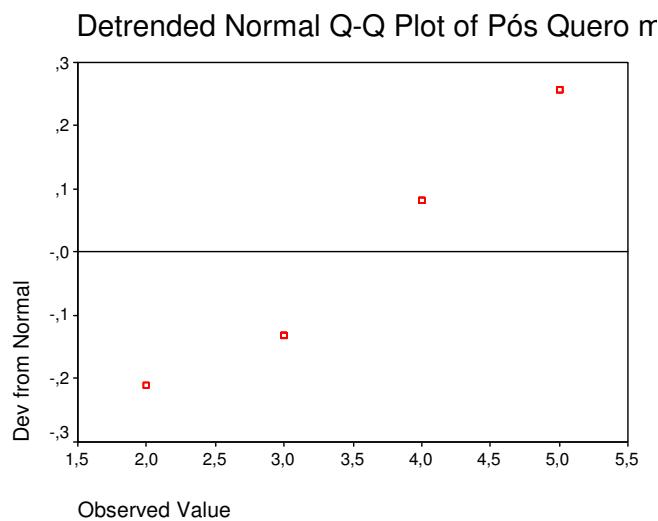
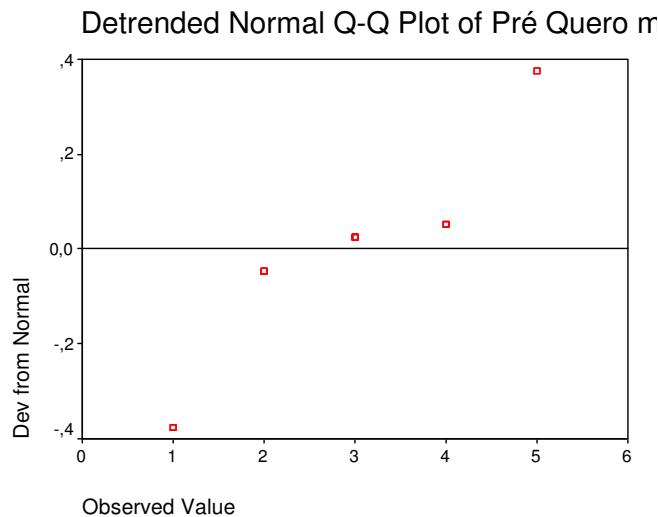
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 5. Normalmente quero manter-me afastado das pessoas (sem outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Quero manter-me afastado das pessoas	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%
Pós Quero manter-me afastado das pessoas	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Quero manter-me afastado das pessoas	Grupo Experimental	Mean				3,4400	,1740
		95% Confidence Interval for Mean				3,0809	
		Lower Bound				3,7991	
		Upper Bound					
		5% Trimmed Mean				3,4333	
		Median				3,0000	
		Variance				,757	
	Grupo Controlo	Std. Deviation				,8699	
		Minimum				2,00	
		Maximum				5,00	
		Range				3,00	
		Interquartile Range				1,0000	
		Skewness				,199	,464
		Kurtosis				-,436	,902
Pós Quero manter-me afastado das pessoas	Grupo Experimental	Mean				2,7500	,1831
		95% Confidence Interval for Mean				2,3713	
		Lower Bound				3,1287	
		Upper Bound					
		5% Trimmed Mean				2,7778	
		Median				3,0000	
		Variance				,804	
	Grupo Controlo	Std. Deviation				,8969	
		Minimum				1,00	
		Maximum				4,00	
		Range				3,00	
		Interquartile Range				1,0000	
		Skewness				-,641	,472
		Kurtosis				-,012	,918

#### Tests of Normality

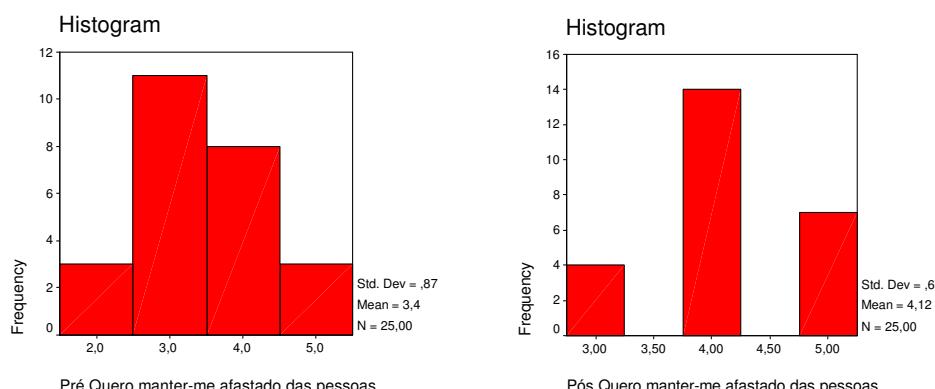
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Quero manter-me afastado das pessoas	Grupo Experimental	,254	25	,000	,875	25	,010**
	Grupo Controlo	,318	24	,000	,834	24	,010**
Pós Quero manter-me afastado das pessoas	Grupo Experimental	,292	25	,000	,794	25	,010**
	Grupo Controlo	,229	24	,002	,876	24	,010**

\*\*. This is an upper bound of the true significance.

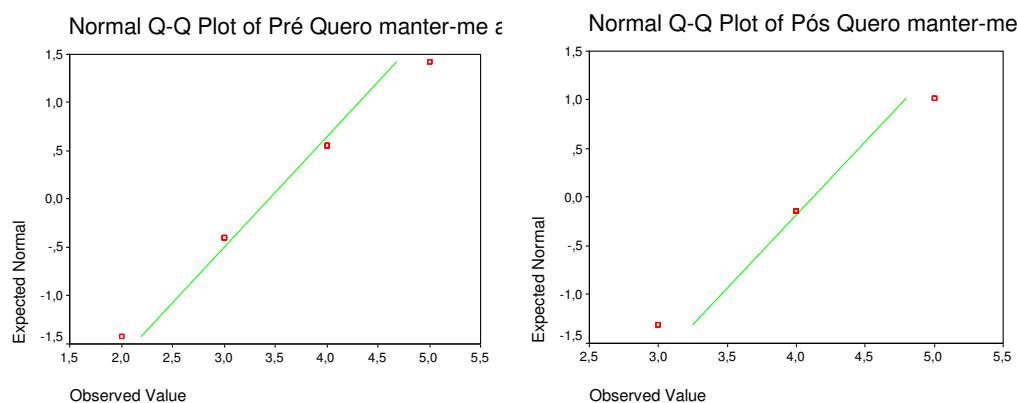
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

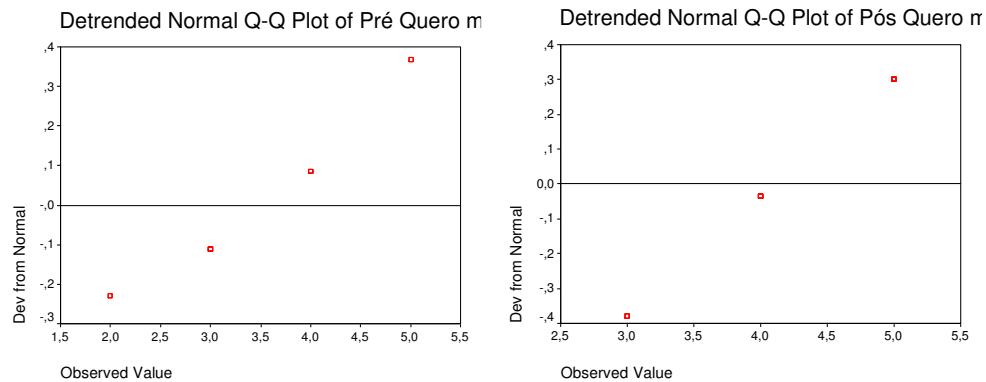
#### Histograms



#### Normal Q-Q Plots

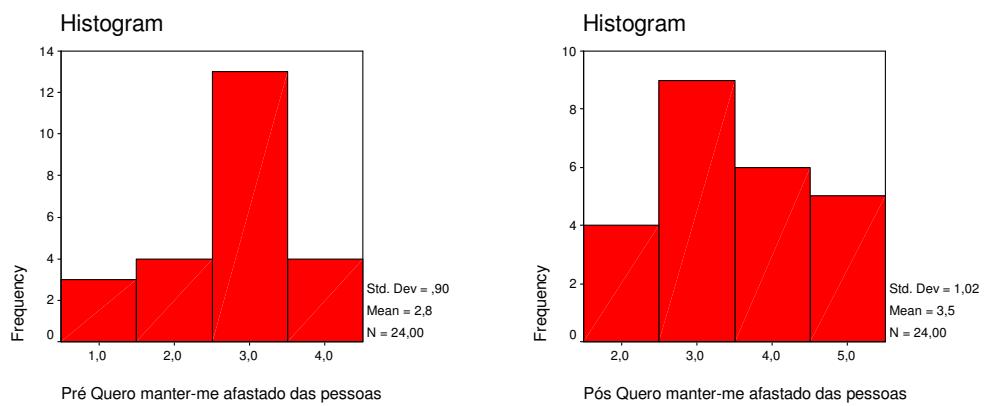


## Detrended Normal Q-Q Plots

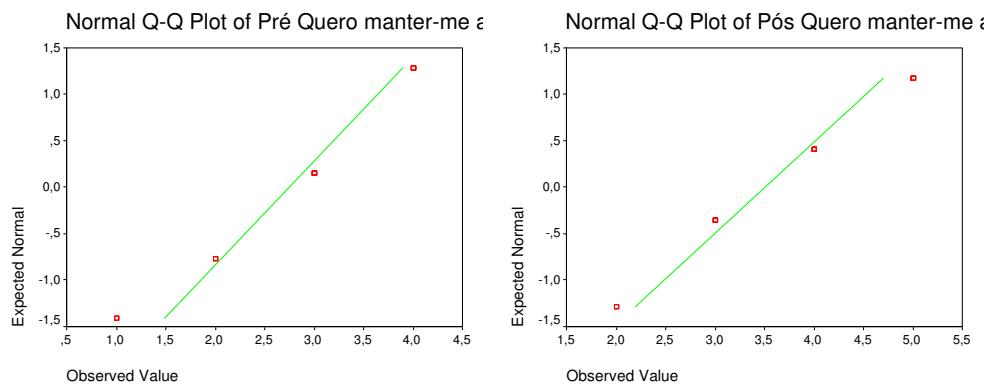


**Grupos = Grupo Controlo**

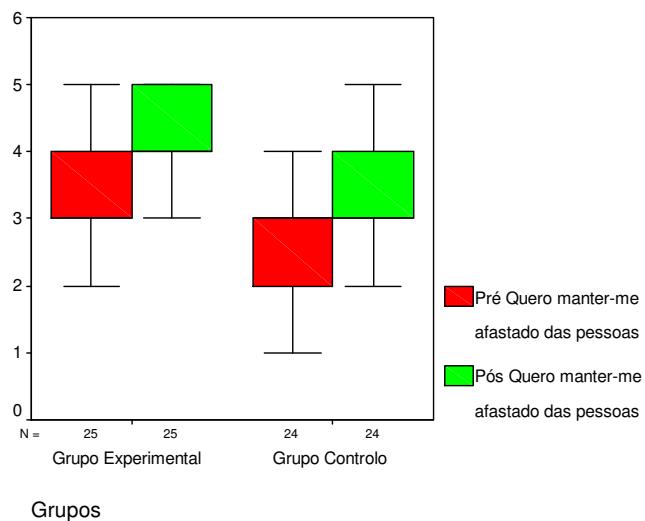
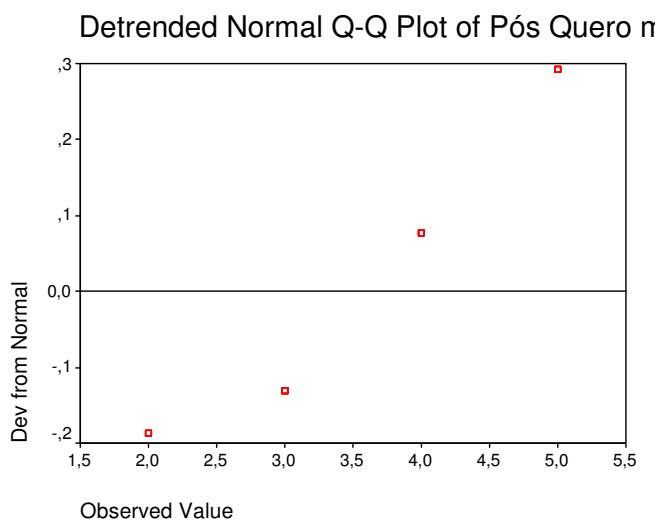
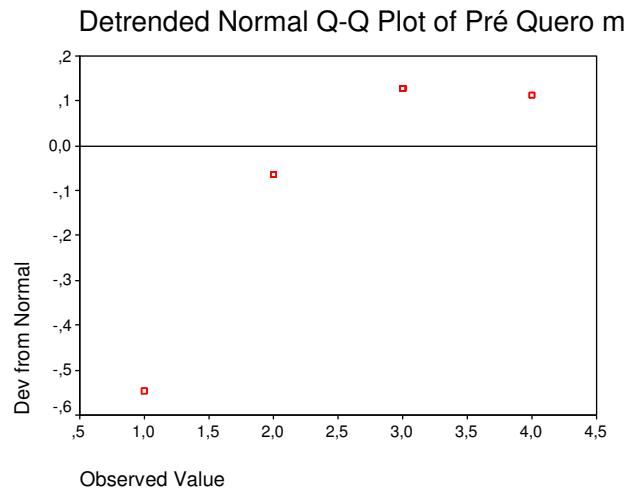
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 5 Normalmente quero manter-me afastado das pessoas

#### Grupo Experimental

##### T-Test

Group Statistics

	Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Quero manter-me afastado das pessoas (Grupo Experimental)	Pré-teste	25	3,4400	,8699	,1740
	Pós-teste	25	4,1200	,6658	,1332

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Quero manter-me afastado das pessoas (Grupo Experimental)	3,715	,060	-3,104	48	,003	-,6800	,2191	-1,1205	-,2395	
			-3,104	44,936	,003	-,6800	,2191	-1,1213	-,2387	

#### Grupo Controlo

##### T-Test

Group Statistics

	Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Quero manter-me afastado das pessoas (Grupo Controlo)	Pré-teste	24	2,7500	,8969	,1831
	Pós-teste	24	3,5000	1,0215	,2085

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Quero manter-me afastado das pessoas (Grupo Controlo)	1,518	,224	-2,703	46	,010	-,7500	,2775	-1,3085	-,1915	
			-2,703	45,242	,010	-,7500	,2775	-1,3088	-,1912	

#### T-Test

Group Statistics

	Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Quero manter-me afastado das pessoas	Grupo Experimental	25	3,4400	,8699	,1740
	Grupo Controlo	24	2,7500	,8969	,1831
Pós Quero manter-me afastado das pessoas	Grupo Experimental	25	4,1200	,6658	,1332
	Grupo Controlo	24	3,5000	1,0215	,2085

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Quero manter-me afastado das pessoas	,099	,754	2,734	47	,009	,6900	,2524	,1823	1,1977	
			2,732	46,756	,009	,6900	,2525	,1819	1,1981	
Pós Quero manter-me afastado das pessoas	8,247	,006	2,527	47	,015	,6200	,2453	,1264	1,1136	
			2,506	39,320	,016	,6200	,2474	,1197	1,1203	

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 6. Geralmente sinto-me desconfortável quando estou num grupo de pessoas que não conheço

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Sinto-me desconfortável com pessoas estranhas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Sinto-me desconfortável com pessoas estranhas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
						Mean	Std. Error
Pré Sinto-me desconfortável com pessoas estranhas	Grupo Experimental	Mean				2,3462	,1917
		95% Confidence Interval for Mean		Lower Bound		1,9514	
				Upper Bound		2,7409	
		5% Trimmed Mean				2,3291	
		Median				3,0000	
		Variance				,955	
		Std. Deviation				,9774	
		Minimum				1,00	
		Maximum				4,00	
		Range				3,00	
		Interquartile Range				2,0000	
		Skewness				-,227	,456
		Kurtosis				-1,156	,887
Pós Sinto-me desconfortável com pessoas estranhas	Grupo Controlo	Mean				2,3077	,2272
		95% Confidence Interval for Mean		Lower Bound		1,8399	
				Upper Bound		2,7755	
		5% Trimmed Mean				2,2436	
		Median				2,5000	
		Variance				1,342	
		Std. Deviation				1,1582	
		Minimum				1,00	
		Maximum				5,00	
		Range				4,00	
		Interquartile Range				2,0000	
		Skewness				,343	,456
		Kurtosis				-,638	,887
	Grupo Experimental	Mean				3,6154	,1671
		95% Confidence Interval for Mean		Lower Bound		3,2712	
				Upper Bound		3,9596	
		5% Trimmed Mean				3,6282	
		Median				4,0000	
		Variance				,726	
		Std. Deviation				,8521	
		Minimum				2,00	
		Maximum				5,00	
		Range				3,00	
		Interquartile Range				1,0000	
		Skewness				-,390	,456
		Kurtosis				-,238	,887
	Grupo Controlo	Mean				2,6154	,1761
		95% Confidence Interval for Mean		Lower Bound		2,2527	
				Upper Bound		2,9780	
		5% Trimmed Mean				2,6282	
		Median				3,0000	
		Variance				,806	
		Std. Deviation				,8979	
		Minimum				1,00	
		Maximum				4,00	
		Range				3,00	
		Interquartile Range				1,0000	
		Skewness				-,555	,456
		Kurtosis				-,322	,887

**Tests of Normality**

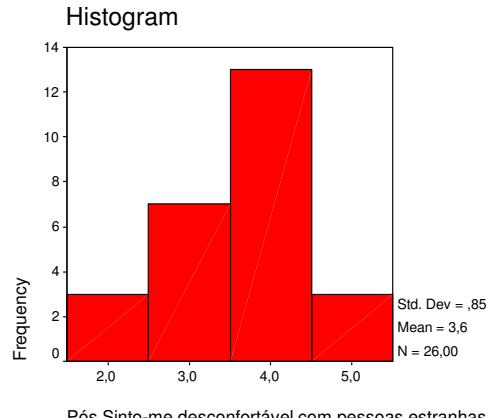
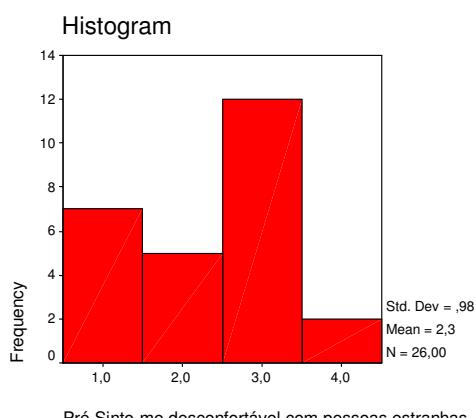
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Sinto-me desconfortável com pessoas estranhas	Grupo Experimental	,287	26	,000	,831	26	,010**
	Grupo Controlo	,225	26	,002	,855	26	,010**
Pós Sinto-me desconfortável com pessoas estranhas	Grupo Experimental	,290	26	,000	,857	26	,010**
	Grupo Controlo	,320	26	,000	,831	26	,010**

\*\*. This is an upper bound of the true significance.

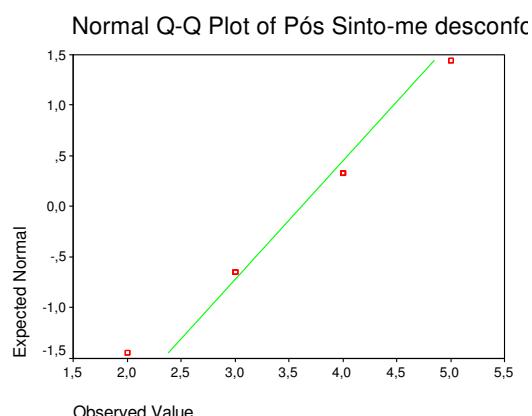
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

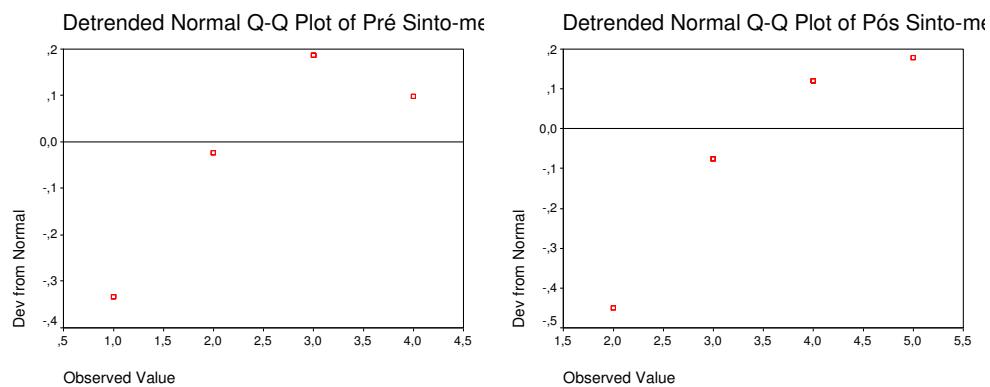
### Histograms



### Normal Q-Q Plots

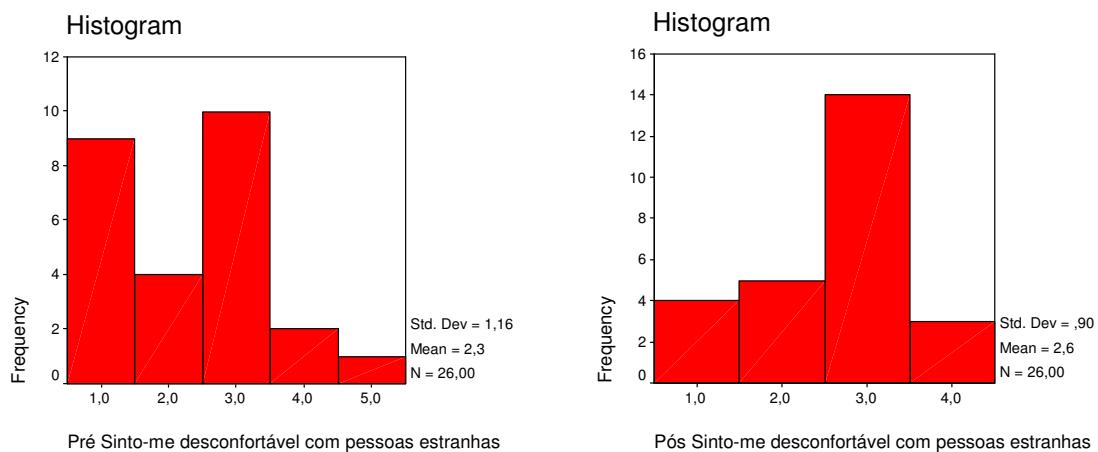


## Detrended Normal Q-Q Plots

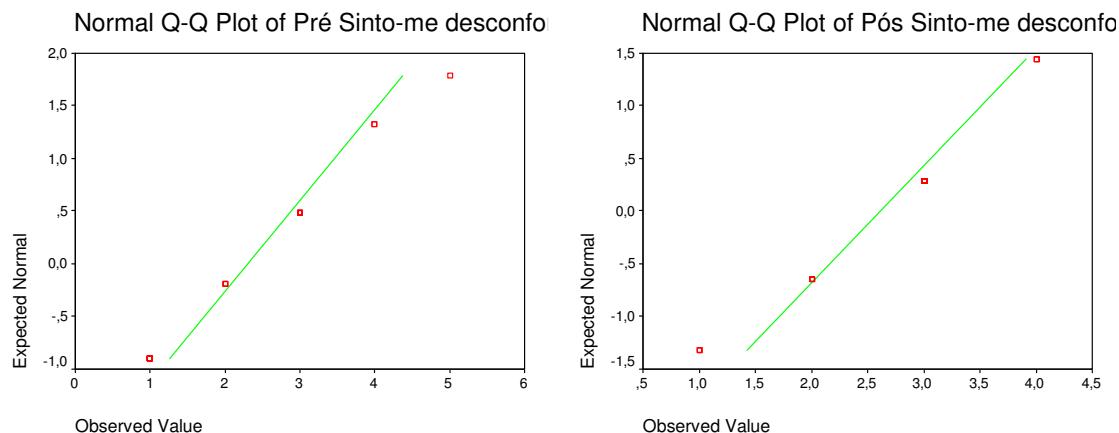


**Grupos = Grupo Controlo**

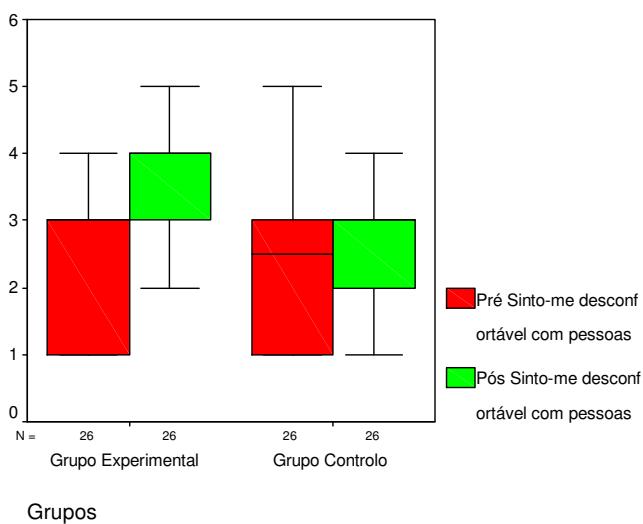
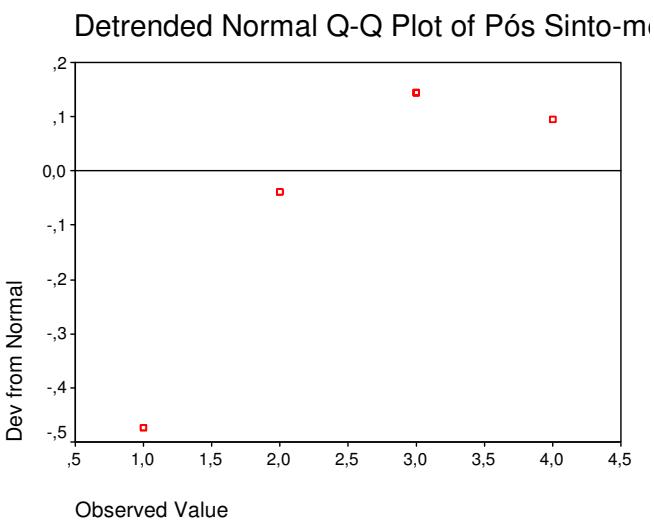
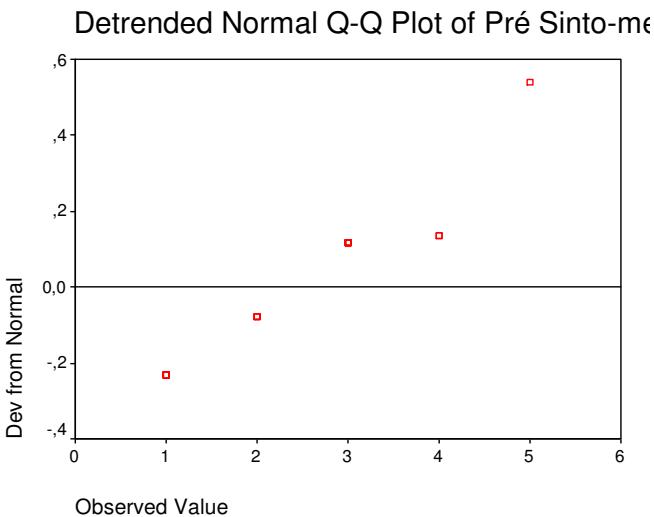
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 6. Geralmente sinto-me desconfortável quando estou num grupo de pessoas que não conheço

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Sinto-me desconfortável com pessoas estranhas (Grupo Experimental)	Pré-teste	26	2,3462	,9774	,1917	
	Pós-teste	26	3,6154	,8521	,1671	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Sinto-me desconfortável com pessoas estranhas (Grupo Experimental)	Equal variances assumed	1,537	,221	-4,991	50	,000	-1,2692	,2543	-1,7800	-,7584
Sinto-me desconfortável com pessoas estranhas (Grupo Experimental)	Equal variances not assumed			-4,991	49,088	,000	-1,2692	,2543	-1,7803	-,7582

#### Grupo Controlo

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Sinto-me desconfortável com pessoas estranhas (Grupo Controlo)	Pré-teste	26	2,3077	1,1582	,2272	
	Pós-teste	26	2,6154	,8979	,1761	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Sinto-me desconfortável com pessoas estranhas (Grupo Controlo)	Equal variances assumed	3,365	,073	-1,071	50	,290	-,3077	,2874	-,8850	,2696
Sinto-me desconfortável com pessoas estranhas (Grupo Controlo)	Equal variances not assumed			-1,071	47,075	,290	-,3077	,2874	-,8859	,2705

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Sinto-me desconfortável com pessoas estranhas	Grupo Experimental	26	2,3462	,9774	,1917	
	Grupo Controlo	26	2,3077	1,1582	,2272	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Sinto-me desconfortável com pessoas estranhas	Equal variances assumed	1,067	,307	,129	50	,898	3,846E-02	,2972	-,5585	,6355
Pré Sinto-me desconfortável com pessoas estranhas	Equal variances not assumed			,129	48,626	,898	3,846E-02	,2972	-,5590	,6359

**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**7. Normalmente sinto-me descontraído(a) quando conheço alguém pela primeira vez (com outliers)**

**Explore**

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound	2,8462	,1976
		5% Trimmed Mean		2,4391			
		Median		3,0000			
		Variance		1,015			
		Std. Deviation		1,0077			
	Grupo Controlo	Minimum		1,00			
		Maximum		5,00			
		Range		4,00			
		Interquartile Range		1,2500			
		Skewness		-,177		,456	
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	Kurtosis		-,051		,887	
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound	3,1154	,2241
		5% Trimmed Mean		2,6538			
		Median		3,5770			
		Variance		3,1282			
	Grupo Controlo	Std. Deviation		1,1429			
		Minimum		1,00			
		Maximum		5,00			
		Range		4,00			
		Interquartile Range		2,0000			
		Skewness		,106		,456	
		Kurtosis		-,394		,887	
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound	3,8077	,1571
		5% Trimmed Mean		3,4842			
		Median		4,1312			
		Variance		3,8291			
		Std. Deviation		4,0000			
		Minimum		,642			
		Maximum		,8010			
		Range		2,00			
		Interquartile Range		3,00			
		Skewness		1,0000			
		Kurtosis		-,132		,456	
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound	3,0769	,2070
		5% Trimmed Mean		2,6506			
		Median		3,5032			
		Variance		3,0726			

#### Tests of Normality

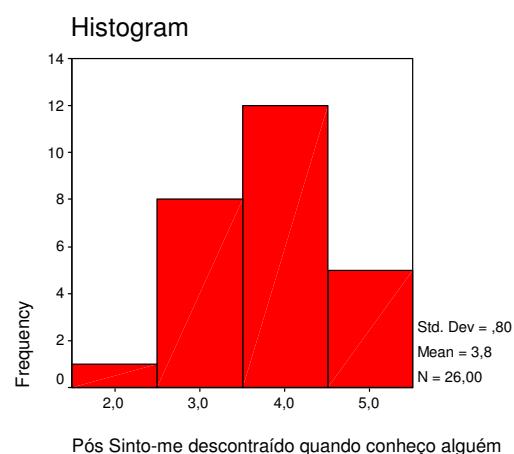
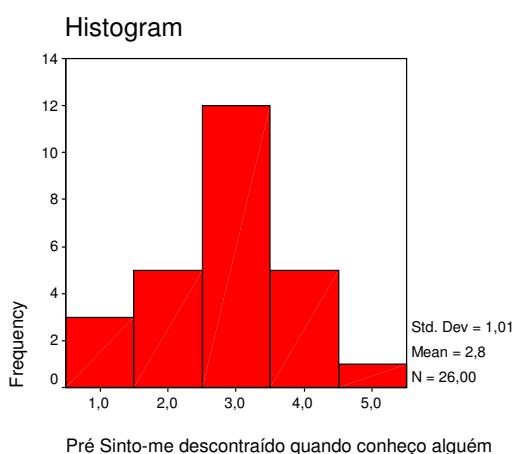
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	,253	26	,000	,902	26	,019
	Grupo Controlo	,233	26	,001	,905	26	,023
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	,249	26	,000	,863	26	,010**
	Grupo Controlo	,221	26	,002	,908	26	,027

\*\*. This is an upper bound of the true significance.

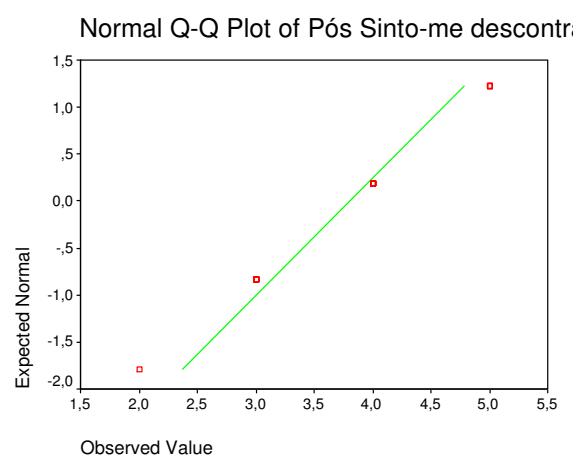
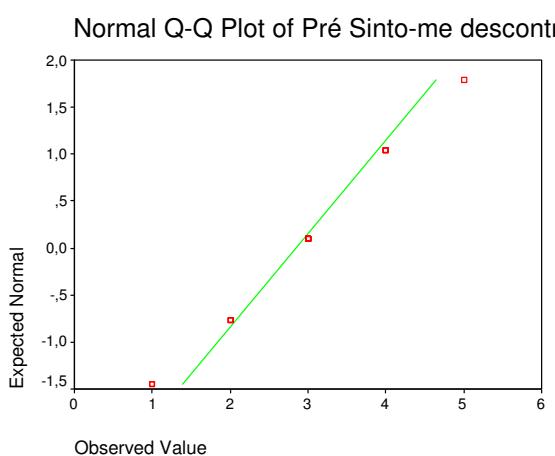
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

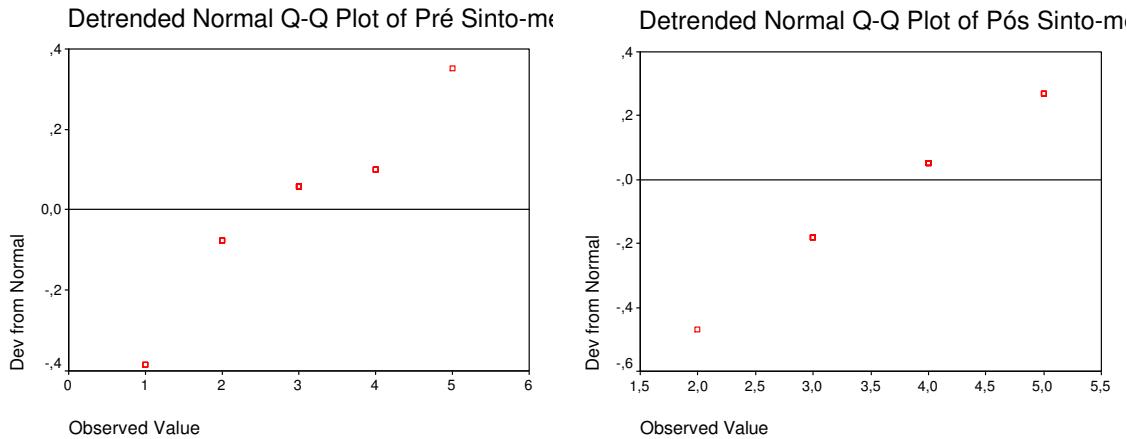
#### Histograms



#### Normal Q-Q Plots

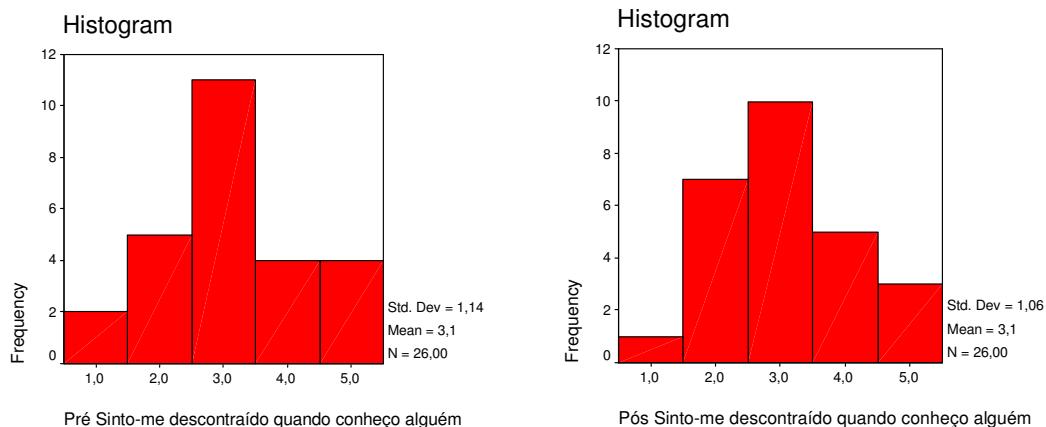


## Detrended Normal Q-Q Plots

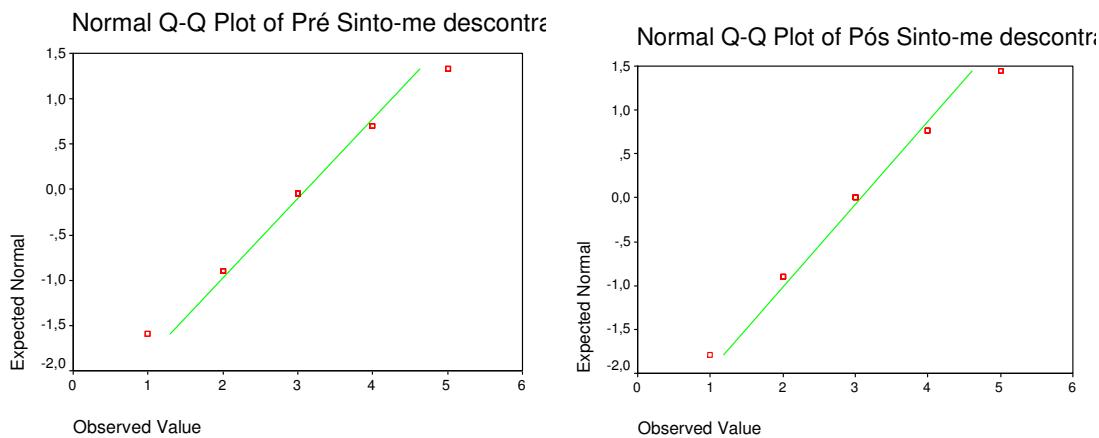


## Grupos = Grupo Controlo

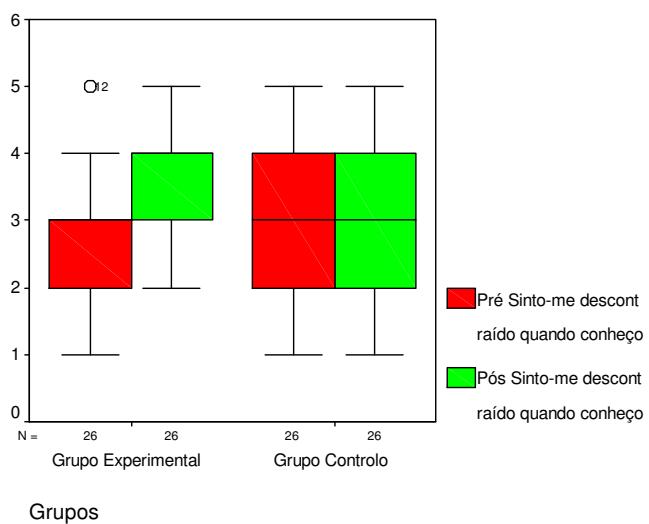
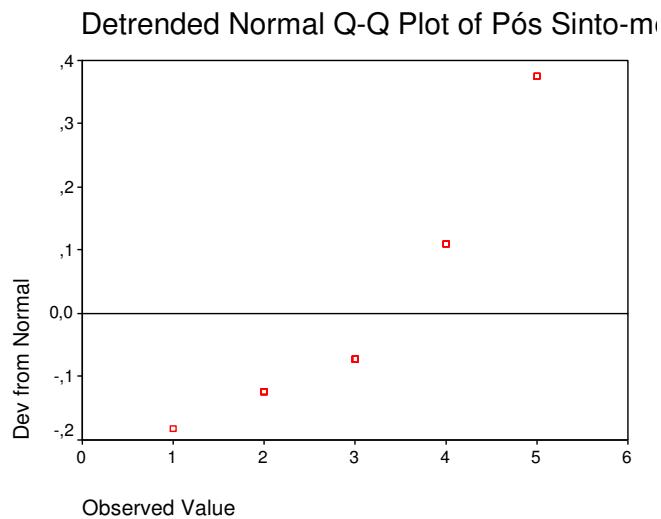
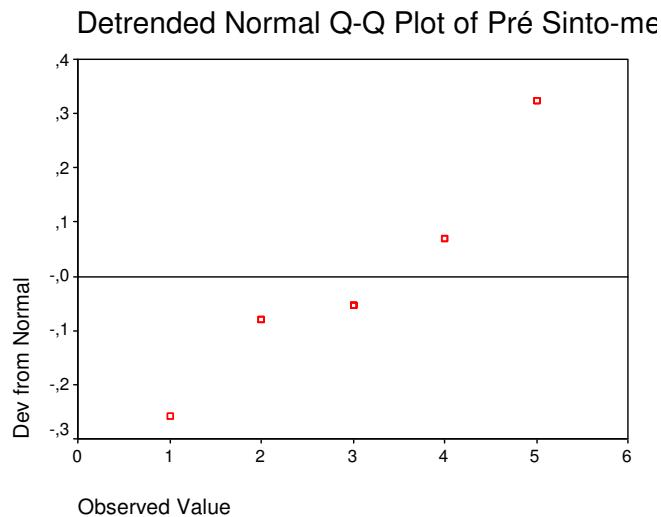
### Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**7. Normalmente sinto-me descontraído(a) quando conheço alguém pela primeira vez (sem outliers)**

**Explore**

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	2,7600		,1851			
		2,3779					
		3,1421					
		2,7889					
		3,0000					
		,857					
		,9256					
		1,00					
		4,00					
		3,00					
		1,0000					
		-,506		,464			
		,329		,902			
Grupo Controlo		3,1154		,2241			
		2,6538					
		3,5770					
		3,1282					
		3,0000					
		1,306					
		1,1429					
		1,00					
		5,00					
		4,00					
		2,0000					
		,106		,456			
		-,394		,887			
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	3,7600		,1558			
		3,4385					
		4,0815					
		3,7778					
		4,0000					
		,607					
		,7789					
		2,00					
		5,00					
		3,00					
		1,0000					
		-,112		,464			
		,250		,902			
Grupo Controlo		3,0769		,2070			
		2,6506					
		3,5032					
		3,0726					
		3,0000					
		1,114					
		1,0554					
		1,00					
		5,00					
		4,00					
		2,0000					
		,279		,456			
		-,417		,887			

**Tests of Normality**

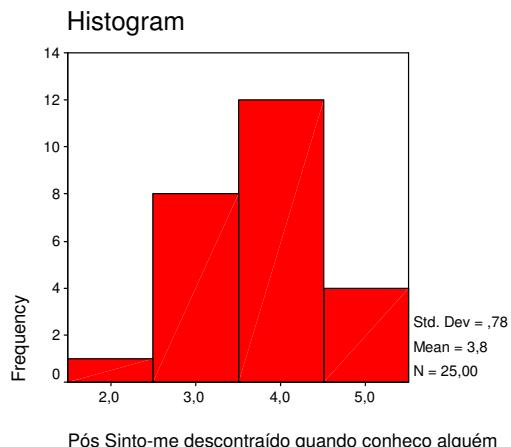
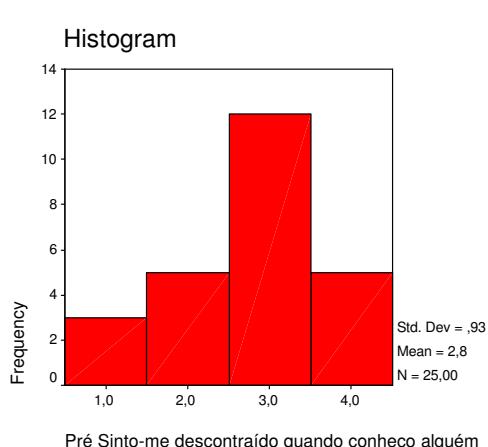
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	,282	25	,000	,858	25	,010**
	Grupo Controlo	,233	26	,001	,905	26	,023
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	,261	25	,000	,860	25	,010**
	Grupo Controlo	,221	26	,002	,908	26	,027

\*\*. This is an upper bound of the true significance.

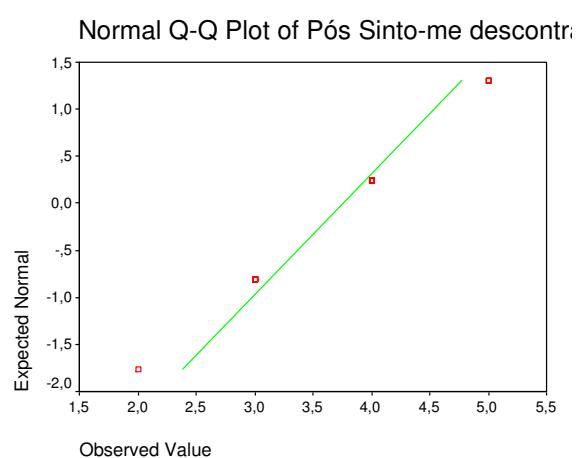
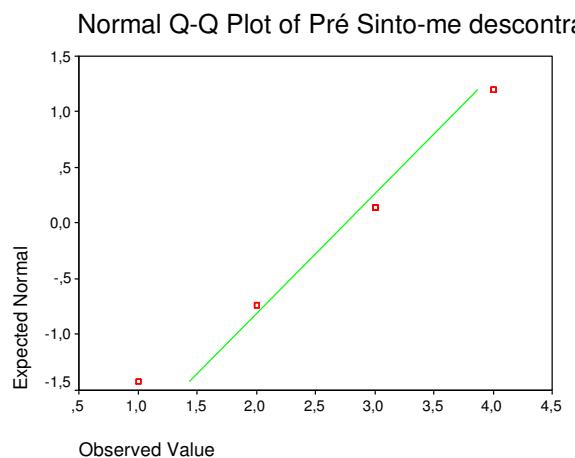
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

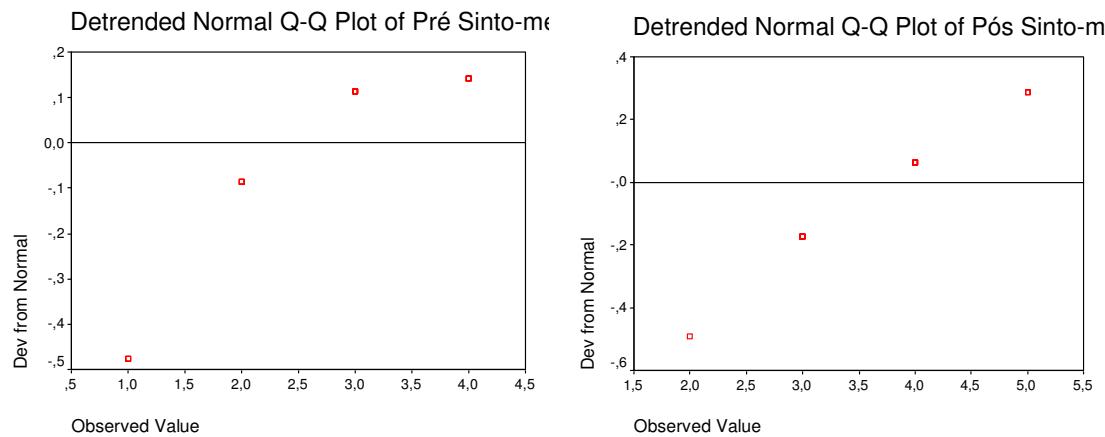
### Histograms



### Normal Q-Q Plots

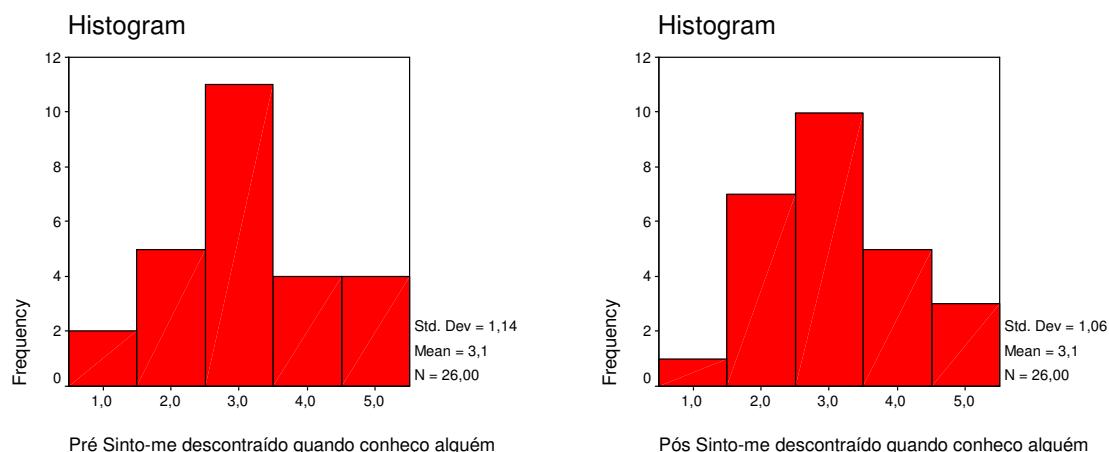


## Detrended Normal Q-Q Plots

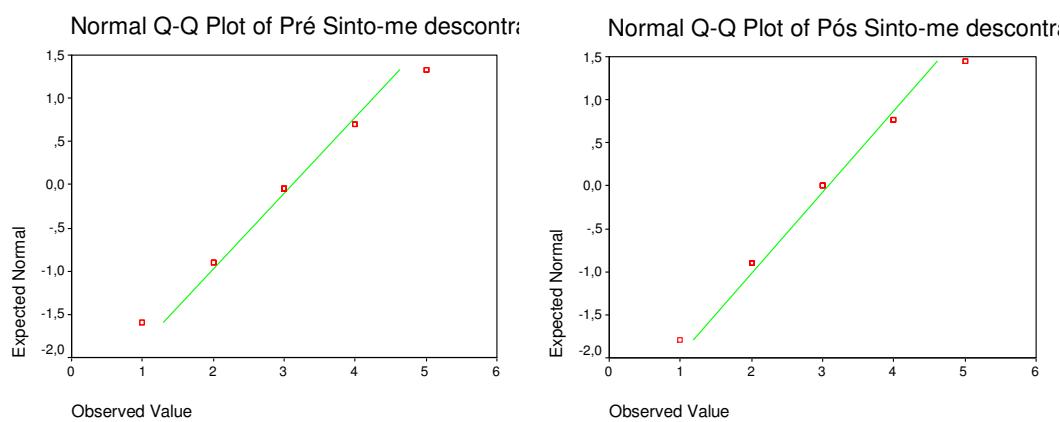


**Grupos = Grupo Controlo**

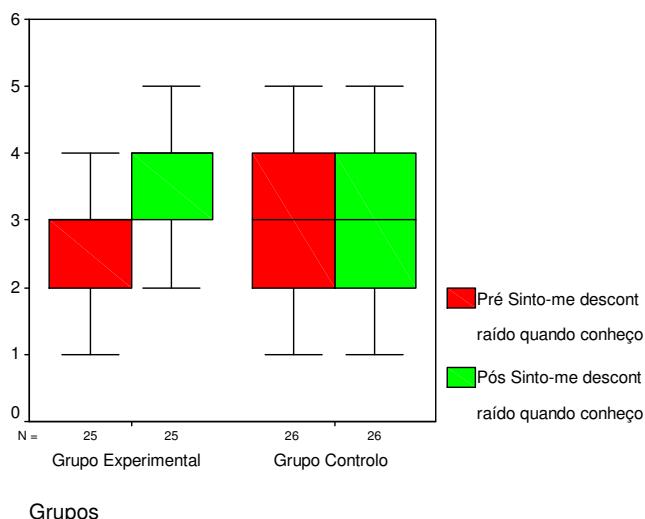
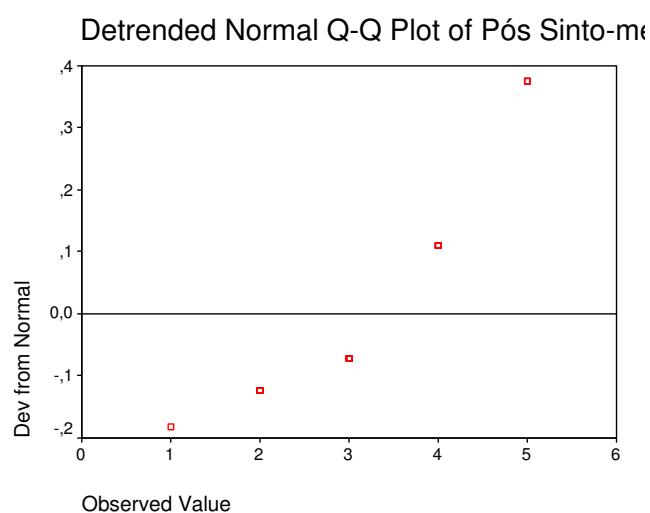
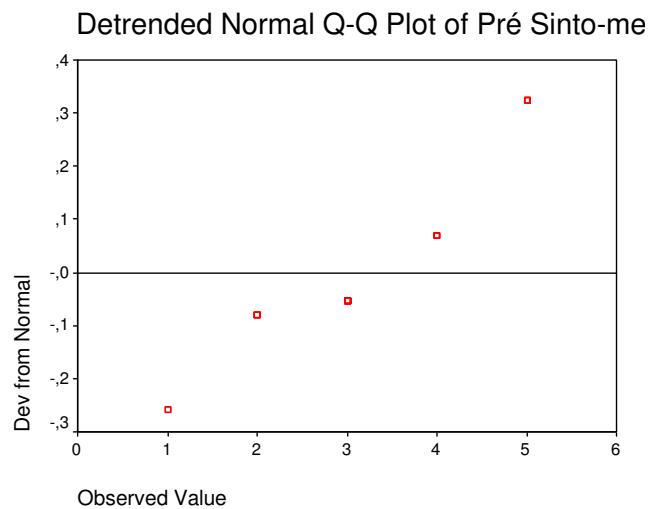
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 7. Normalmente sinto-me descontraído(a) quando conheço alguém pela primeira vez

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de avaliação	N	Mean	Std. Deviation	Std. Error Mean
Sinto-me descontraído quando conheço alguém (Grupo Experimental)	Pré-teste	25	2,7600	,9256	,1851	
	Pós-teste	25	3,7600	,7789	,1558	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper	
Sinto-me descontraído quando conheço alguém (Grupo Experimental)	.488	,488	-4,133	48	,000	-1,0000	,2419	-1,4864	-,5136	
			-4,133	46,639	,000	-1,0000	,2419	-1,4868	-,5132	

#### Grupo Controlo

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Sinto-me descontraído quando conheço alguém (Grupo Controlo)	Pré-teste	26	3,1154	1,1429	,2241	
	Pós-teste	26	3,0769	1,0554	,2070	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper	
Sinto-me descontraído quando conheço alguém (Grupo Controlo)	,074	,787	,126	50	,900	3,846E-02	,3051	-,5743	,6512	
			,126	49,686	,900	3,846E-02	,3051	-,5744	,6513	

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Sinto-me descontraído quando conheço alguém	Grupo Experimental	25	2,7600	,9256	,1851	
	Grupo Controlo	26	3,1154	1,1429	,2241	
Pós Sinto-me descontraído quando conheço alguém	Grupo Experimental	25	3,7600	,7789	,1558	
	Grupo Controlo	26	3,0769	1,0554	,2070	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	Lower	Upper	
Pré Sinto-me descontraído quando conheço alguém	,466	,498	-1,217	49	,229	-,3554	,2919	-,9420	,2312	
			-1,223	47,645	,228	-,3554	,2907	-,9400	,2292	
Pós Sinto-me descontraído quando conheço alguém	1,151	,289	2,621	49	,012	,6831	,2606	,1594	1,2067	
			2,637	45,977	,011	,6831	,2591	,1616	1,2045	

**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**8. É impensável eu entrar numa sala cheia de pessoas que me são estranhas (com outliers)**

**Explore**

Case Processing Summary

Grupos		Cases			
		Valid		Missing	
		N	Percent	N	Percent
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	26	100,0%	0	,0%
	Grupo Controlo	26	100,0%	0	,0%
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	26	100,0%	0	,0%
	Grupo Controlo	26	100,0%	0	,0%

Descriptives

Grupos					Statistic	Std. Error
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	Mean			2,6154	,2154
		95% Confidence Interval for Mean	Lower Bound	Upper Bound	2,1718	
					3,0590	
		5% Trimmed Mean			2,5855	
		Median			3,0000	
		Variance			1,206	
		Std. Deviation			1,0983	
		Minimum			1,00	
		Maximum			5,00	
		Range			4,00	
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Controlo	Mean			2,9615	,2385
		95% Confidence Interval for Mean	Lower Bound	Upper Bound	2,4704	
					3,4527	
		5% Trimmed Mean			2,9573	
		Median			3,0000	
		Variance			1,478	
		Std. Deviation			1,2159	
		Minimum			1,00	
		Maximum			5,00	
		Range			4,00	
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	Interquartile Range			1,0000	
		Skewness			,074	,456
		Kurtosis			-,524	,887
		Mean			3,9231	,1561
		95% Confidence Interval for Mean	Lower Bound	Upper Bound	3,6015	
					4,2446	
		5% Trimmed Mean			3,9145	
		Median			4,0000	
		Variance			,634	
		Std. Deviation			,7961	
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Controlo	Minimum			3,00	
		Maximum			5,00	
		Range			2,00	
		Interquartile Range			2,0000	
		Skewness			,143	,456
		Kurtosis			-,1377	,887
		Mean			3,0000	,2287
		95% Confidence Interval for Mean	Lower Bound	Upper Bound	2,5290	
					3,4710	
		5% Trimmed Mean			3,0000	

**Tests of Normality**

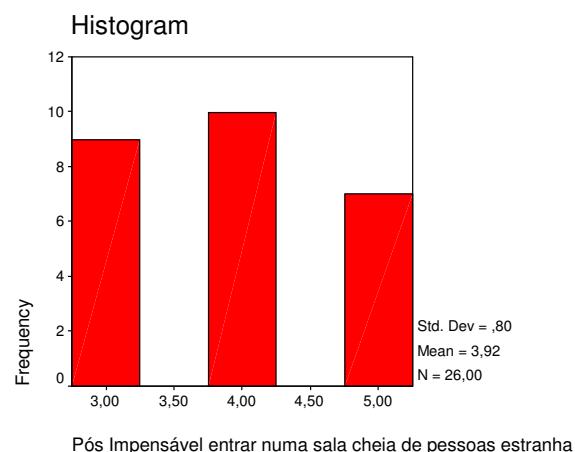
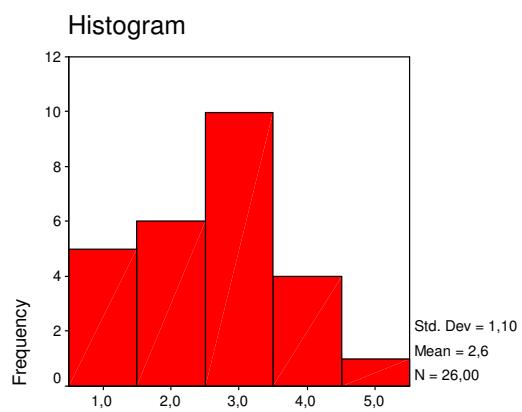
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	,214	26	,003	,908	26	,027
	Grupo Controlo	,257	26	,000	,868	26	,010**
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	,223	26	,002	,803	26	,010**
	Grupo Controlo	,231	26	,001	,898	26	,015

\*\*. This is an upper bound of the true significance.

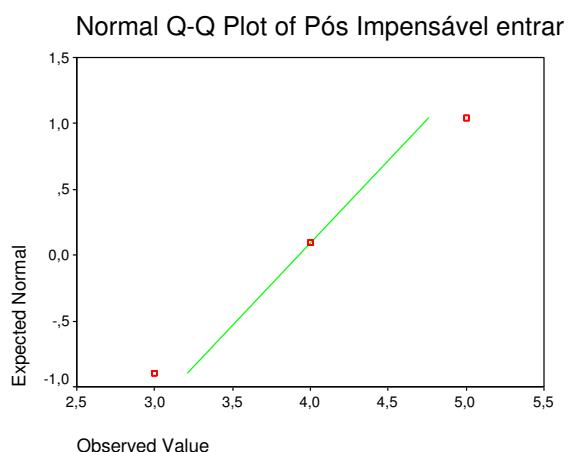
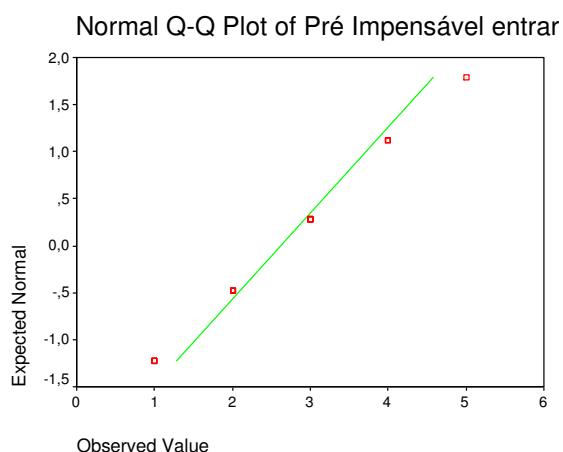
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

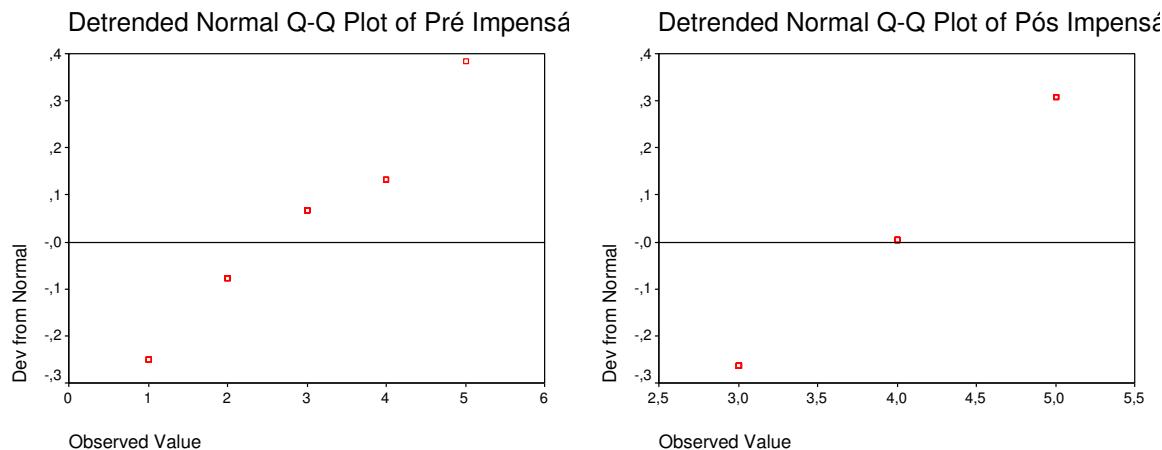
### Histograms



### Normal Q-Q Plots

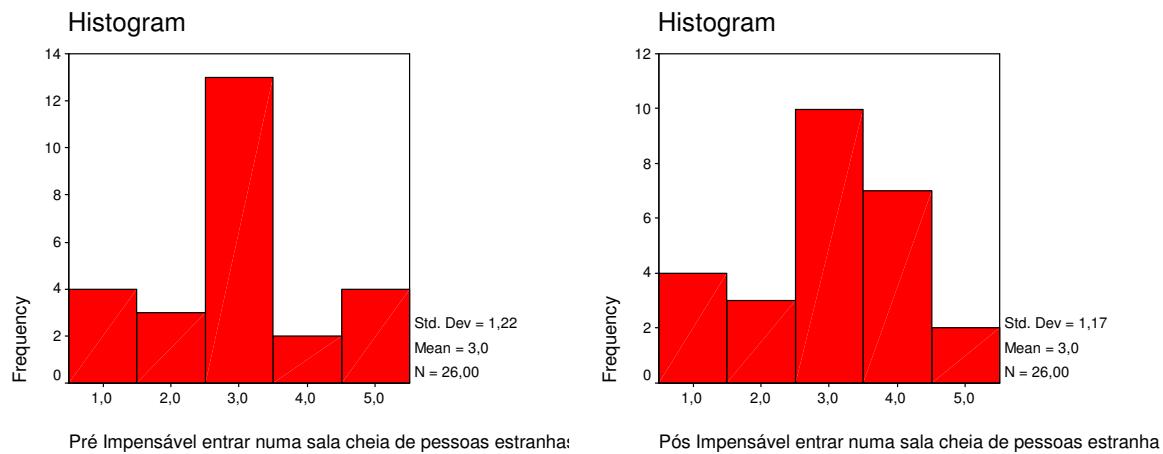


## Detrended Normal Q-Q Plots

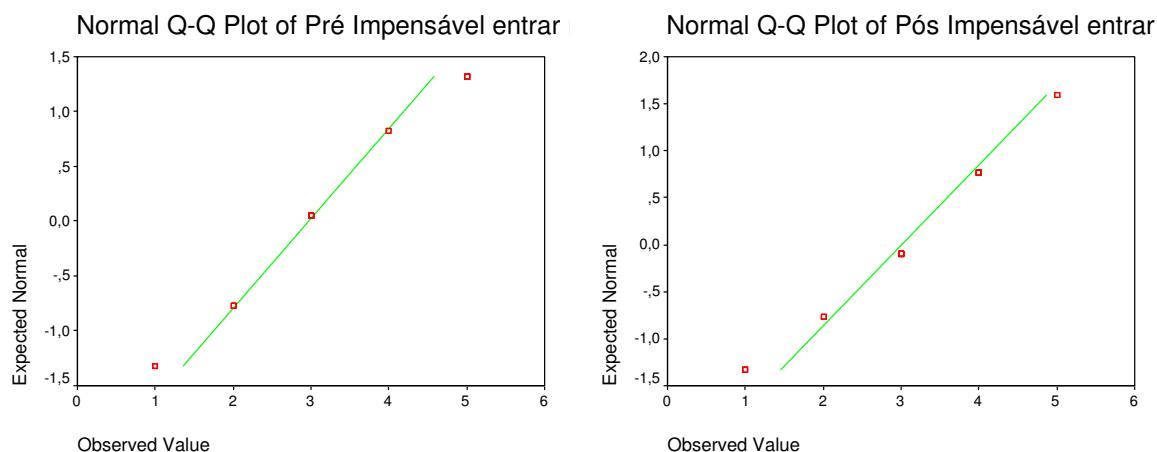


**Grupos = Grupo Controlo**

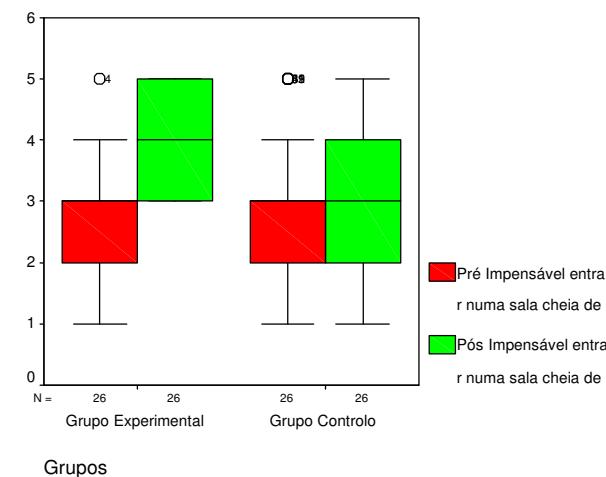
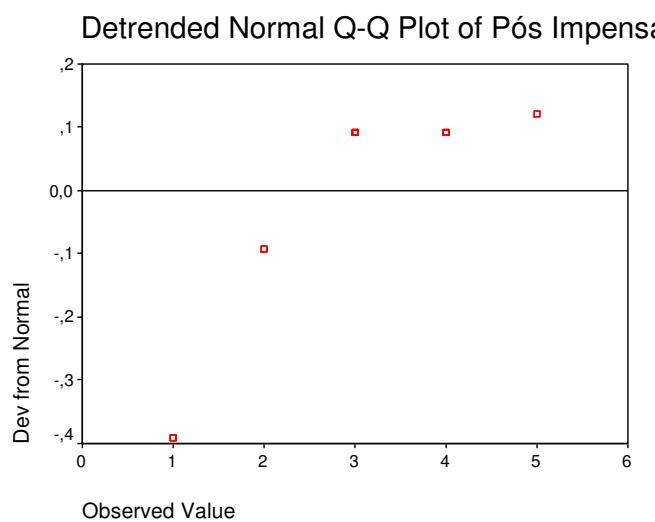
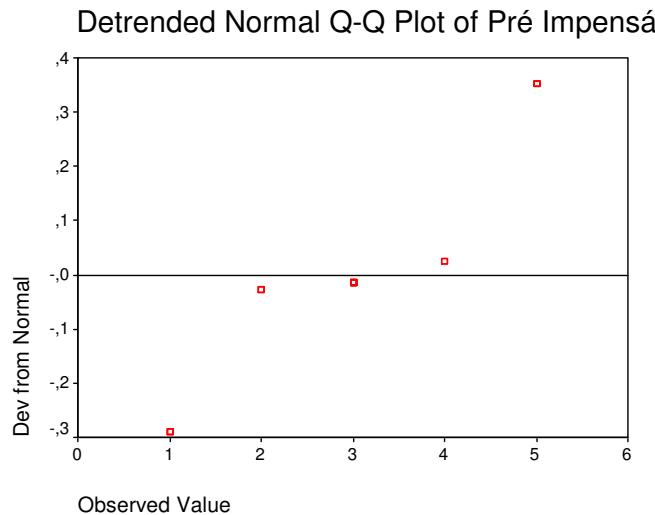
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**8. É impensável eu entrar numa sala cheia de pessoas que me são estranhas (sem outliers)**

**Explore**

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	22	100,0%	0	,0%	22	100,0%
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	22	100,0%	0	,0%	22	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	2,5200		,2010			
		2,1052					
		2,9348					
		2,5222					
		3,0000					
		1,010					
		1,0050					
		1,00					
		4,00					
		3,00					
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	1,0000					
		-,193		,464			
		-,957		,902			
		2,5909		,1936			
		2,1883					
		2,9935					
		2,6010					
		3,0000					
		,825					
		,9081					
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Controlo	1,00					
		4,00					
		3,00					
		1,0000					
		-,716		,491			
		-,289		,953			
		3,8800		,1562			
		3,5576					
		4,2024					
		3,8667					
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	4,0000					
		,610					
		,7810					
		3,00					
		5,00					
		2,00					
		1,5000					
		,220		,464			
		-1,280		,902			
		3,0000		,2713			
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Controlo	2,4358					
		3,5642					
		3,0000					
		3,0000					
		1,619					
		1,2724					
		1,00					
		5,00					
		4,00					
		2,0000					

**Tests of Normality**

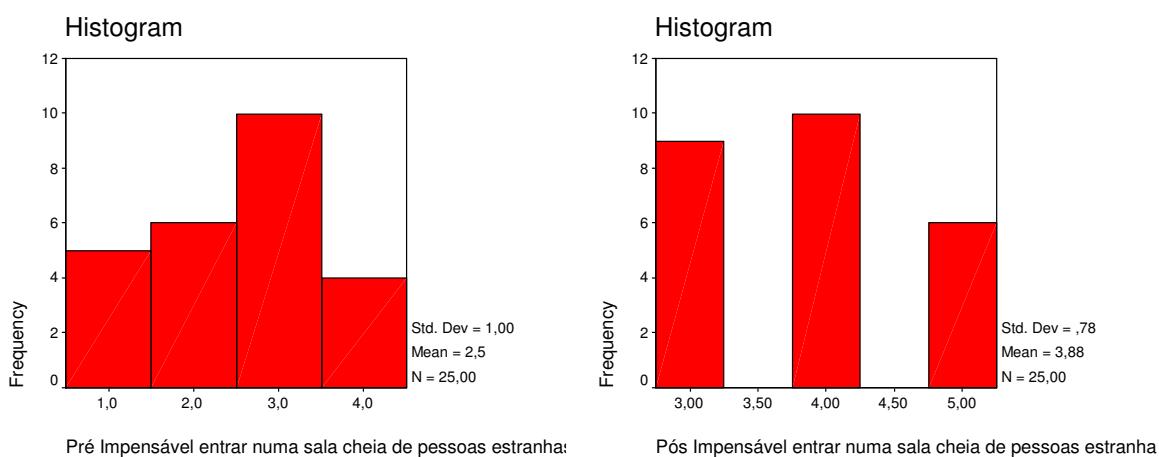
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	,244	25	,001	,872	25
	Grupo Controlo	,356	22	,000	,790	22
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	,230	25	,001	,804	25
	Grupo Controlo	,193	22	,032	,899	22

\*\*. This is an upper bound of the true significance.

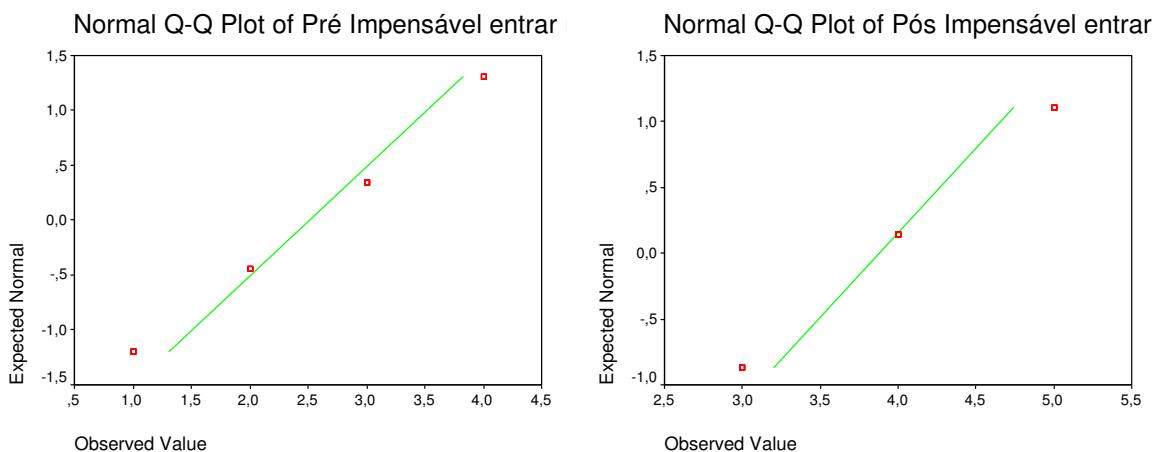
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

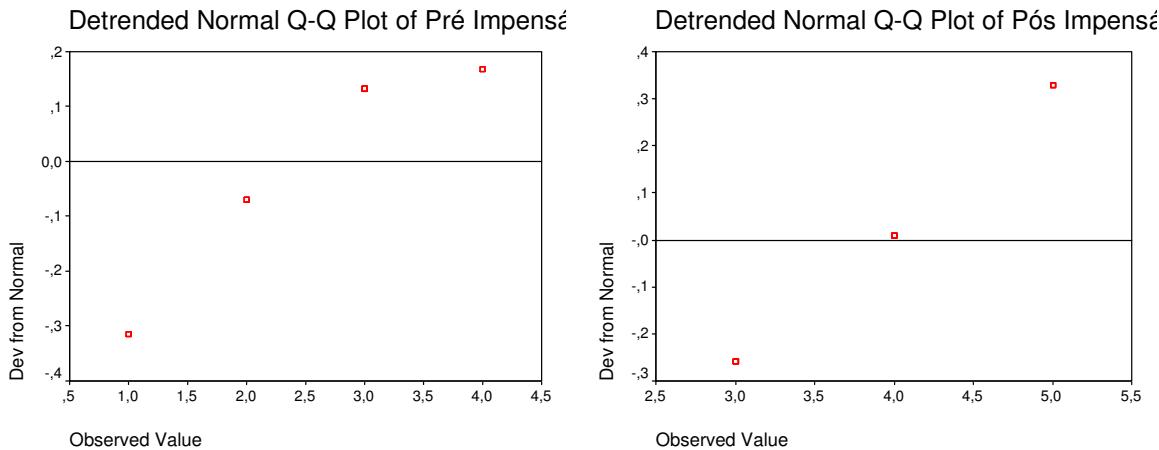
### Histograms



### Normal Q-Q Plots

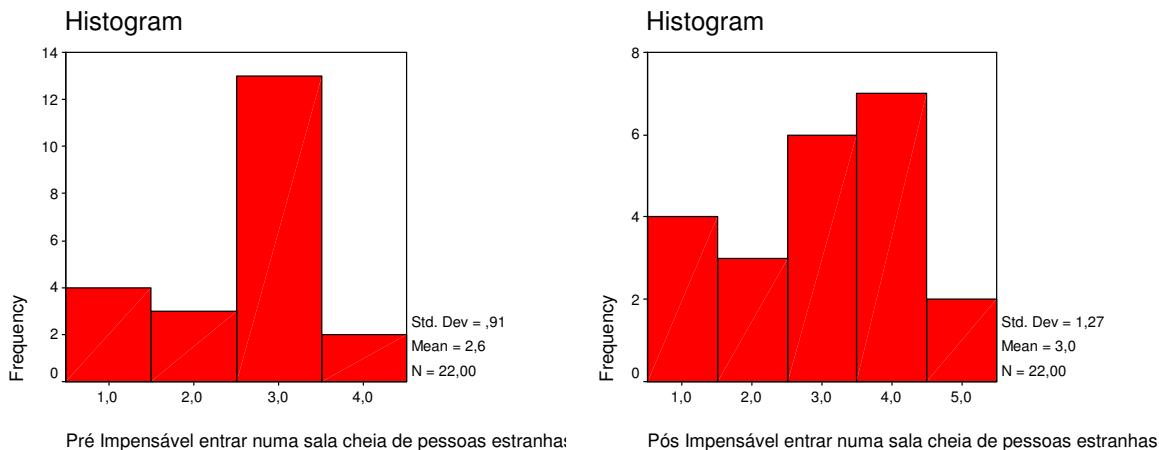


## Detrended Normal Q-Q Plots

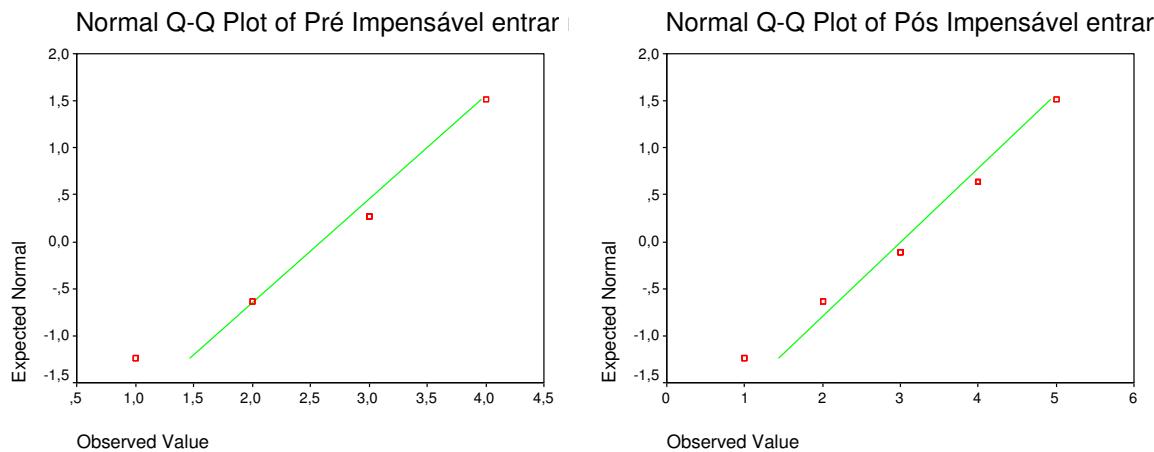


## Grupos = Grupo Controlo

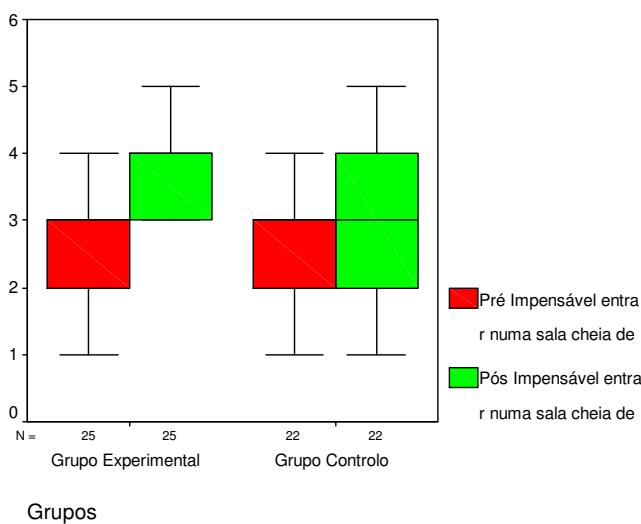
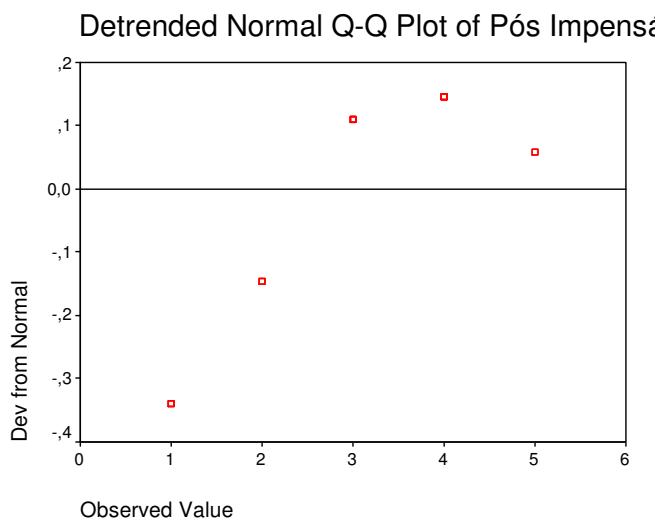
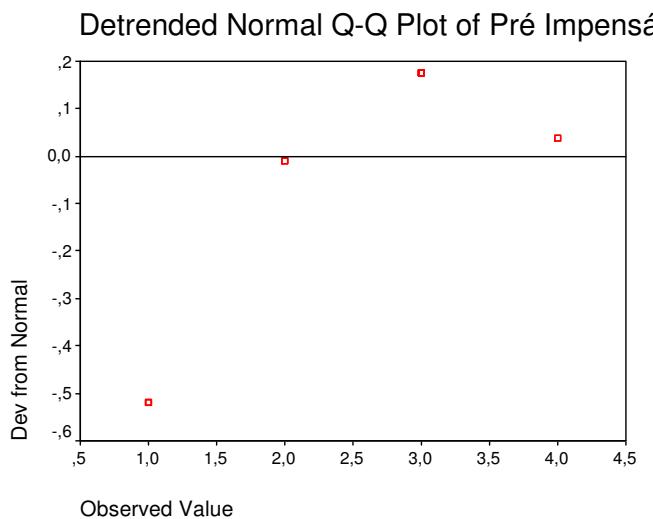
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 8. É impensável entrar numa sala cheia de pessoas que me são estranhas

#### Grupo Experimental

##### T-Test

Group Statistics

	Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Impensável entrar numa sala cheia de pessoas estranhas (Grupo Experimental)	Pré-teste	25	2,5200	1,0050	,2010
	Grupo Controlo	25	3,8800	,7810	,1562

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Impensável entrar numa sala cheia de pessoas estranhas (Grupo Experimental)	Equal variances assumed	2,879	,096	-5,343	48	,000	-,13600	,2546	-,18718	-,8482
	Equal variances not assumed			-5,343	45,242	,000	-,13600	,2546	-,18726	-,8474

#### Grupo Controlo

##### T-Test

Group Statistics

	Momento de avaliação	N	Mean	Std. Deviation	Std. Error Mean
Impensável entrar numa sala cheia de pessoas estranhas (Grupo Controlo)	Pré-teste	22	2,5909	,9081	,1936
	Pós-teste	22	3,0000	1,2724	,2713

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Impensável entrar numa sala cheia de pessoas estranhas (Grupo Controlo)	Equal variances assumed	1,812	,186	-1,227	42	,226	-,4091	,3333	-,10817	,2635
	Equal variances not assumed			-1,227	37,986	,227	-,4091	,3333	-,10838	,2656

##### T-Test

Group Statistics

	Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	25	2,5200	1,0050	,2010
	Grupo Controlo	22	2,5909	,9081	,1936
Pós Impensável entrar numa sala cheia de pessoas estranhas	Grupo Experimental	25	3,8800	,7810	,1562
	Grupo Controlo	22	3,0000	1,2724	,2713

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Impensável entrar numa sala cheia de pessoas estranhas	Equal variances assumed	,658	,422	-,252	45	,802	-,7,091E-02	,2809	-,6367	,4949
	Equal variances not assumed			-,254	44,961	,801	-,7,091E-02	,2791	-,6330	,4912
Pós Impensável entrar numa sala cheia de pessoas estranhas	Equal variances assumed	4,258	,045	2,896	45	,006	,8800	,3039	,2679	,1,4921
	Equal variances not assumed			2,811	33,967	,008	,8800	,3130	,2438	,1,5162

**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**9. Quando os meus superiores querem falar comigo, falo de boa vontade**

**Explore**

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Quando querem falar comigo falo de boa vontade	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Quando querem falar comigo falo de boa vontade	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos				Statistic	Std. Error
				Mean	
Pré Quando querem falar comigo falo de boa vontade	Grupo Experimental	Mean		3,5769	,1133
		95% Confidence Interval for Mean	Lower Bound	3,3435	
			Upper Bound	3,8103	
		5% Trimmed Mean		3,5427	
		Median		4,0000	
		Variance		,334	
		Std. Deviation		,5778	
		Minimum		3,00	
		Maximum		5,00	
		Range		2,00	
		Interquartile Range		1,0000	
		Skewness		,351	,456
		Kurtosis		-,728	,887
Grupo Controlo		Mean		4,1154	,1694
		95% Confidence Interval for Mean	Lower Bound	3,7665	
			Upper Bound	4,4643	
		5% Trimmed Mean		4,1282	
		Median		4,0000	
		Variance		,746	
		Std. Deviation		,8638	
		Minimum		3,00	
		Maximum		5,00	
		Range		2,00	
		Interquartile Range		2,0000	
		Skewness		-,235	,456
		Kurtosis		-,1650	,887
Pós Quando querem falar comigo falo de boa vontade	Grupo Experimental	Mean		4,4615	9,970E-02
		95% Confidence Interval for Mean	Lower Bound	4,2562	
			Upper Bound	4,6669	
		5% Trimmed Mean		4,4573	
		Median		4,0000	
		Variance		,258	
		Std. Deviation		,5084	
		Minimum		4,00	
		Maximum		5,00	
		Range		1,00	
		Interquartile Range		1,0000	
		Skewness		,164	,456
		Kurtosis		-,2145	,887
Grupo Controlo		Mean		3,8846	,2100
		95% Confidence Interval for Mean	Lower Bound	3,4522	
			Upper Bound	4,3170	
		5% Trimmed Mean		3,9274	
		Median		4,0000	
		Variance		,1,146	
		Std. Deviation		1,0706	
		Minimum		2,00	
		Maximum		5,00	
		Range		3,00	
		Interquartile Range		2,0000	
		Skewness		-,178	,456
		Kurtosis		-,1,523	,887

**Tests of Normality**

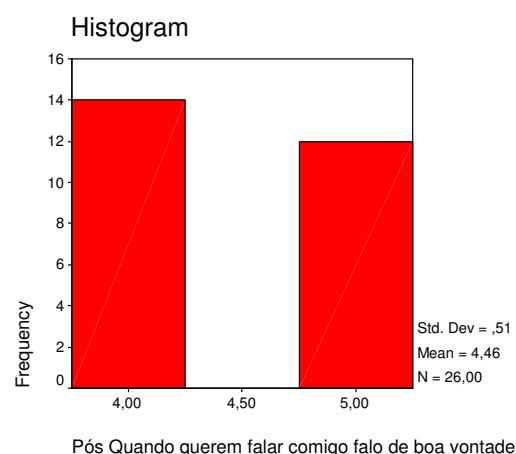
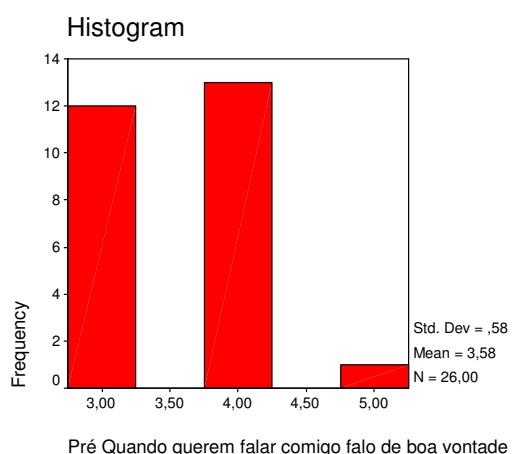
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Quando querem falar comigo falo de boa vontade	Grupo Experimental	,306	26	,000	,729	26	,010**
	Grupo Controlo	,270	26	,000	,770	26	,010**
Pós Quando querem falar comigo falo de boa vontade	Grupo Experimental	,356	26	,000	,635	26	,010**
	Grupo Controlo	,274	26	,000	,793	26	,010**

\*\*. This is an upper bound of the true significance.

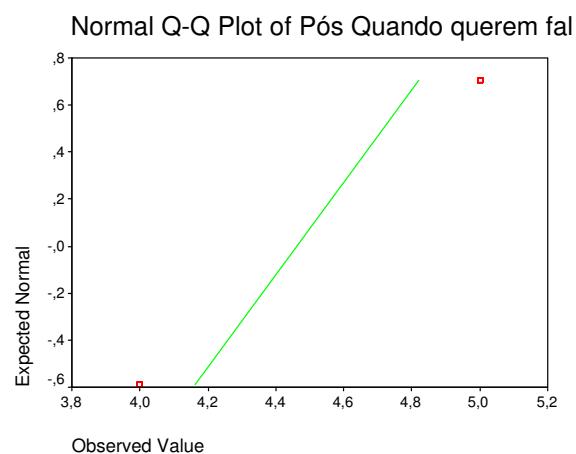
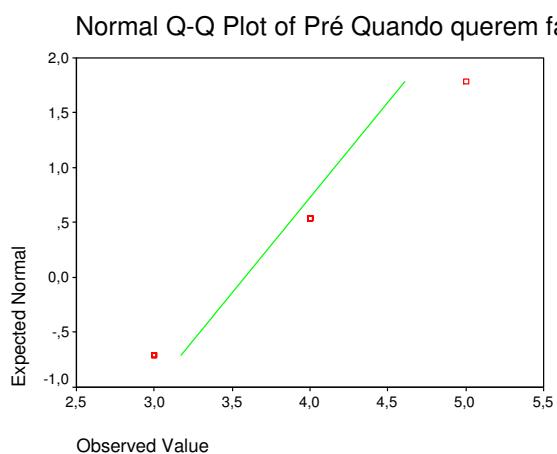
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

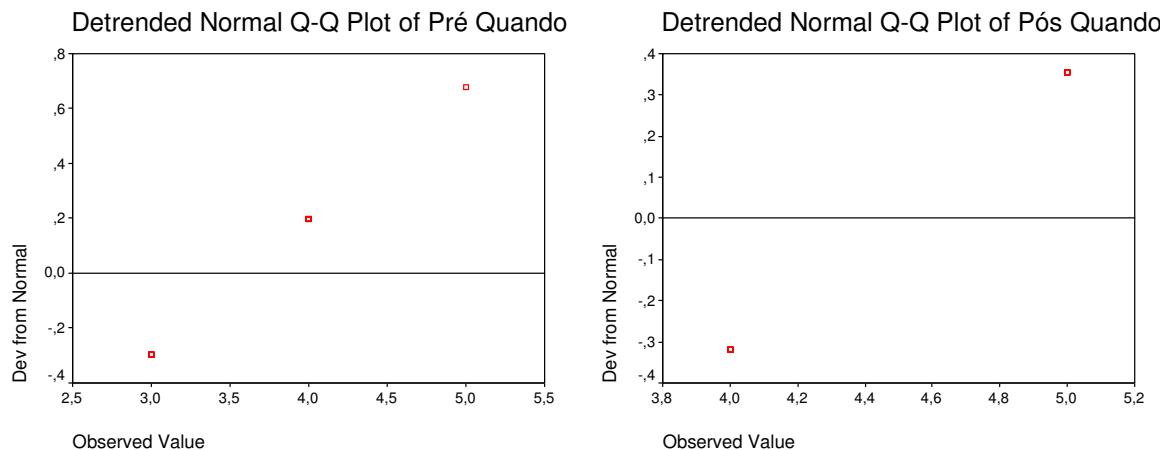
### Histograms



### Normal Q-Q Plots

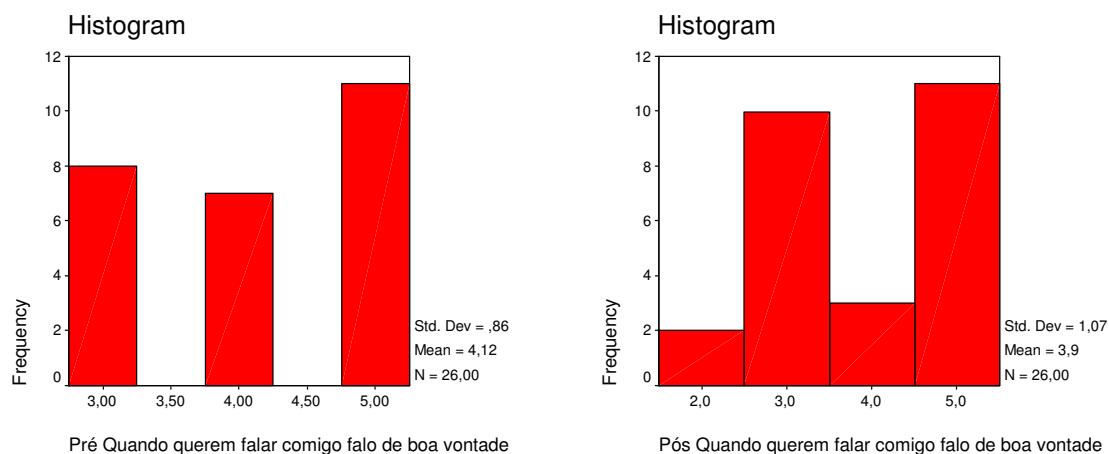


## Detrended Normal Q-Q Plots

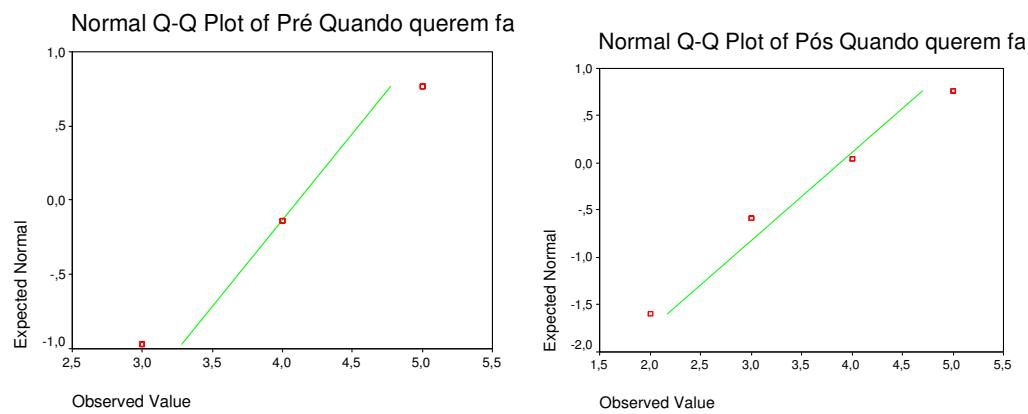


## Grupos = Grupo Controlo

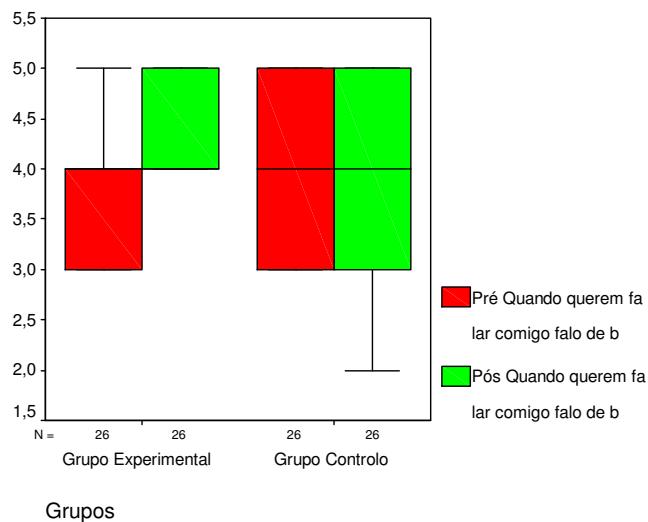
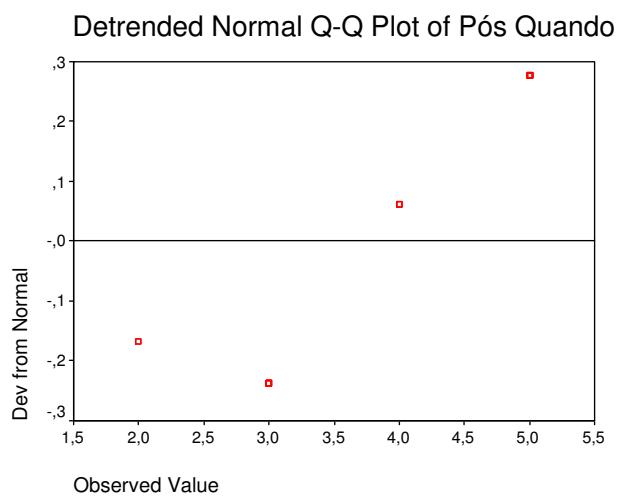
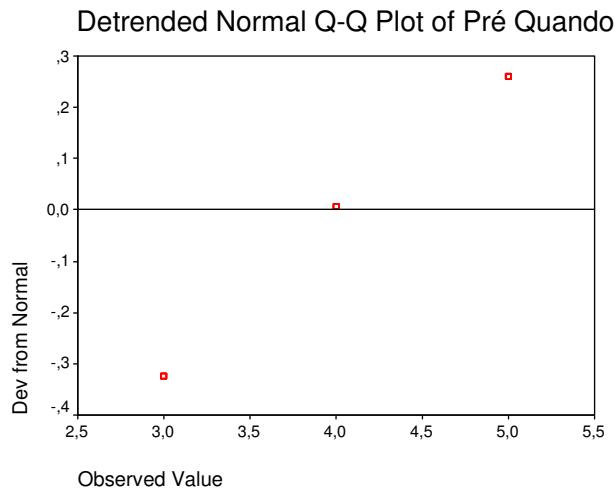
### Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 9. Quando os meus superiores querem falar comigo, falo de boa vontade

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Quando querem falar comigo falo de boa vontade (Grupo Experimental)	Pré-teste		26	3,5769	,5778	,1133
	Pós-teste		26	4,4615	,5084	9,970E-02

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Quando querem falar comigo falo de boa vontade (Grupo Experimental)	.811	,372	-5,861	50	,000	-,8846	,1509	-1,1878	-,5815	
			-5,861	49,203	,000	-,8846	,1509	-1,1879	-,5813	

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Quando querem falar comigo falo de boa vontade (Grupo Controlo)	Pré-teste		26	4,1154	,8638	,1694
	Pós-teste		26	3,8846	1,0706	,2100

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Quando querem falar comigo falo de boa vontade (Grupo Controlo)	3,876	,055	,855	50	,396	,2308	,2698	-,3111	,7726	
			,855	47,861	,397	,2308	,2698	-,3117	,7732	

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Quando querem falar comigo falo de boa vontade	Grupo Experimental		26	3,5769	,5778	,1133
	Grupo Controlo		26	4,1154	,8638	,1694
Pós Quando querem falar comigo falo de boa vontade	Grupo Experimental		26	4,4615	,5084	9,970E-02
	Grupo Controlo		26	3,8846	1,0706	,2100

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Quando querem falar comigo falo de boa vontade	5,993	,018	-2,642	50	,011	-,5385	,2038	-,9478	,1291	
			-2,642	43,640	,011	-,5385	,2038	-,9493	,1276	
Pós Quando querem falar comigo falo de boa vontade	34,615	,000	2,482	50	,016	,5769	,2324	,1101	1,0438	
			2,482	35,730	,018	,5769	,2324	,1054	1,0484	

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 10. Tendo a afastar-me das pessoas (com outliers)

#### Explore

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Tento afastar-me das pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Tento afastar-me das pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Tento afastar-me das pessoas	Grupo Experimental	Mean		2,8462	,2266		
		95% Confidence Interval for Mean		2,3794			
		Lower Bound		3,3129			
		Upper Bound					
		5% Trimmed Mean		2,8419			
		Median		3,0000			
		Variance		1,335			
	Grupo Controlo	Std. Deviation		1,1556			
		Minimum		1,00			
		Maximum		5,00			
		Range		4,00			
		Interquartile Range		2,0000			
		Skewness		-,351	,456		
		Kurtosis		-,728	,887		
Pós Tento afastar-me das pessoas	Grupo Experimental	Mean		4,3077	,1546		
		95% Confidence Interval for Mean		3,9893			
		Lower Bound		4,6261			
		Upper Bound					
		5% Trimmed Mean		4,3419			
		Median		4,5000			
		Variance		,622			
	Grupo Controlo	Std. Deviation		,7884			
		Minimum		3,00			
		Maximum		5,00			
		Range		2,00			
		Interquartile Range		1,0000			
		Skewness		-,628	,456		
		Kurtosis		-,1069	,887		

**Tests of Normality**

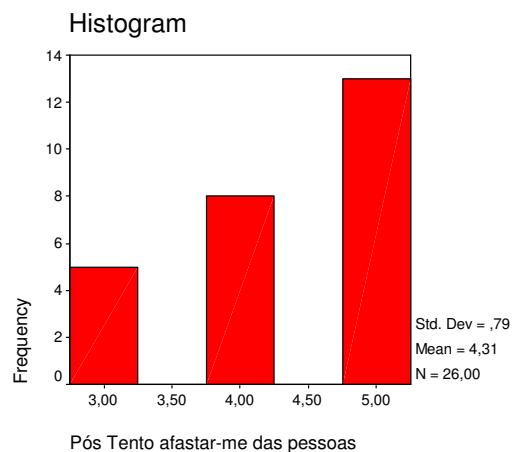
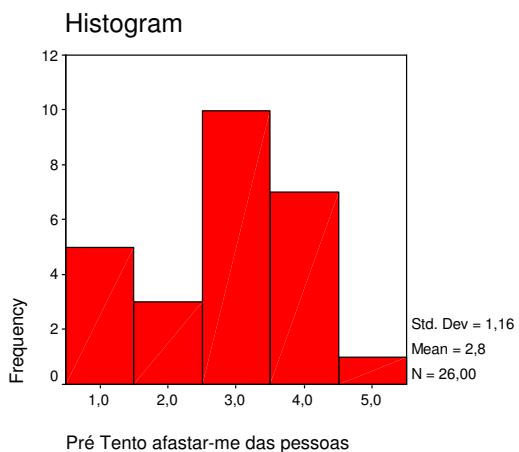
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Tento afastar-me das pessoas	Grupo Experimental	,245	26	,000	,882	26	,010**
	Grupo Controlo	,208	26	,005	,905	26	,022
Pós Tento afastar-me das pessoas	Grupo Experimental	,310	26	,000	,758	26	,010**
	Grupo Controlo	,283	26	,000	,858	26	,010**

\*\*. This is an upper bound of the true significance.

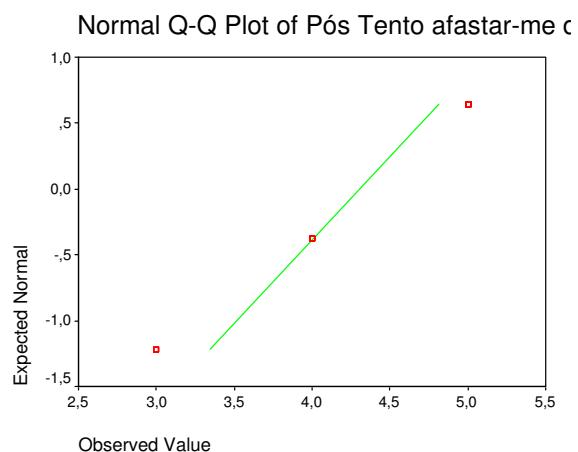
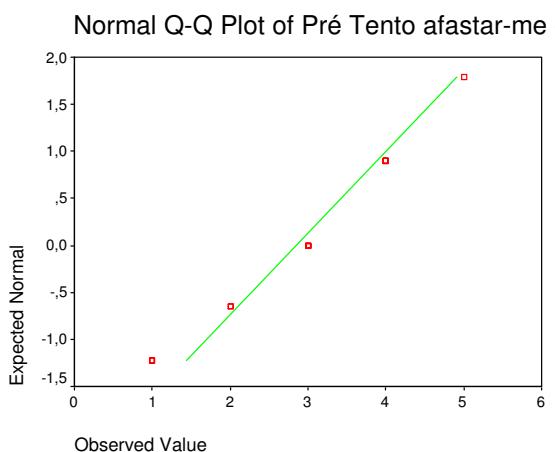
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

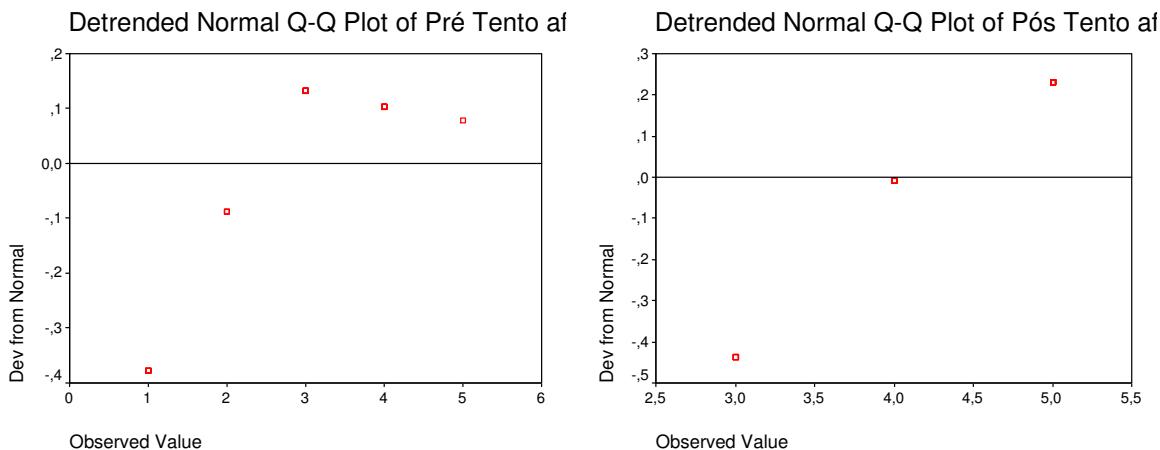
### Histograms



### Normal Q-Q Plots

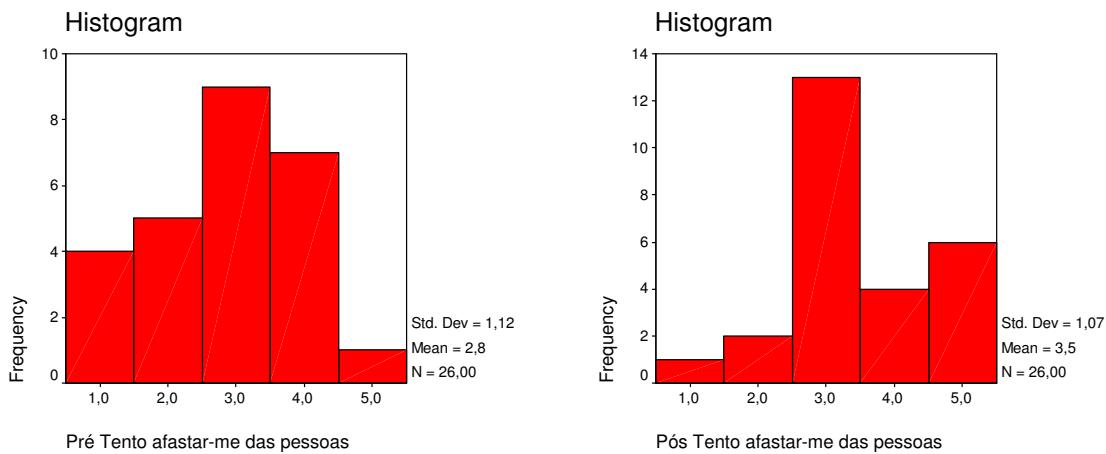


## Detrended Normal Q-Q Plots

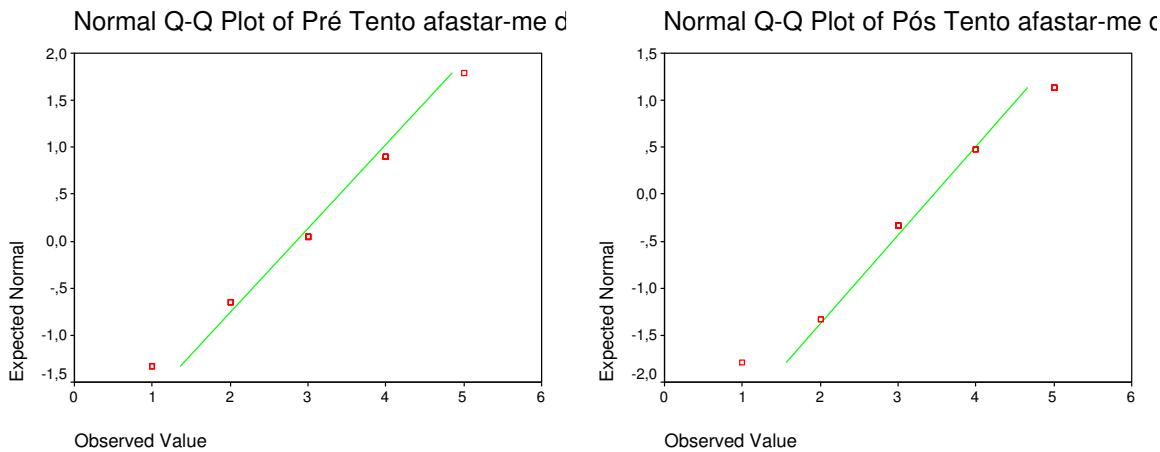


**Grupos = Grupo Controlo**

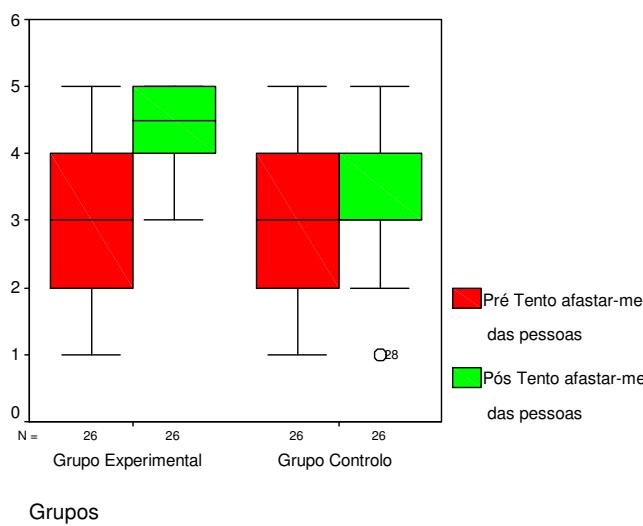
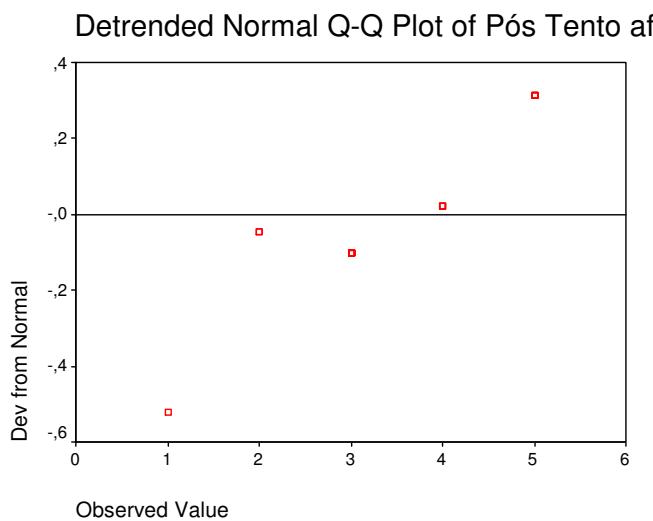
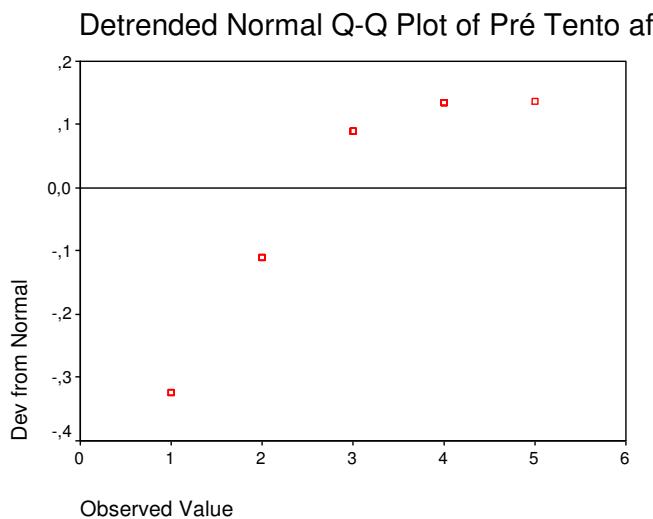
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 10. Tendo a afastar-me das pessoas (sem outliers)

#### Explore

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Tento afastar-me das pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%
Pós Tento afastar-me das pessoas	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%

Descriptives

Grupos				Statistic	Std. Error
Pré Tento afastar-me das pessoas	Grupo Experimental	Mean		2,8462	,2266
		95% Confidence Interval for Mean	Lower Bound	2,3794	
			Upper Bound	3,3129	
		5% Trimmed Mean		2,8419	
		Median		3,0000	
		Variance		1,335	
		Std. Deviation		1,1556	
	Grupo Controlo	Minimum		1,00	
		Maximum		5,00	
		Range		4,00	
		Interquartile Range		2,0000	
		Skewness		-,351	,456
		Kurtosis		-,728	,887
		Mean		2,8800	,2260
Pós Tento afastar-me das pessoas	Grupo Experimental	95% Confidence Interval for Mean	Lower Bound	2,4136	
			Upper Bound	3,3464	
		5% Trimmed Mean		2,8778	
		Median		3,0000	
		Variance		1,277	
		Std. Deviation		1,1299	
		Minimum		1,00	
	Grupo Controlo	Maximum		5,00	
		Range		4,00	
		Interquartile Range		2,0000	
		Skewness		-,312	,464
		Kurtosis		-,670	,902
		Mean		4,3077	,1546
		95% Confidence Interval for Mean	Lower Bound	3,9893	
			Upper Bound	4,6261	
		5% Trimmed Mean		4,3419	
		Median		4,5000	
		Variance		,622	
		Std. Deviation		,7884	
		Minimum		3,00	
		Maximum		5,00	
		Range		2,00	
		Interquartile Range		1,0000	
		Skewness		-,628	,456
		Kurtosis		-,1069	,887
		Mean		3,5600	,1922
		95% Confidence Interval for Mean	Lower Bound	3,1634	
			Upper Bound	3,9566	
		5% Trimmed Mean		3,5667	

**Tests of Normality**

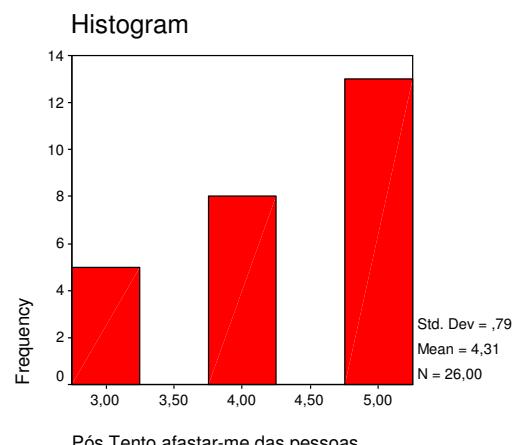
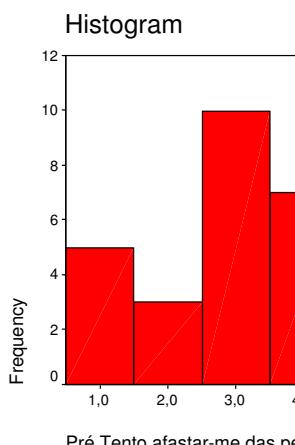
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Tento afastar-me das pessoas	Grupo Experimental	,245	26	,000	,882	26	,010**
	Grupo Controlo	,222	25	,003	,899	25	,018
Pós Tento afastar-me das pessoas	Grupo Experimental	,310	26	,000	,758	26	,010**
	Grupo Controlo	,320	25	,000	,813	25	,010**

\*\*. This is an upper bound of the true significance.

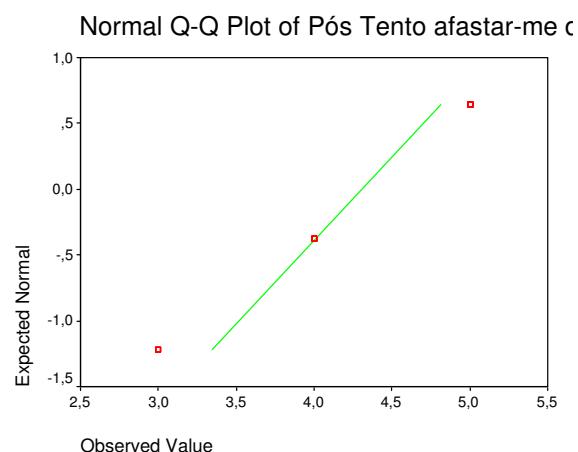
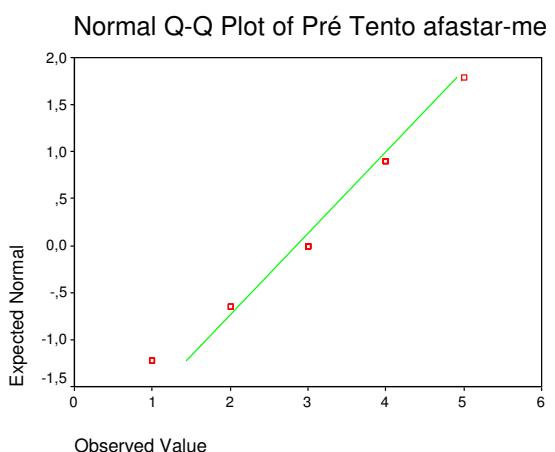
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

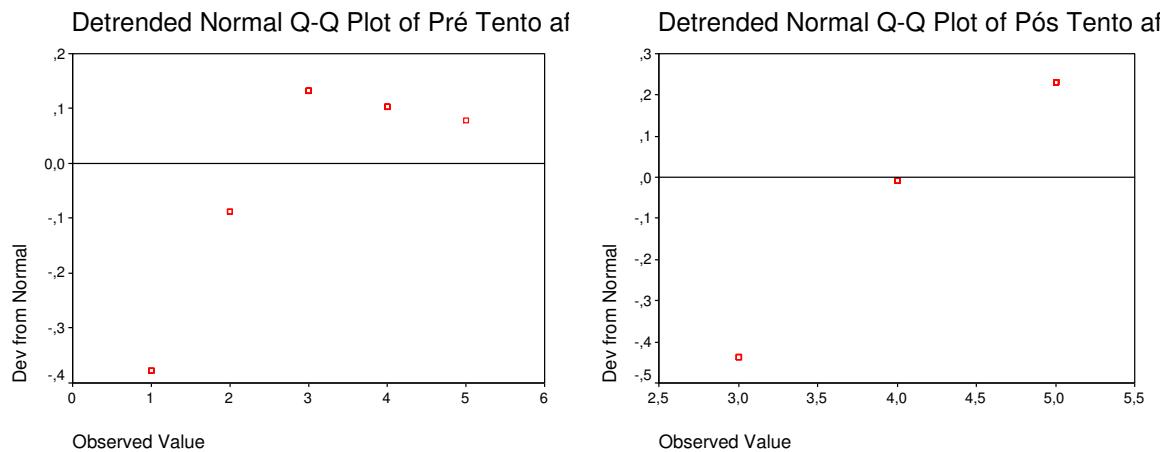
### Histograms



### Normal Q-Q Plots

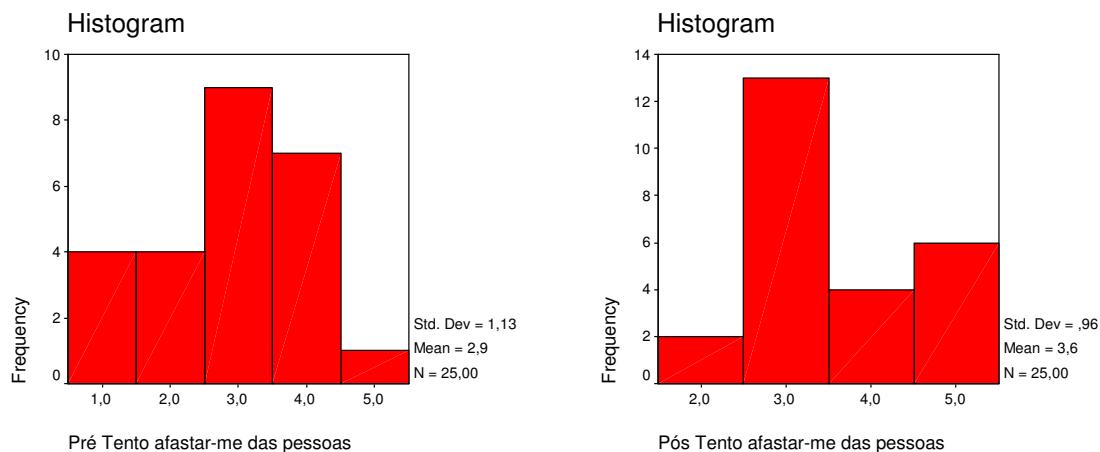


## Detrended Normal Q-Q Plots

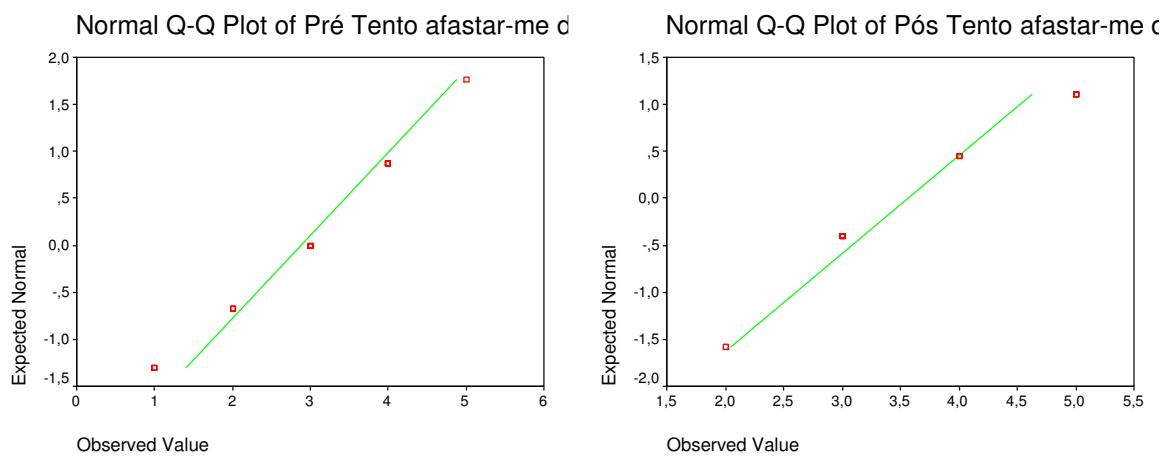


## Grupos = Grupo Controlo

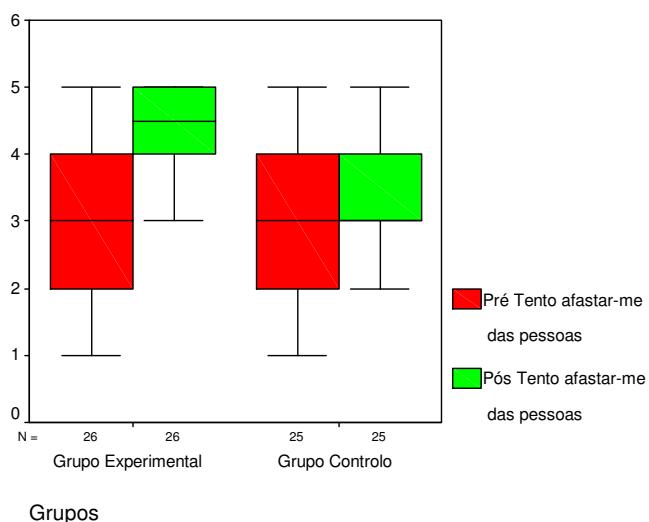
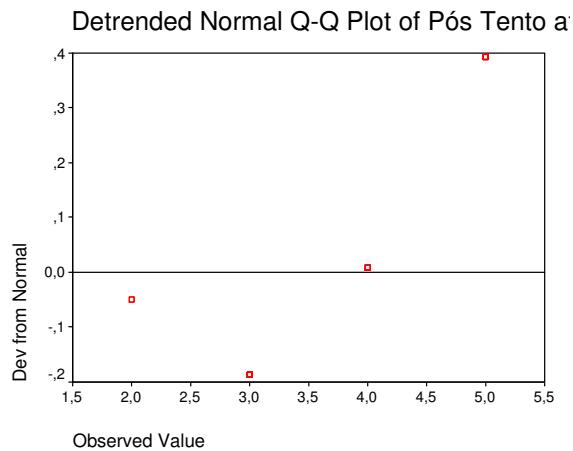
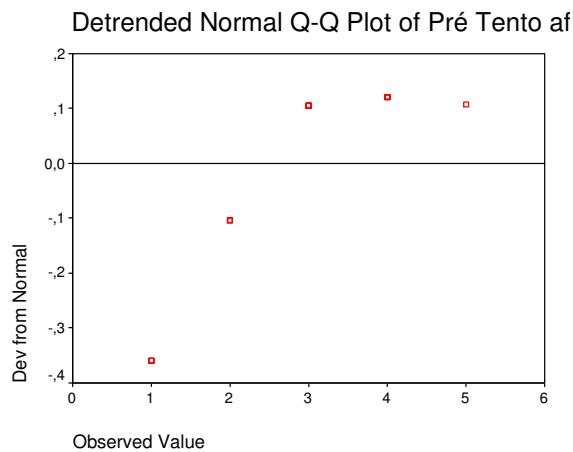
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 10. Tendo a afastar-me das pessoas

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Tendo afastar-me das pessoas (Grupo Experimental)	Pré-teste	26	2,8462	1,1556	,2266	
	Pós-teste	26	4,3077	,7884	,1546	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Tendo afastar-me das pessoas (Grupo Experimental)	Equal variances assumed	1,947	,169	-5,327	50	,000	-,14615	,2743	-2,0126	-,9105
	Equal variances not assumed			-5,327	44,128	,000	-,14615	,2743	-2,0144	-,9087

#### Grupo Controlo

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Tendo afastar-me das pessoas (Grupo Controlo)	Pré-teste	25	2,8800	1,1299	,2260	
	Pós-teste	25	3,5600	,9609	,1922	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Tendo afastar-me das pessoas (Grupo Controlo)	Equal variances assumed	,098	,755	-2,292	48	,026	-,6800	,2966	-1,2765	-8,35E-02
	Equal variances not assumed			-2,292	46,793	,026	-,6800	,2966	-1,2768	-8,32E-02

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Tento afastar-me das pessoas	Grupo Experimental	26	2,8462	1,1556	,2266	
	Grupo Controlo	25	2,8800	1,1299	,2260	
Pós Tento afastar-me das pessoas	Grupo Experimental	26	4,3077	,7884	,1546	
	Grupo Controlo	25	3,5600	,9609	,1922	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Tento afastar-me das pessoas	Equal variances assumed	,013	,909	-,106	49	,916	-3,385E-02	,3202	-,6773	,6096
	Equal variances not assumed			-,106	48,985	,916	-3,385E-02	,3200	-,6770	,6093
Pós Tento afastar-me das pessoas	Equal variances assumed	1,537	,221	3,043	49	,004	,7477	,2457	,2540	1,2414
	Equal variances not assumed			3,031	46,444	,004	,7477	,2467	,2513	1,2441

## Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 11. Normalmente arranjo desculpas para evitar compromissos sociais (com outliers)

#### Explore

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Evito compromissos sociais	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Evito compromissos sociais	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos		Statistic				Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound	
Pré Evito compromissos sociais	Grupo Experimental	Mean		2,9231	,2537	
		95% Confidence Interval for Mean		2,4005		
		Lower Bound		3,4456		
		Upper Bound				
		5% Trimmed Mean		2,9145		
		Median		3,0000		
		Variance		1,674		
		Std. Deviation		1,2938		
		Minimum		1,00		
		Maximum		5,00		
		Range		4,00		
		Interquartile Range		2,0000		
		Skewness		,033	,456	
Pós Evito compromissos sociais	Grupo Controlo	Kurtosis		-,691	,887	
		Mean		2,5769	,2299	
		95% Confidence Interval for Mean		2,1035		
		Lower Bound		3,0503		
		Upper Bound				
		5% Trimmed Mean		2,5427		
		Median		3,0000		
		Variance		1,374		
		Std. Deviation		1,1721		
		Minimum		1,00		
		Maximum		5,00		
		Range		4,00		
		Interquartile Range		1,5000		
Pós Evito compromissos sociais	Grupo Experimental	Skewness		,123	,456	
		Kurtosis		-,890	,887	
Pós Evito compromissos sociais	Grupo Controlo	Mean		4,0385	,1615	
		95% Confidence Interval for Mean		3,7058		
		Lower Bound		4,3712		
		Upper Bound				
		5% Trimmed Mean		4,0427		
		Median		4,0000		
		Variance		,678		
		Std. Deviation		,8237		
		Minimum		3,00		
		Maximum		5,00		
		Range		2,00		
		Interquartile Range		2,0000		
		Skewness		-,074	,456	
		Kurtosis		-1,518	,887	
Pós Evito compromissos sociais	Grupo Controlo	Mean		3,1923	,1756	
		95% Confidence Interval for Mean		2,8307		
		Lower Bound		3,5539		
		Upper Bound				
		5% Trimmed Mean		3,1581		
		Median		3,0000		
		Variance		,802		
		Std. Deviation		,8953		
		Minimum		2,00		
		Maximum		5,00		
		Range		3,00		
		Interquartile Range		1,0000		
		Skewness		,680	,456	
		Kurtosis		,076	,887	

**Tests of Normality**

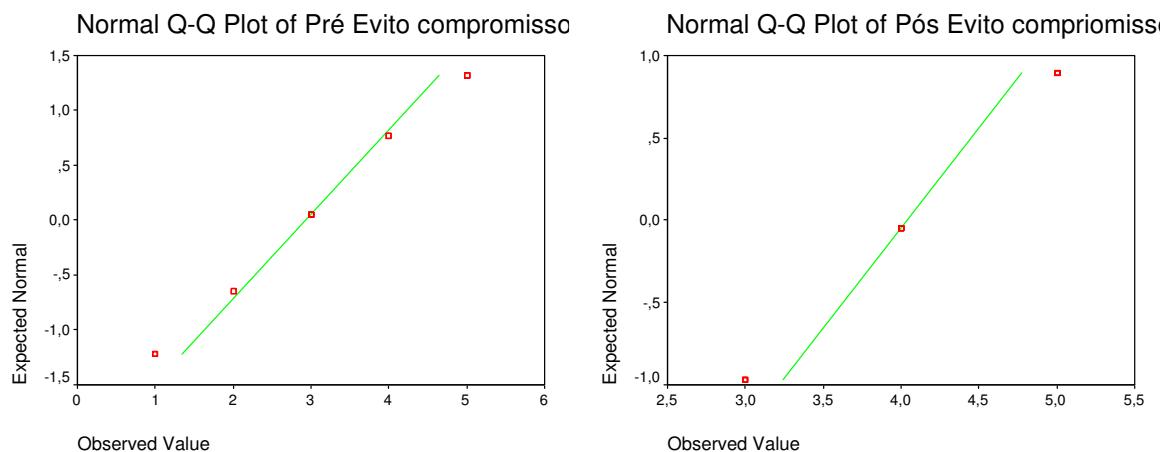
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Evito compromissos sociais	Grupo Experimental	,216	26	,003	,886	26	,010**
	Grupo Controlo	,179	26	,031	,904	26	,020
Pós Evito compromissos sociais	Grupo Experimental	,225	26	,002	,797	26	,010**
	Grupo Controlo	,316	26	,000	,831	26	,010**

\*\*. This is an upper bound of the true significance.

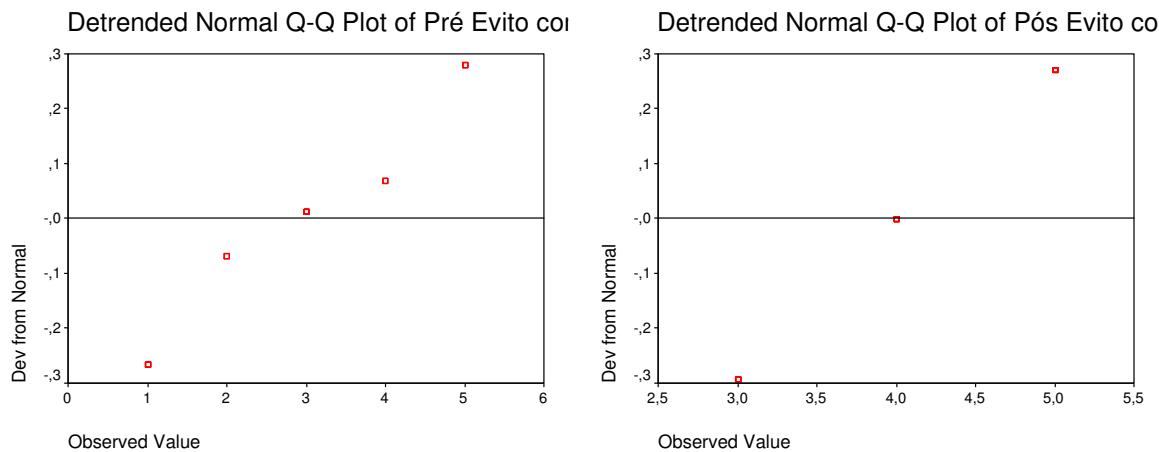
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

#### Normal Q-Q Plots

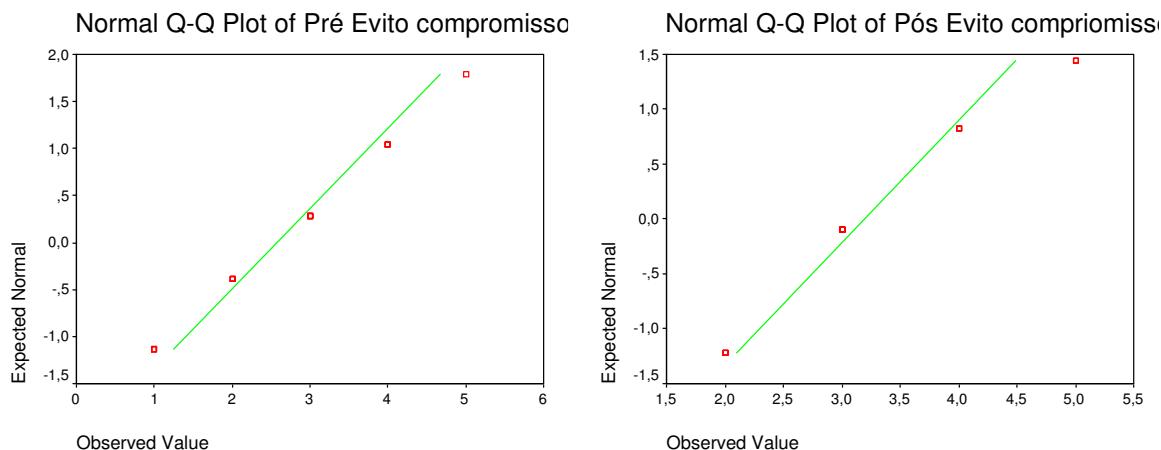


#### Detrended Normal Q-Q Plots

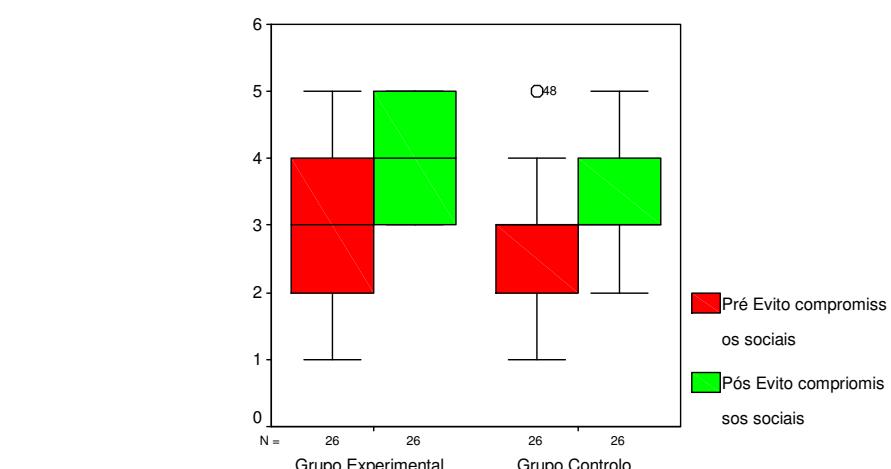
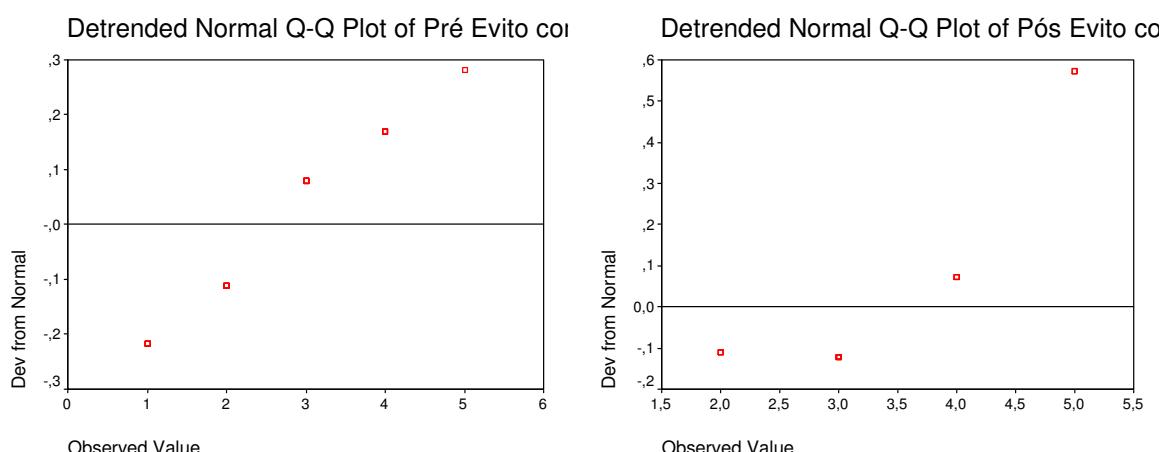


## Grupos = Grupo Controlo

### Normal Q-Q Plots



### Detrended Normal Q-Q Plots



**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**11. Normalmente arranjo desculpas para evitar compromissos sociais (sem outliers)**

**Explore**

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Evito compromissos sociais	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%
Pós Evito compromissos sociais	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%

Descriptives

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Evito compromissos sociais	Grupo Experimental	Mean		2,9231	,2537		
		95% Confidence Interval for Mean		2,4005			
		Lower Bound		3,4456			
		Upper Bound					
		5% Trimmed Mean		2,9145			
		Median		3,0000			
		Variance		1,674			
	Grupo Controlo	Std. Deviation		1,2938			
		Minimum		1,00			
		Maximum		5,00			
		Range		4,00			
		Interquartile Range		2,0000			
		Skewness		,033	,456		
		Kurtosis		-,691	,887		
Pós Evito compromissos sociais	Grupo Experimental	Mean		2,4800	,2169		
		95% Confidence Interval for Mean		2,0322			
		Lower Bound		2,9278			
		Upper Bound					
		5% Trimmed Mean		2,4778			
		Median		3,0000			
		Variance		1,177			
	Grupo Controlo	Std. Deviation		1,0847			
		Minimum		1,00			
		Maximum		4,00			
		Range		3,00			
		Interquartile Range		1,5000			
		Skewness		-,051	,464		
		Kurtosis		-1,235	,902		

~

**Tests of Normality**

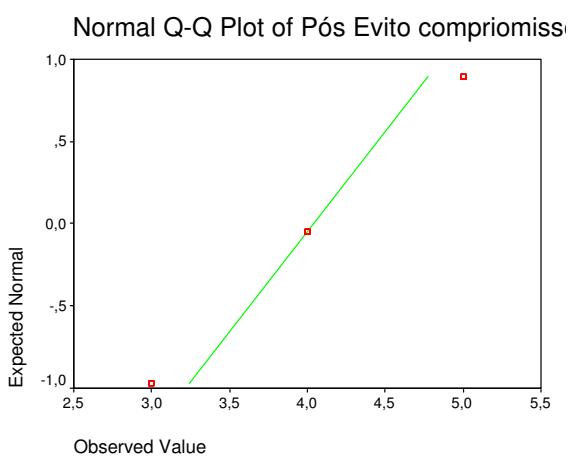
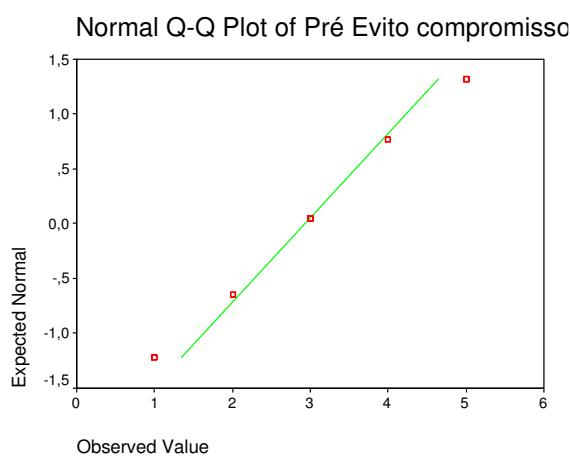
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Evito compromissos sociais	Grupo Experimental	,216	26	,003	,886	26	,010**
	Grupo Controlo	,204	25	,009	,869	25	,010**
Pós Evito compromissos sociais	Grupo Experimental	,225	26	,002	,797	26	,010**
	Grupo Controlo	,307	25	,000	,839	25	,010**

\*\*. This is an upper bound of the true significance.

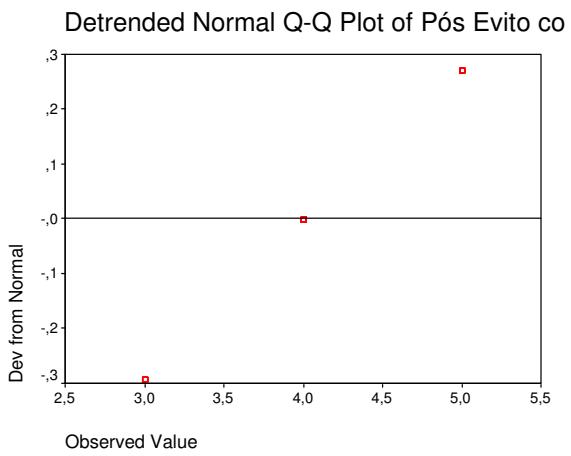
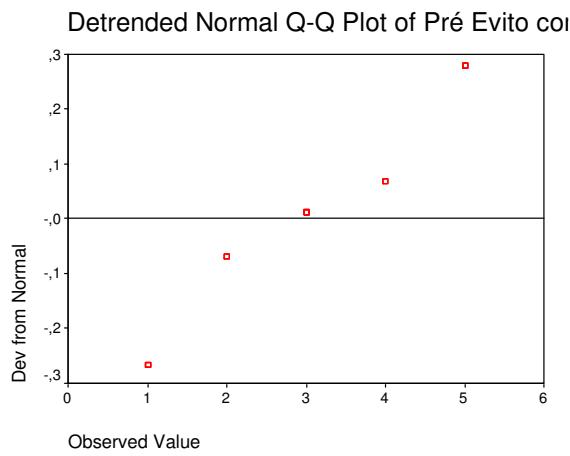
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

### Normal Q-Q Plots

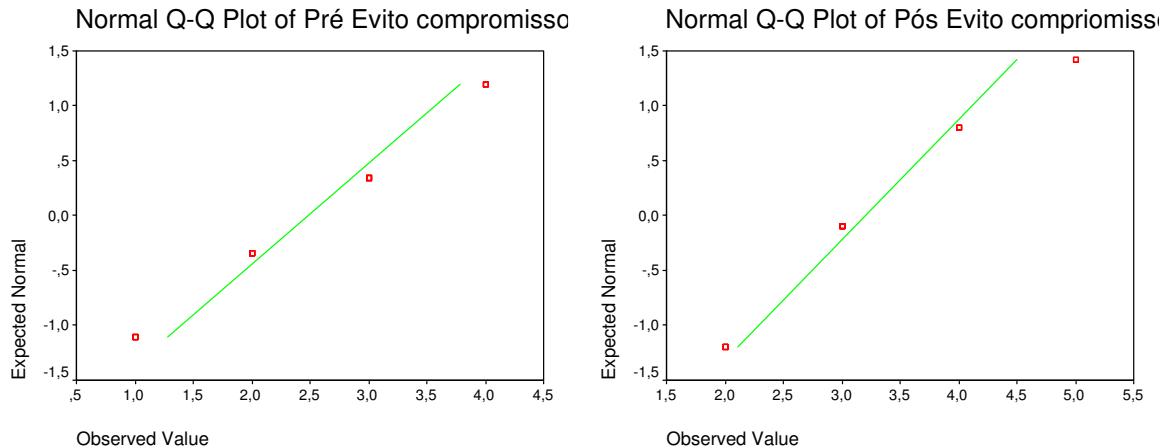


### Detrended Normal Q-Q Plots

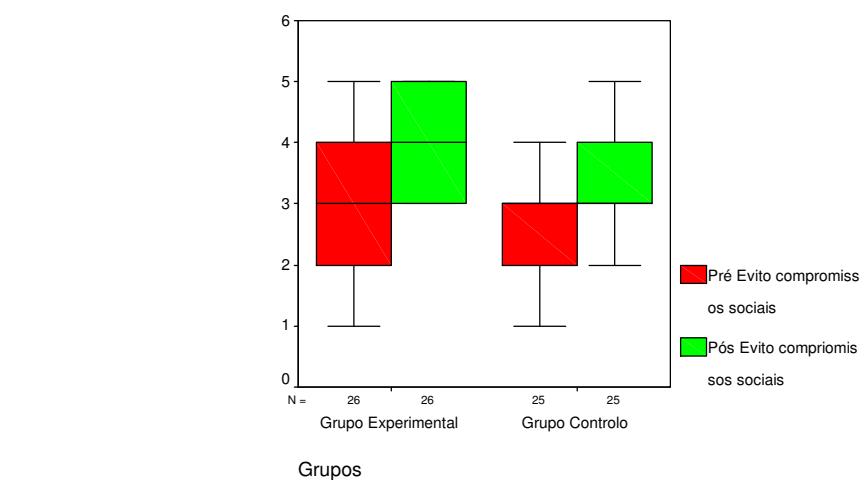
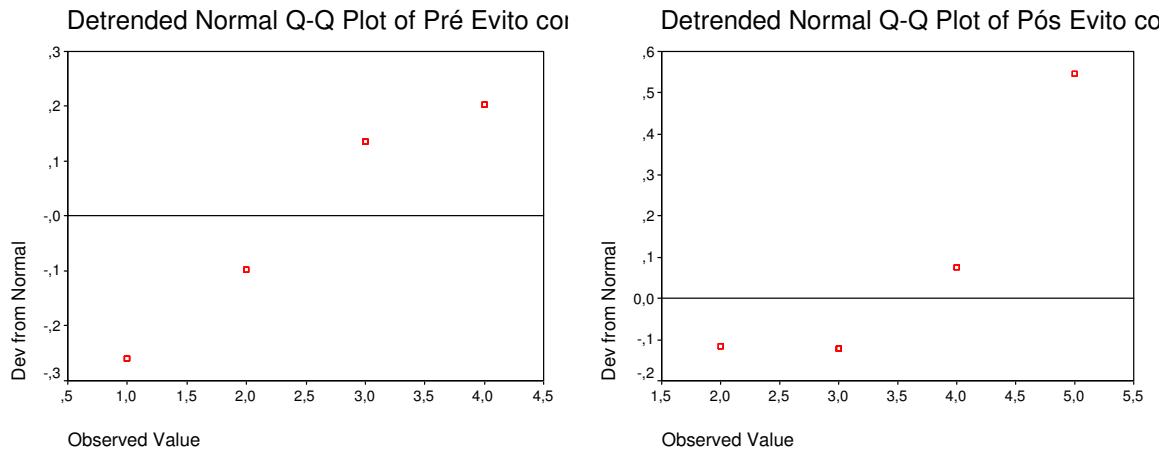


## Grupos = Grupo Controlo

### Normal Q-Q Plots



### Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 11. Normalmente arranjo desculpas para evitar compromissos sociais

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Evito compromissos sociais (Grupo Experimental)	Pré-teste	26	2,9231	1,2938	,2537	
	Pós-teste	26	4,0385	,8237	,1615	

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
							Lower	Upper		
Evito compromissos sociais (Grupo Experimental)	Equal variances assumed Equal variances not assumed	2,260	,139	-3,708	50	,001	-1,1154	,3008	-1,7195	-,5112
				-3,708	42,407	,001	-1,1154	,3008	-1,7222	-,5085

#### Grupo Controlo

##### T-Test

Group Statistics

		Momento de avaliação	N	Mean	Std. Deviation	Std. Error Mean
Evito compromissos sociais (Grupo Controlo)	Pré-teste	25	2,4800	1,0847	,2169	
	Pós-teste	25	3,2000	,9129	,1826	

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
							Lower	Upper		
Evito compromissos sociais (Grupo Controlo)	Equal variances assumed Equal variances not assumed	2,685	,108	-2,539	48	,014	-,7200	,2835	-1,2901	-,1499
				-2,539	46,639	,015	-,7200	,2835	-1,2905	-,1495

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Evito compromissos sociais	Grupo Experimental	26	2,9231	1,2938	,2537	
	Grupo Controlo	25	2,4800	1,0847	,2169	
Pós Evito compromissos sociais	Grupo Experimental	26	4,0385	,8237	,1615	
	Grupo Controlo	25	3,2000	,9129	,1826	

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
							Lower	Upper		
Pré Evito compromissos sociais	Equal variances assumed Equal variances not assumed	,004	,952	1,323	49	,192	,4431	,3350	-,2301	1,1163
				1,327	48,123	,191	,4431	,3338	-,2281	1,1143
Pós Evito compromissos sociais	Equal variances assumed Equal variances not assumed	,023	,880	3,446	49	,001	,8385	,2433	,3496	1,3273
				3,439	48,028	,001	,8385	,2438	,3483	1,3286

**Análise descritiva dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**12. Por vezes assumo a responsabilidade de apresentar pessoas umas ás outras**

**Explore**

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Apresento pessoas umas ás outras	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Apresento pessoas umas ás outras	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos		Descriptives				Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Apresento pessoas umas ás outras	Grupo Experimental	Mean		2,8077	,2150		
		95% Confidence Interval for Mean		2,3649			
		Lower Bound		3,2504			
		Upper Bound					
		5% Trimmed Mean		2,7991			
		Median		3,0000			
		Variance		1,202			
	Grupo Controlo	Std. Deviation		1,0961			
		Minimum		1,00			
		Maximum		5,00			
		Range		4,00			
		Interquartile Range		2,0000			
		Skewness		-,180	,456		
		Kurtosis		-,575	,887		
Pós Apresento pessoas umas ás outras	Grupo Experimental	Mean		3,1538	,1976		
		95% Confidence Interval for Mean		2,7468			
		Lower Bound		3,5609			
		Upper Bound					
		5% Trimmed Mean		3,1581			
		Median		3,0000			
		Variance		1,015			
	Grupo Controlo	Std. Deviation		1,0077			
		Minimum		1,00			
		Maximum		5,00			
		Range		4,00			
		Interquartile Range		2,0000			
		Skewness		-,077	,456		
		Kurtosis		-,461	,887		

#### Tests of Normality

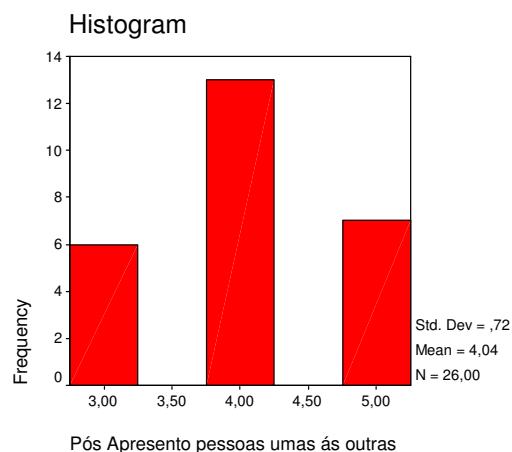
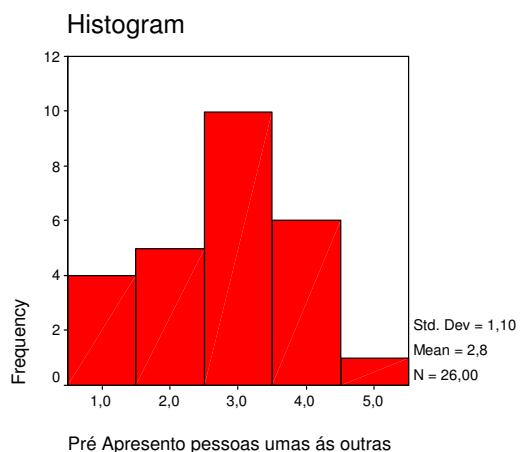
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Apresento pessoas umas ás outras	Grupo Experimental	,223	26	,002	,907	26	,026
	Grupo Controlo	,184	26	,024	,915	26	,041
Pós Apresento pessoas umas ás outras	Grupo Experimental	,252	26	,000	,809	26	,010**
	Grupo Controlo	,349	26	,000	,804	26	,010**

\*\*. This is an upper bound of the true significance.

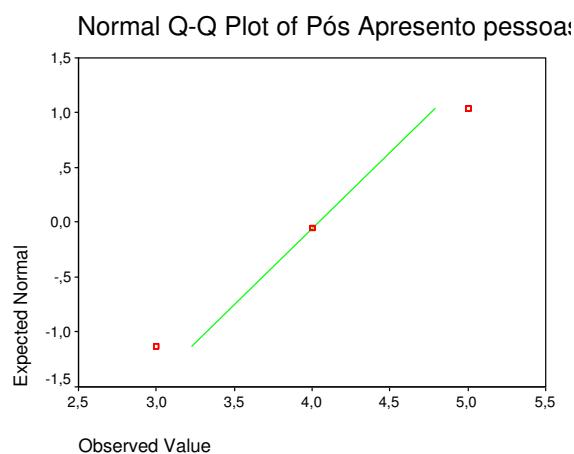
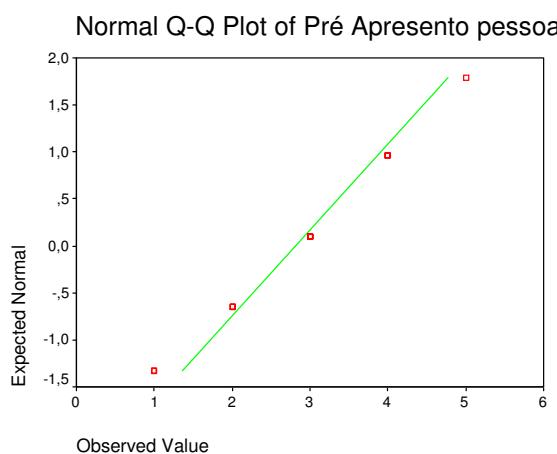
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

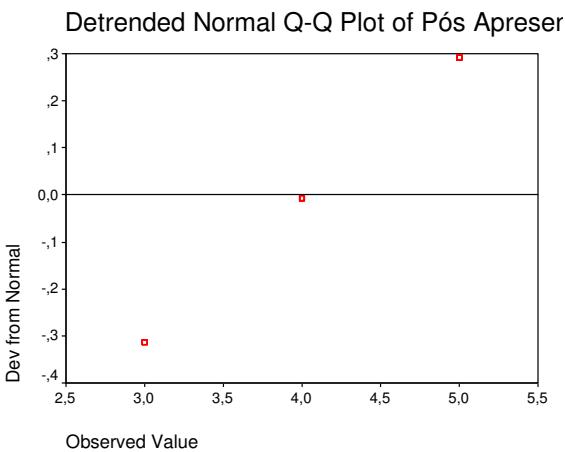
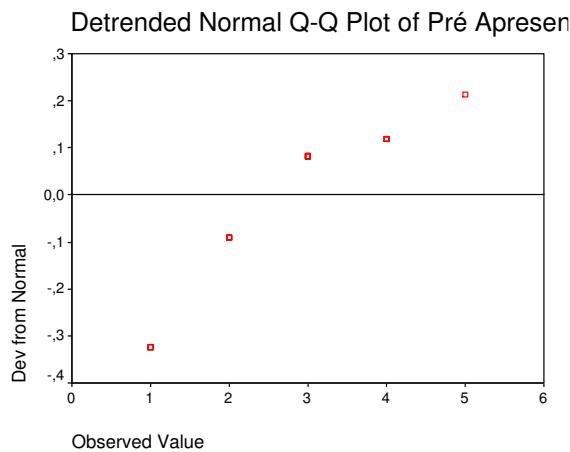
#### Histograms



#### Normal Q-Q Plots

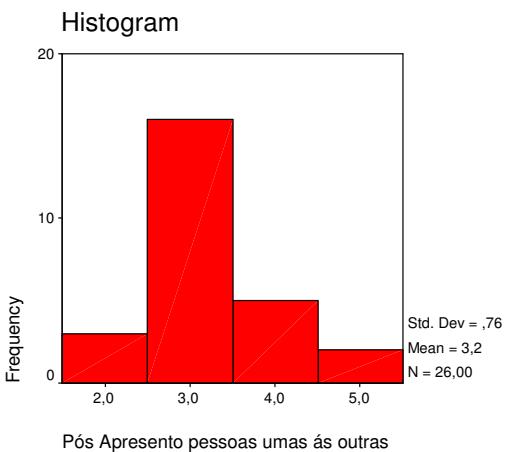
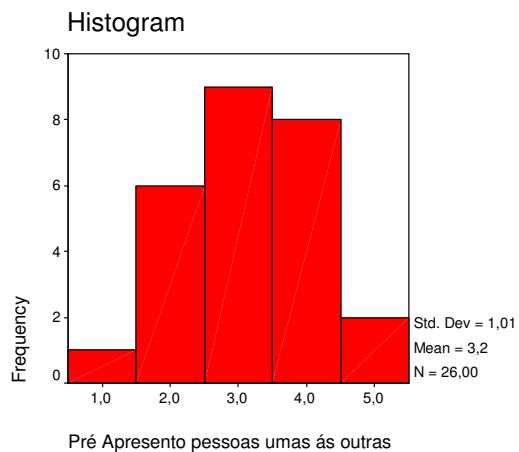


## Detrended Normal Q-Q Plots

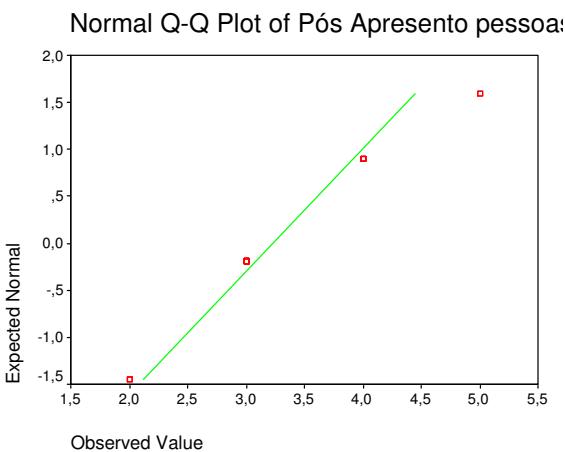
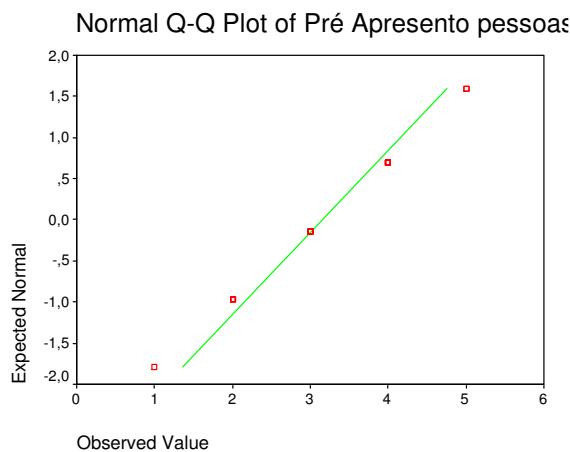


**Grupos = Grupo Controlo**

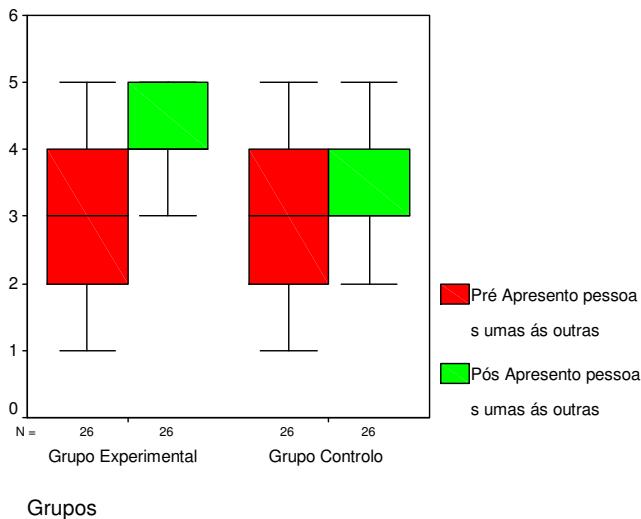
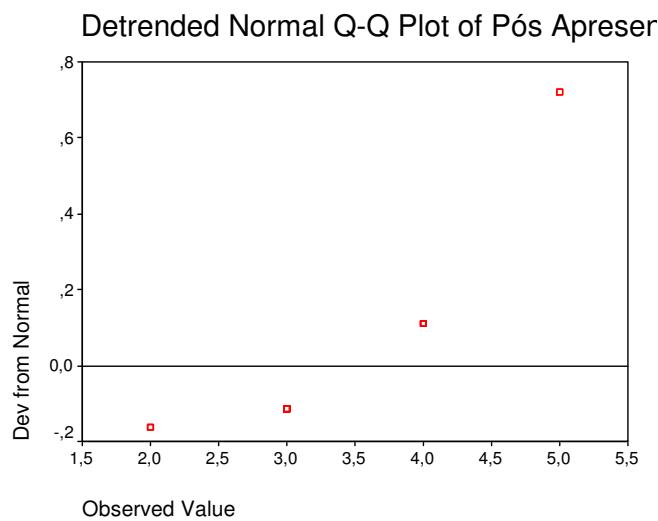
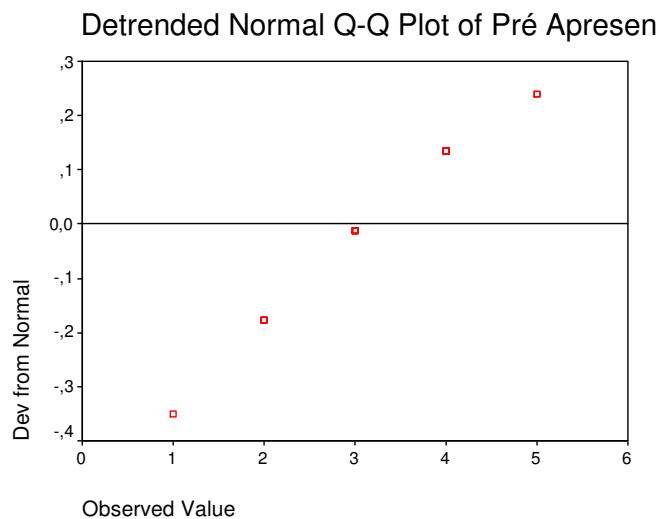
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ao questionário de Ansiedade e Evitamento Social (EAESDIS)

### 12. Por vezes assumo a responsabilidade de apresentar pessoas umas ás outras

#### Grupo Experimental

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Apresento pessoas umas ás outras (Grupo Experimental)	Pré-teste	26	2,8077	1,0961	,2150	
	Pós-teste	26	4,0385	,7200	,1412	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Apresento pessoas umas ás outras (Grupo Experimental)	Equal variances assumed	4,803	,033	-4,785	50	,000	-1,2308	,2572	-1,7474	-,7142
Apresento pessoas umas ás outras (Grupo Experimental)	Equal variances not assumed			-4,785	43,188	,000	-1,2308	,2572	-1,7494	-,7121

#### Grupo Controlo

##### T-Test

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Apresento pessoas umas ás outras (Grupo Controlo)	Pré-teste	26	3,1538	1,0077	,1976	
	Pós-teste	26	3,2308	,7646	,1500	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Apresento pessoas umas ás outras (Grupo Controlo)	Equal variances assumed	2,465	,123	-,310	50	,758	-7,692E-02	,2481	-,5752	,4213
Apresento pessoas umas ás outras (Grupo Controlo)	Equal variances not assumed			-,310	46,621	,758	-7,692E-02	,2481	-,5761	,4222

##### T-Test

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Apresento pessoas umas ás outras	Grupo Experimental	26	2,8077	1,0961	,2150	
	Grupo Controlo	26	3,1538	1,0077	,1976	
Pós Apresento pessoas umas ás outras	Grupo Experimental	26	4,0385	,7200	,1412	
	Grupo Controlo	26	3,2308	,7646	,1500	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Apresento pessoas umas ás outras	Equal variances assumed	,132	,718	-,185	50	,241	,3462	,2920	-,9327	,2404
	Equal variances not assumed			-,185	49,650	,241	,3462	,2920	-,9328	,2405
Pós Apresento pessoas umas ás outras	Equal variances assumed	,135	,715	3,921	50	,000	,8077	,2060	,3940	,2214
	Equal variances not assumed			3,921	49,821	,000	,8077	,2060	,3939	,2214

**Análise descritiva dos valores referentes ao total das respostas ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**Total das respostas de Ansiedade e Evitamento Social**

**Explore**

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré teste total ansiedade social por indivíduo	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós teste total ansiedade social por indivíduo	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos		Statistic				Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound	
Pré teste total ansiedade social por indivíduo	Grupo Experimental	3,5385		,1269		
		3,2772				
		3,7997				
		3,5427				
		4,0000				
		,418				
		,6469				
	Grupo Controlo	2,00				
		5,00				
		3,00				
		1,0000				
		-,153				,456
		-,004				,887
		3,5769		,1133		
Pós teste total ansiedade social por indivíduo	Grupo Experimental	3,3435				
		3,8103				
		3,6282				
		4,0000				
		,334				
		,5778				
		2,00				
	Grupo Controlo	4,00				
		2,00				
		1,0000				
		-,997				,456
		,115				,887
		4,5385		9,970E-02		
		4,3331				

**Tests of Normality**

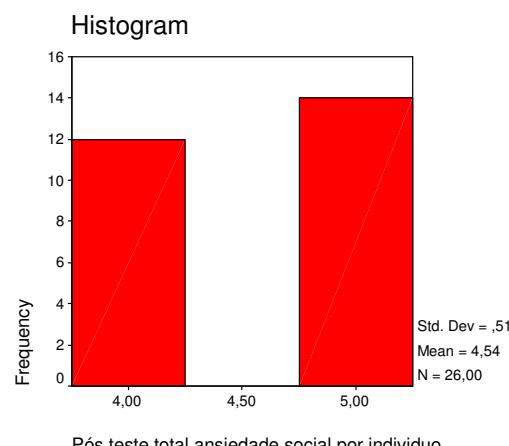
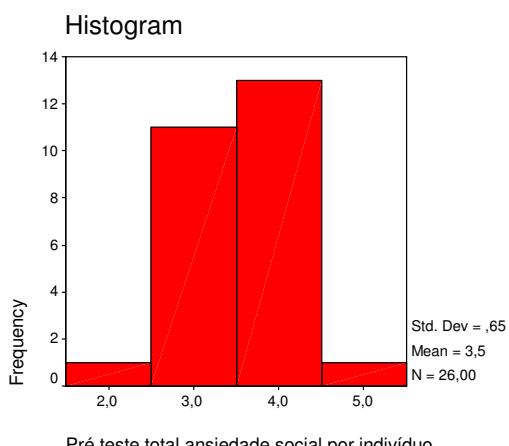
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré teste total ansiedade social por indivíduo	Grupo Experimental	,301	26	,000	,808	26	,010**
	Grupo Controlo	,383	26	,000	,684	26	,010**
Pós teste total ansiedade social por individuo	Grupo Experimental	,356	26	,000	,635	26	,010**
	Grupo Controlo	,251	26	,000	,859	26	,010**

\*\*. This is an upper bound of the true significance.

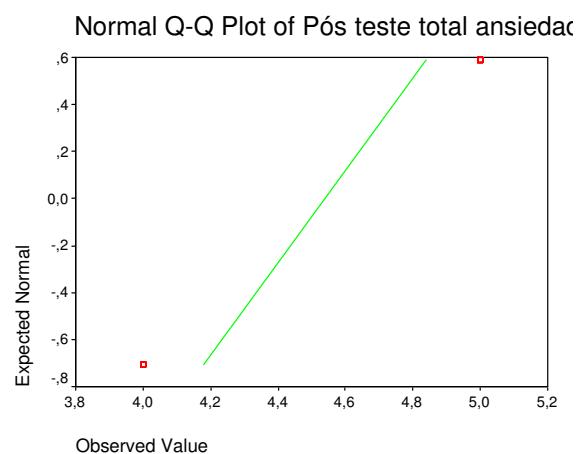
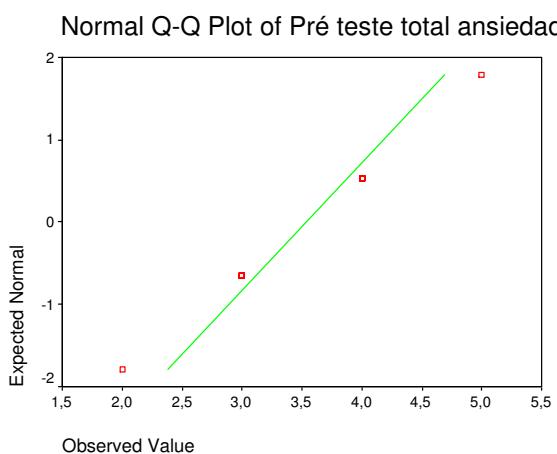
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

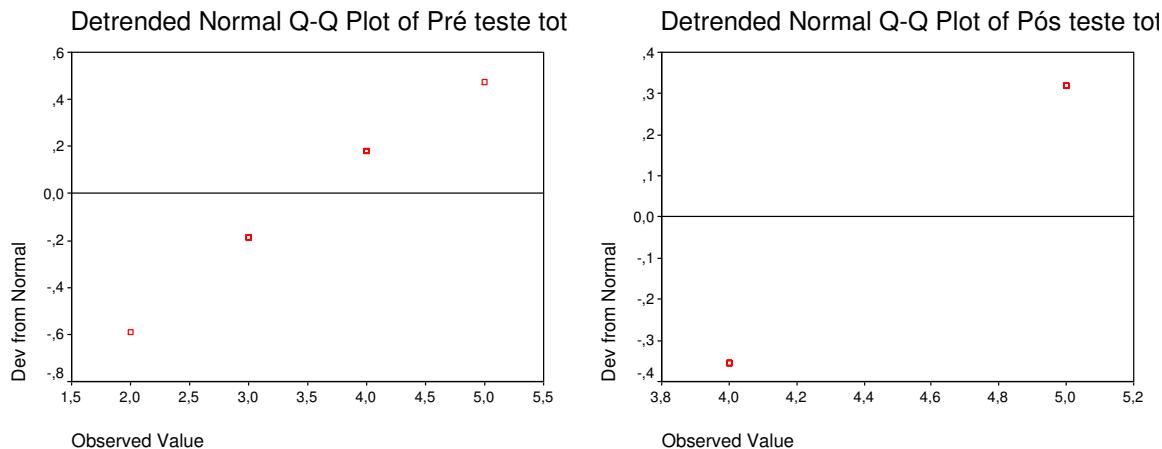
### Histograms



### Normal Q-Q Plots

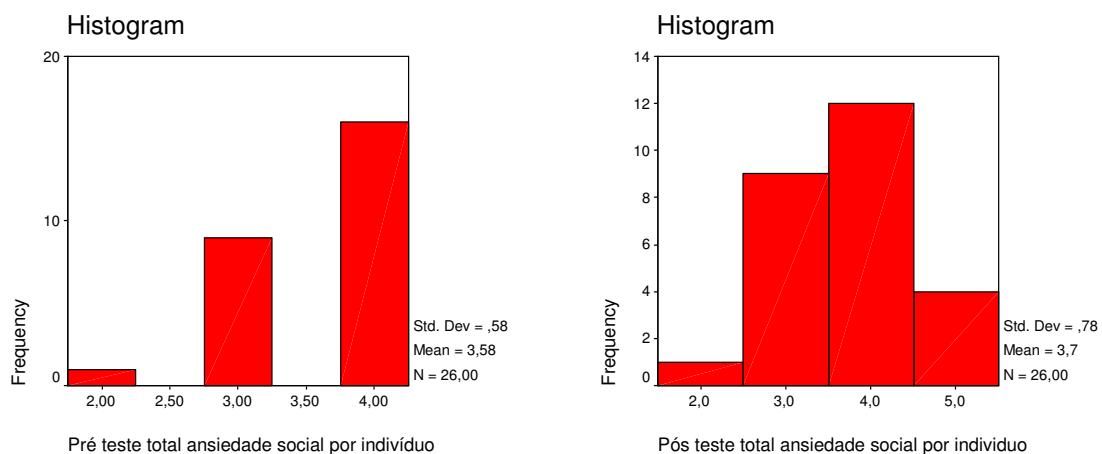


## Detrended Normal Q-Q Plots

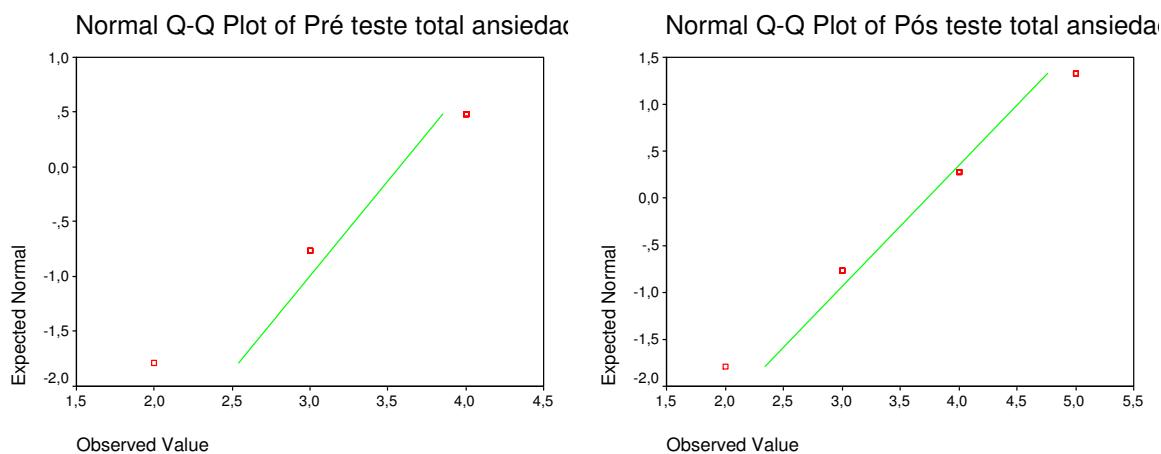


## Grupos = Grupo Controlo

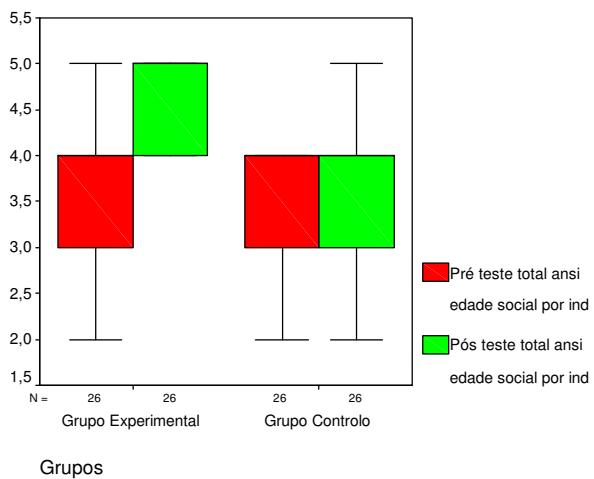
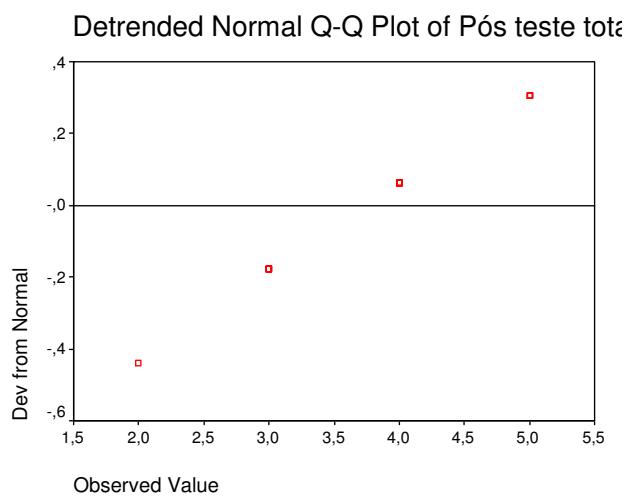
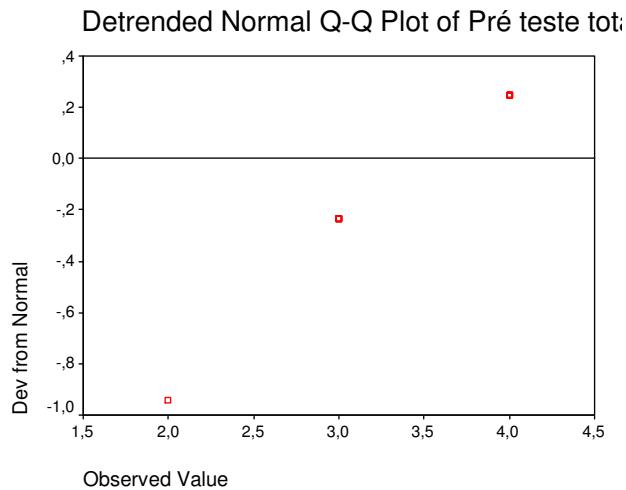
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



**Análise inferencial dos valores referentes ao total das respostas ao questionário de Ansiedade e Evitamento Social (EAESDIS)**

**Total das respostas Ansiedade e Evitamento Social**

**Grupo Experimental**

**T-Test**

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Total Ansiedade e Evitamento Social (Grupo Experimental)	Pré-teste	26	3,5385	,6469	,1269	
	Pós-teste	26	4,5385	,5084	9,970E-02	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Total Ansiedade e Evitamento Social (Grupo Experimental)	1,988	,165	-6,198	50	,000	-1,0000	,1614	-1,3241	-,6759	
			-6,198	47,354	,000	-1,0000	,1614	-1,3245	-,6755	

**Grupo Controlo**

**T-Test**

Group Statistics

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Total Ansiedade e Evitamento Social (Grupo Controlo)	Pré-teste	26	3,7308	,7776	,1525	
	Pós-teste	26	3,5769	,5778	,1133	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Total Ansiedade e Evitamento Social (Grupo Controlo)	1,571	,216	,810	50	,422	,1538	,1900	-,2278	,5354	
			,810	46,158	,422	,1538	,1900	-,2285	,5362	

**T-Test**

Group Statistics

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré teste total ansiedade social por indivíduo	Grupo Experimental	26	3,5385	,6469	,1269	
	Grupo Controlo	26	3,5769	,5778	,1133	
Pós teste total ansiedade social por indivíduo	Grupo Experimental	26	4,5385	,5084	9,970E-02	
	Grupo Controlo	26	3,7308	,7776	,1525	

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré teste total ansiedade social por indivíduo	Equal variances assumed	,577	,451	,226	,822	,3,846E-02	,1701	-,3801	,3032	
				,226	49,375	,822	,3,846E-02	,1701	-,3802	
Pós teste total ansiedade social por indivíduo	Equal variances assumed	2,890	,095	4,433	50	,000	,8077	,1822	,4417	
				4,433	43,072	,000	,8077	,1822	,4403	
	Equal variances not assumed								1,1751	



**Anexo VIII - B**

**Provas de Aptidão Motora (*Eurofit*)**



## Análise descritiva dos valores referentes ás Provas de Aptidão Motora - EQUILÍBRIO

### Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Equilíbrio	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Equilíbrio	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

**Descriptives**

Grupos		Statistic	Std. Error
Pré Equilíbrio	Grupo Experimental	Mean	10,0000
		95% Confidence Interval for Mean	,9348
		Lower Bound	8,0747
		Upper Bound	11,9253
		5% Trimmed Mean	10,2650
		Median	11,5000
		Variance	22,720
		Std. Deviation	4,7666
		Minimum	,00
		Maximum	15,00
		Range	15,00
		Interquartile Range	9,0000
		Skewness	-,581
		Kurtosis	,456
			,887
Pré Equilíbrio	Grupo Controlo	Mean	8,1154
		95% Confidence Interval for Mean	,9468
		Lower Bound	6,1655
		Upper Bound	10,0653
		5% Trimmed Mean	8,1838
		Median	8,5000
		Variance	23,306
		Std. Deviation	4,8276
		Minimum	,00
		Maximum	15,00
		Range	15,00
		Interquartile Range	7,5000
		Skewness	,002
		Kurtosis	,456
			,887
Pós Equilíbrio	Grupo Experimental	Mean	3,5385
		95% Confidence Interval for Mean	,6082
		Lower Bound	2,2858
		Upper Bound	4,7911
		5% Trimmed Mean	3,3761
		Median	3,0000
		Variance	9,618
		Std. Deviation	3,1014
		Minimum	,00
		Maximum	10,00
		Range	10,00
		Interquartile Range	4,5000
		Skewness	,705
		Kurtosis	,456
			,887
Pós Equilíbrio	Grupo Controlo	Mean	8,9615
		95% Confidence Interval for Mean	,9551
		Lower Bound	6,9944
		Upper Bound	10,9286
		5% Trimmed Mean	9,1111
		Median	9,5000
		Variance	23,718
		Std. Deviation	4,8702
		Minimum	,00
		Maximum	15,00
		Range	15,00
		Interquartile Range	8,7500
		Skewness	-,276
		Kurtosis	,456
			,887

### Tests of Normality

Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
Pré Equilíbrio	Grupo Experimental	,163	26	,075	,888	26	,010**
	Grupo Controlo	,115	26	,200*	,937	26	,152
Pós Equilíbrio	Grupo Experimental	,184	26	,023	,901	26	,018
	Grupo Controlo	,123	26	,200*	,922	26	,057

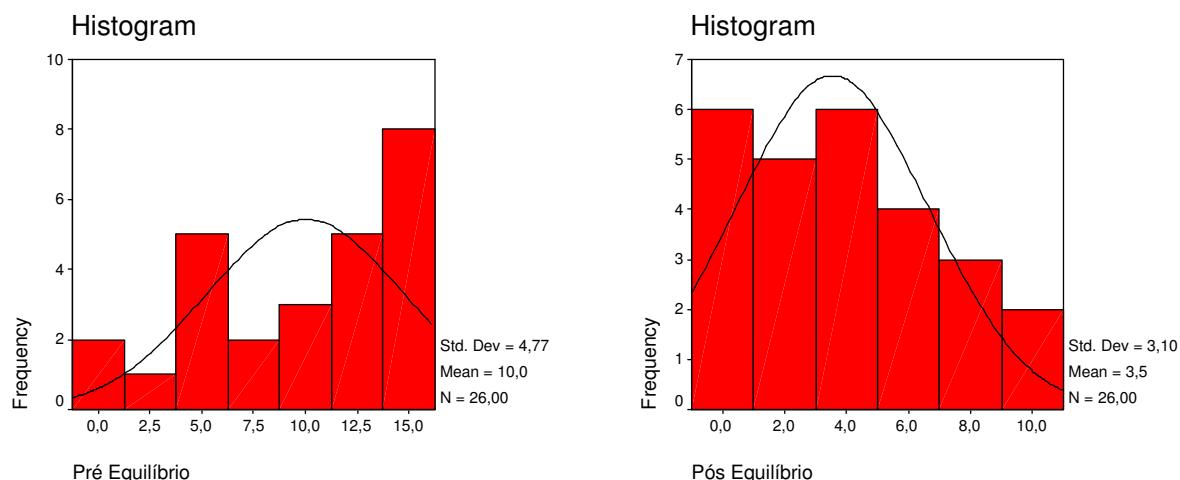
\*\*. This is an upper bound of the true significance.

\*. This is a lower bound of the true significance.

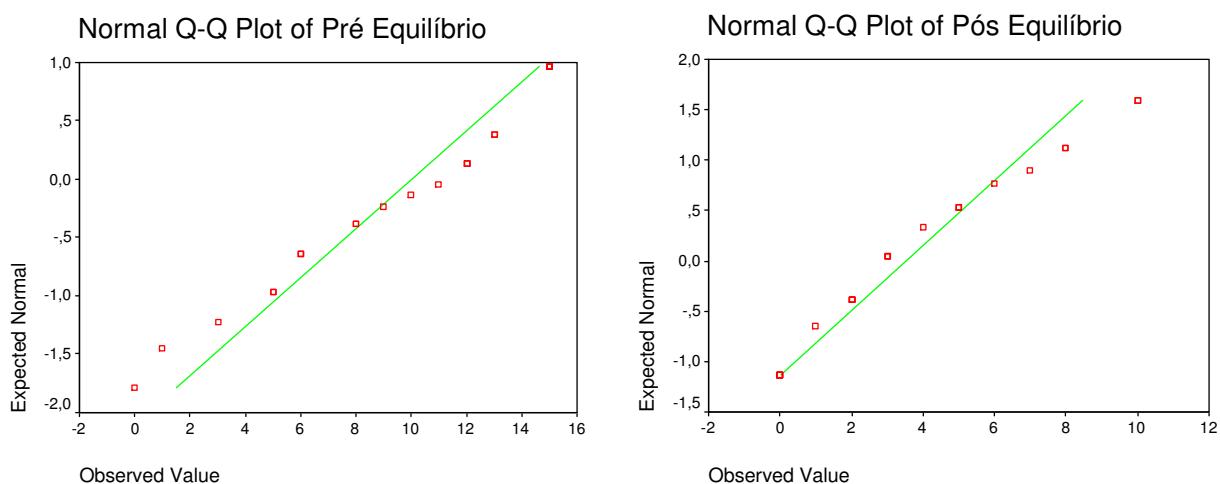
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

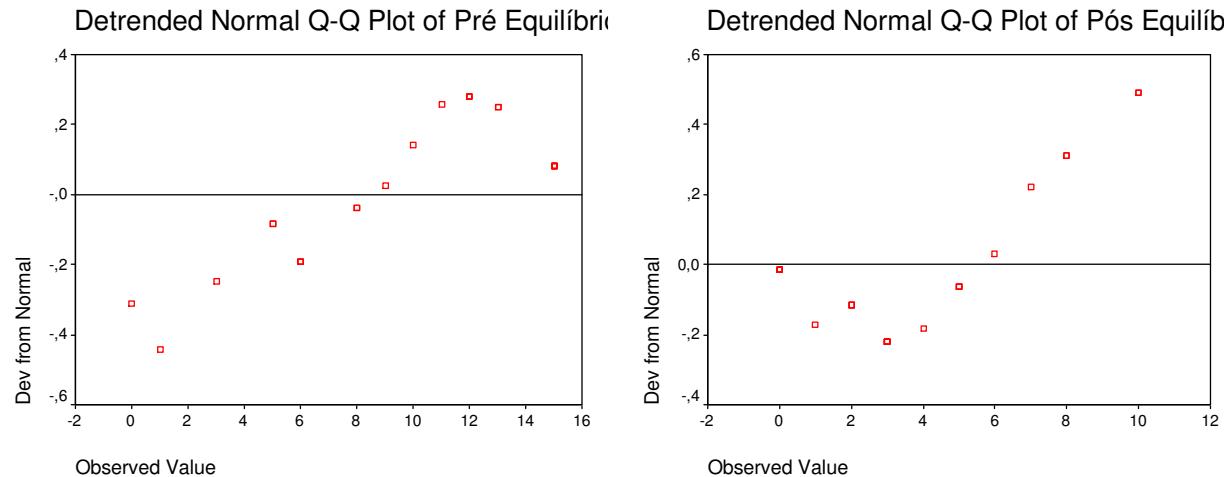
### Histograms



### Normal Q-Q Plots

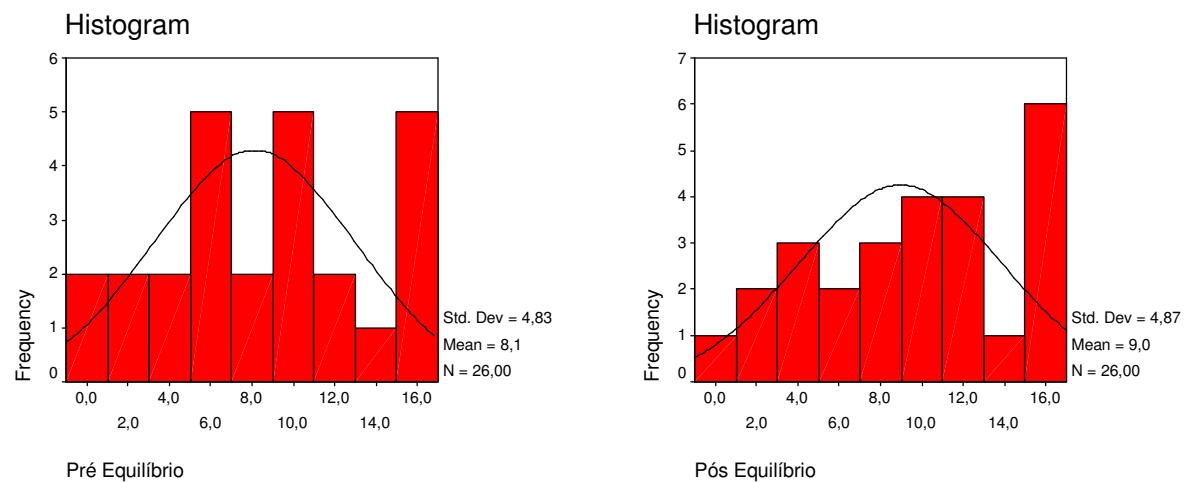


## Detrended Normal Q-Q Plots

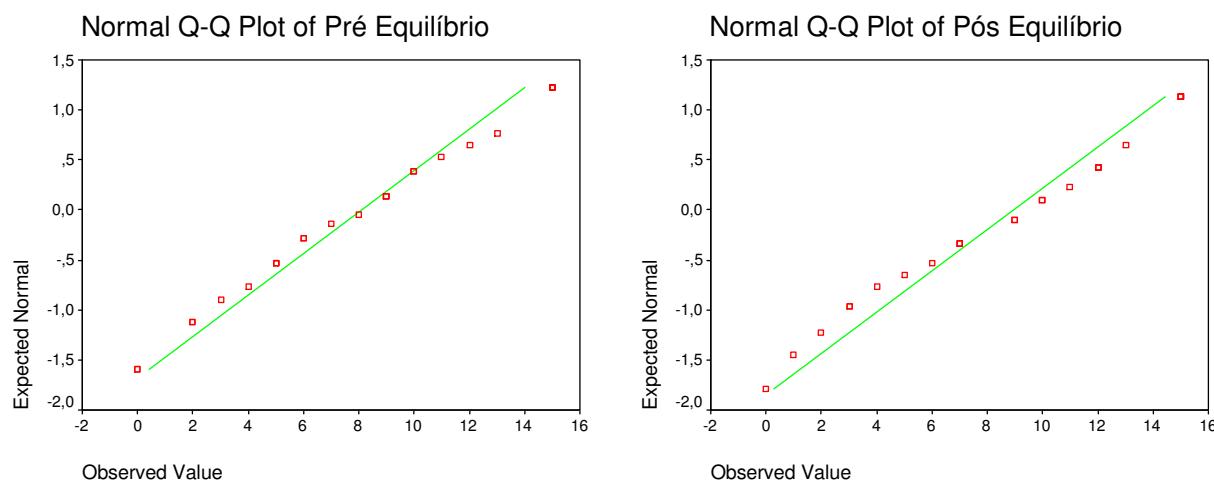


**Grupos = Grupo Controlo**

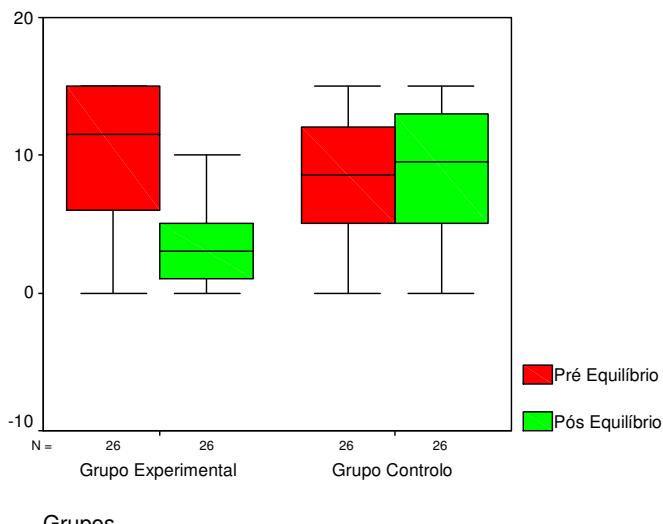
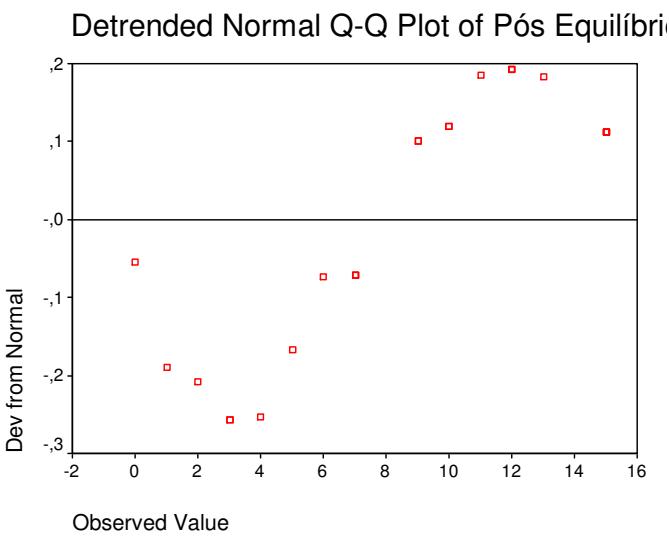
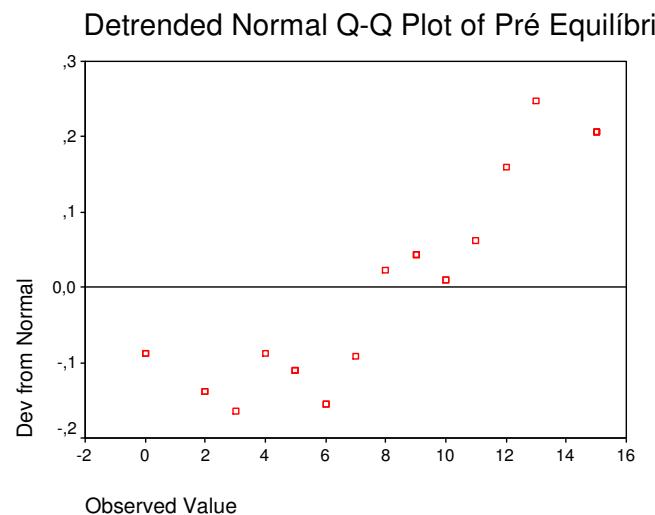
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Provas de Aptidão Motora – EQUILÍBRIO

### Grupo Experimental T-Test

**Group Statistics**

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Equilíbrio	Pré-teste		26	10,0000	4,7666	,9348
	Pós-teste		26	3,5385	3,1014	,6082

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Equilíbrio	Equal variances assumed	7,516	,008	5,794	50	,000	6,4615	1,1153	4,2215	8,7016
	Equal variances not assumed			5,794	42,950	,000	6,4615	1,1153	4,2123	8,7107

### Grupo Controlo T-Test

**Group Statistics**

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Equilíbrio	Pré-teste		26	8,1154	4,8276	,9468
	Pós-teste		26	8,9615	4,8702	,9551

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Equilíbrio	Equal variances assumed	,014	,905	-,629	50	,532	-,8462	1,3449	-3,5474	1,8551
	Equal variances not assumed			-,629	49,996	,532	-,8462	1,3449	-3,5474	1,8551

### T-Test

**Group Statistics**

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Pré Equilíbrio	Grupo Experimental		26	10,0000	4,7666	,9348
	Grupo Controlo		26	8,1154	4,8276	,9468
Pós Equilíbrio	Grupo Experimental		26	3,5385	3,1014	,6082
	Grupo Controlo		26	8,9615	4,8702	,9551

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Equilíbrio	Equal variances assumed	,003	,955	1,416	50	,163	1,8846	1,3305	-,7878	4,5570
	Equal variances not assumed			1,416	49,992	,163	1,8846	1,3305	-,7878	4,5570
Pós Equilíbrio	Equal variances assumed	7,407	,009	-4,789	50	,000	-5,4231	1,1323	-7,6974	-3,1487
	Equal variances not assumed			-4,789	42,413	,000	-5,4231	1,1323	-7,7076	-3,1386

## Análise descritiva dos valores referentes ás Provas de Aptidão Motora –FLEXIBILIDADE Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Flexibilidade (flexão do tronco)	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Flexibilidade (flexão do tronco)	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

**Descriptives**

Grupos						Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Pré Flexibilidade (flexão do tronco)	Grupo Experimental	Mean		3,3077	1,3448		
		95% Confidence Interval for Mean		,5380			
		Lower Bound		6,0774			
		Upper Bound					
		5% Trimmed Mean		3,2009			
		Median		3,0000			
		Variance		47,022			
Pós Flexibilidade (flexão do tronco)	Grupo Experimental	Std. Deviation		6,8572			
		Minimum		-7,00			
		Maximum		16,00			
		Range		23,00			
		Interquartile Range		11,2500			
		Skewness		,151	,456		
		Kurtosis		-1,237	,887		
	Grupo Controlo	Mean		3,2692	1,7850		
		95% Confidence Interval for Mean		-,4071			
		Lower Bound		6,9456			
		Upper Bound					
		5% Trimmed Mean		3,5342			
		Median		3,5000			
		Variance		82,845			
	Grupo Controlo	Std. Deviation		9,1019			
		Minimum		-18,00			
		Maximum		20,00			
		Range		38,00			
		Interquartile Range		12,7500			
		Skewness		-,483	,456		
		Kurtosis		,110	,887		
	Grupo Experimental	Mean		10,5385	1,2118		
		95% Confidence Interval for Mean		8,0428			
		Lower Bound		13,0342			
		Upper Bound					
		5% Trimmed Mean		10,6838			
		Median		11,5000			
		Variance		38,178			
	Grupo Controlo	Std. Deviation		6,1789			
		Minimum		-2,00			
		Maximum		20,00			
		Range		22,00			
		Interquartile Range		10,0000			
		Skewness		-,240	,456		
		Kurtosis		-,717	,887		
	Grupo Controlo	Mean		,7308	1,8832		
		95% Confidence Interval for Mean		-,3,1477			
		Lower Bound		4,6092			
		Upper Bound					
		5% Trimmed Mean		1,0812			
		Median		,5000			
		Variance		92,205			

### Tests of Normality

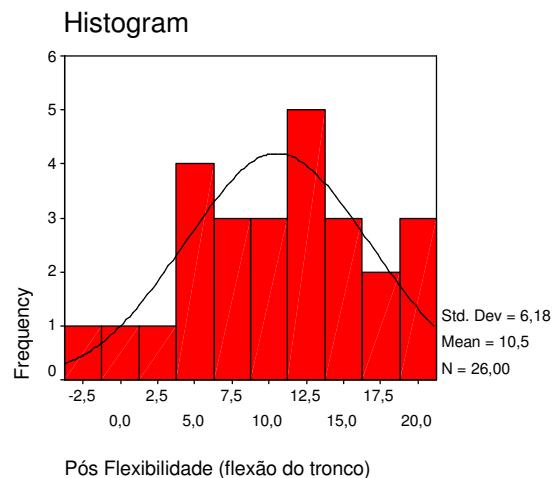
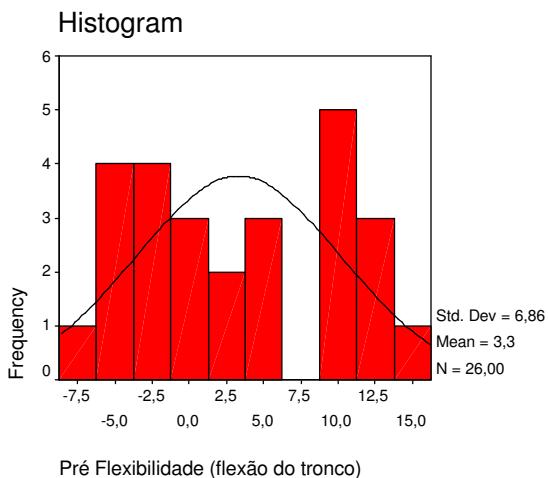
Grupos		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Flexibilidade (flexão do tronco)	Grupo Experimental	,147	26	,156	,942	26	,213
	Grupo Controlo	,116	26	,200*	,973	26	,694
Pós Flexibilidade (flexão do tronco)	Grupo Experimental	,093	26	,200*	,966	26	,514
	Grupo Controlo	,124	26	,200*	,972	26	,657

\*. This is a lower bound of the true significance.

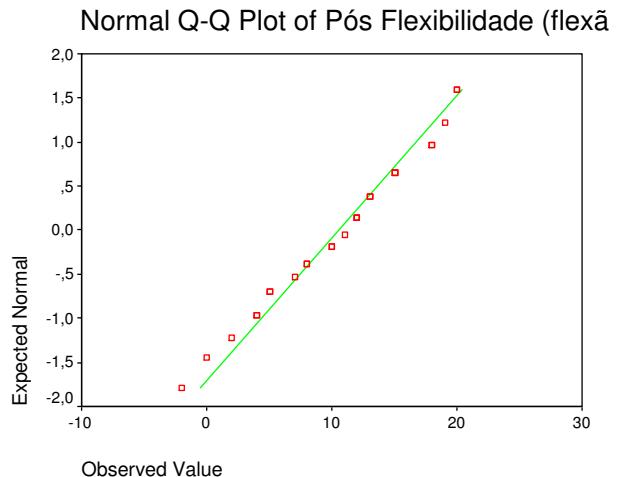
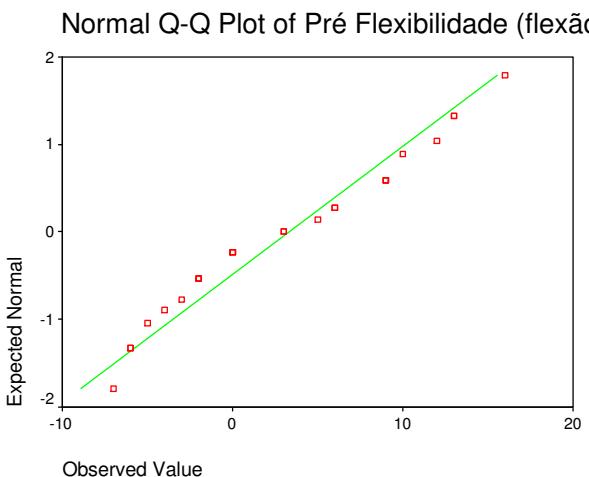
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

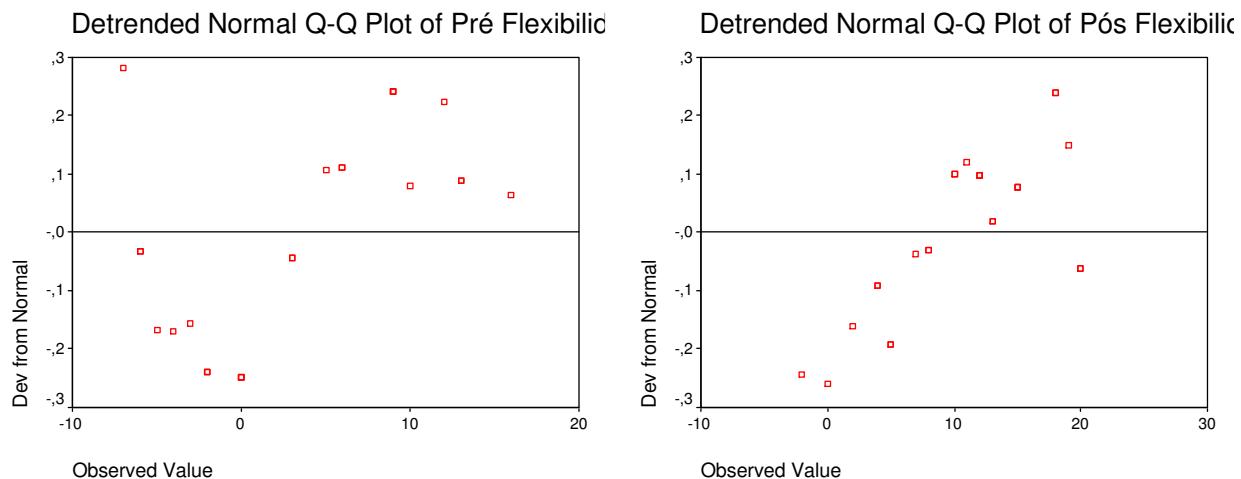
### Histograms



### Normal Q-Q Plots

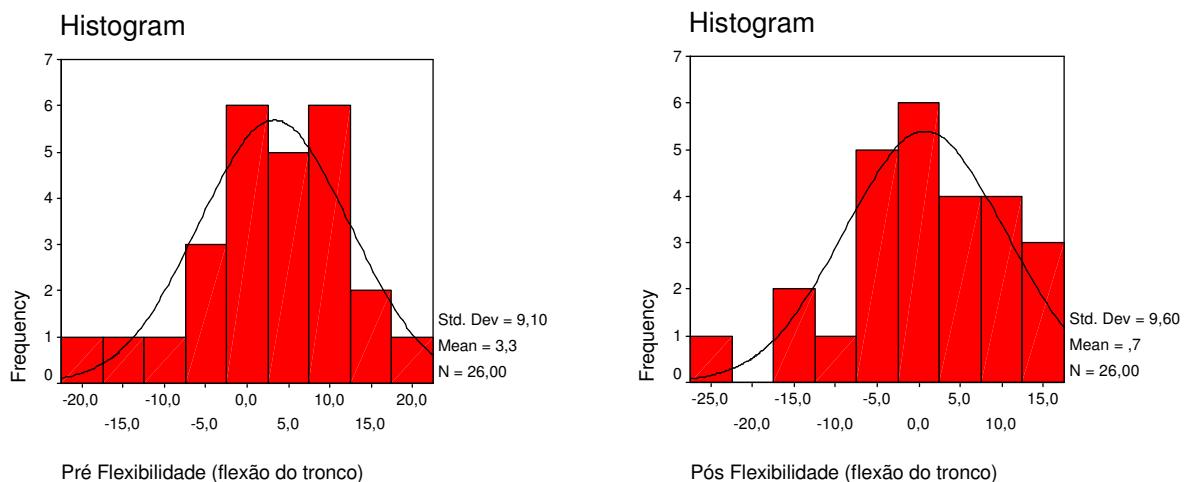


## Detrended Normal Q-Q Plots

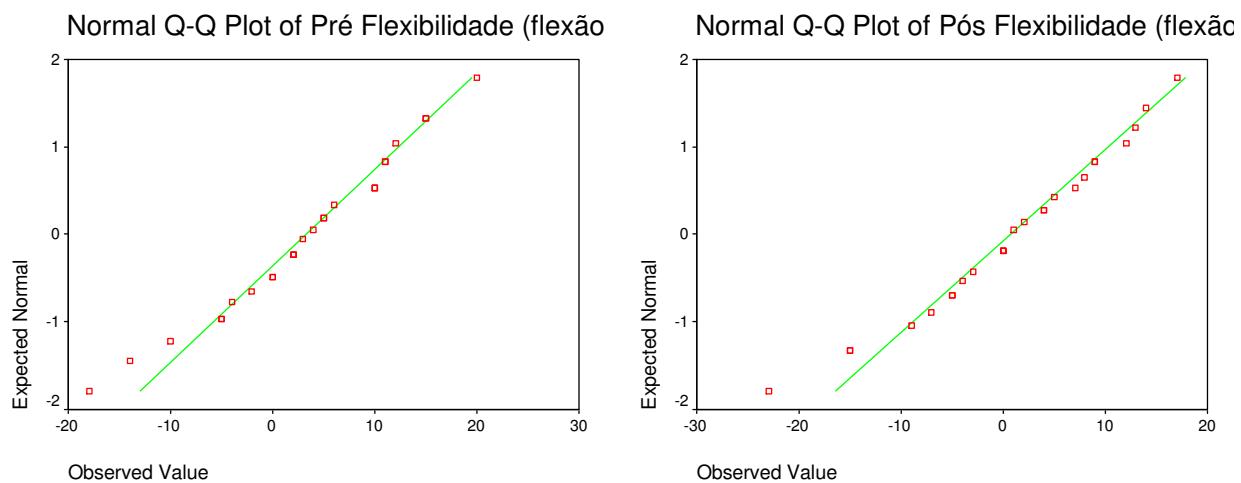


**Grupos = Grupo Controlo**

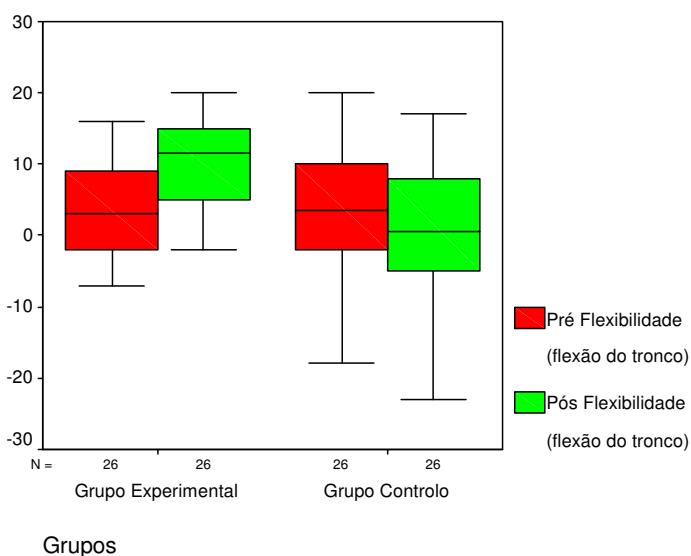
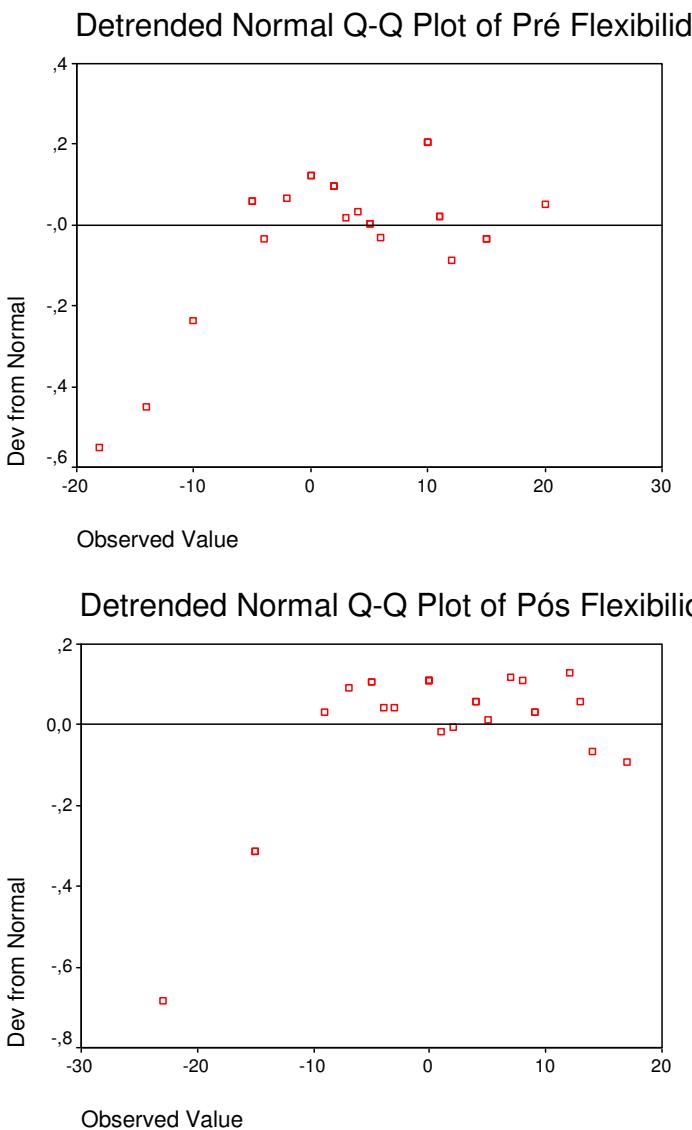
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Provas de Aptidão Motora – FLEXIBILIDADE

### Grupo Experimental T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Flexibilidade (flexão do tronco)	Pré-teste	26	3,3077	6,8572	1,3448
	Pós-teste	26	10,5385	6,1789	1,2118

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference			
							Lower	Upper		
Flexibilidade (flexão do tronco)	.979	,327	-3,994	50	,000	-7,2308	1,8102	-10,8667	-3,5948	
			-3,994	49,467	,000	-7,2308	1,8102	-10,8677	-3,5938	

### Grupo Controlo T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Flexibilidade (flexão do tronco)	Pré-teste	26	3,2692	9,1019	1,7850
	Pós-teste	26	,7308	9,6023	1,8832

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference			
							Lower	Upper		
Flexibilidade (flexão do tronco)	.037	,849	,978	50	,333	2,5385	2,5947	-2,6732	7,7501	
			,978	49,857	,333	2,5385	2,5947	-2,6736	7,7505	

### T-Test

**Group Statistics**

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Pré Flexibilidade (flexão do tronco)	Grupo Experimental	26	3,3077	6,8572	1,3448
	Grupo Controlo	26	3,2692	9,1019	1,7850
Pós Flexibilidade (flexão do tronco)	Grupo Experimental	26	10,5385	6,1789	1,2118
	Grupo Controlo	26	,7308	9,6023	1,8832

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference			
							Lower	Upper		
Pré Flexibilidade (flexão do tronco)	,746	,392	,017	50	,986	3,846E-02	2,2349	-4,4505	4,5274	
			,017	46,464	,986	3,846E-02	2,2349	-4,4590	4,5359	
Pós Flexibilidade (flexão do tronco)	2,899	,095	4,380	50	,000	9,8077	2,2394	5,3098	14,3056	
			4,380	42,673	,000	9,8077	2,2394	5,2906	14,3248	

# Análise descritiva dos valores referentes ás Provas de Aptidão Motor – IMPULSÃO HORIZONTAL (com outliers)

## Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Impulsão Horizontal	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Impulsão Horizontal	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

**Descriptives**

Grupos						Statistic	Std. Error
Pré Impulsão Horizontal	Grupo Experimental	Mean				158,2308	6,0506
		95% Confidence Interval for Mean	Lower Bound	Upper Bound		145,7693	
						170,6923	
		5% Trimmed Mean				160,0855	
		Median				165,0000	
		Variance				951,865	
		Std. Deviation				30,8523	
		Minimum				70,00	
		Maximum				205,00	
		Range				135,00	
Pré Impulsão Horizontal	Grupo Controlo	Interquartile Range				35,7500	
		Skewness				-,939	,456
		Kurtosis				1,366	,887
		Mean				163,8462	6,3199
		95% Confidence Interval for Mean	Lower Bound	Upper Bound		150,8302	
						176,8621	
		5% Trimmed Mean				164,6154	
		Median				175,0000	
		Variance				1038,455	
		Std. Deviation				32,2251	
Pós Impulsão Horizontal	Grupo Experimental	Minimum				100,00	
		Maximum				212,00	
		Range				112,00	
		Interquartile Range				51,0000	
		Skewness				-,390	,456
		Kurtosis				-,929	,887
		Mean				189,3077	4,6196
		95% Confidence Interval for Mean	Lower Bound	Upper Bound		179,7934	
						198,8220	
		5% Trimmed Mean				189,4658	
Pós Impulsão Horizontal	Grupo Controlo	Median				187,5000	
		Variance				554,862	
		Std. Deviation				23,5555	
		Minimum				135,00	
		Maximum				238,00	
		Range				103,00	
		Interquartile Range				30,7500	
		Skewness				-,025	,456
		Kurtosis				,275	,887
		Mean				156,3462	6,1542
		95% Confidence Interval for Mean	Lower Bound	Upper Bound		143,6714	
						169,0209	
		5% Trimmed Mean				157,1410	
		Median				170,0000	
		Variance				984,715	
		Std. Deviation				31,3802	
		Minimum				98,00	
		Maximum				202,00	
		Range				104,00	
		Interquartile Range				53,2500	
		Skewness				-,474	,456
		Kurtosis				-1,102	,887

### Tests of Normality

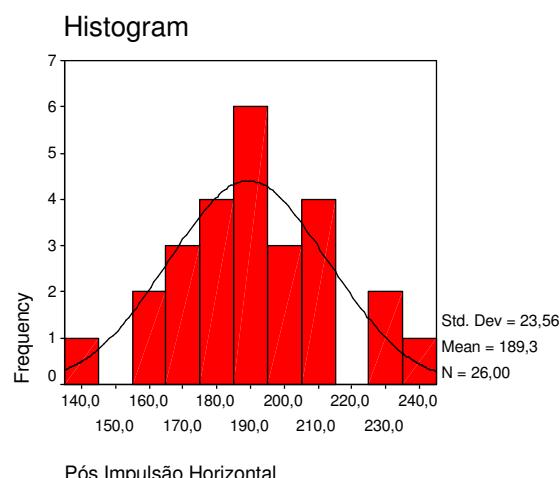
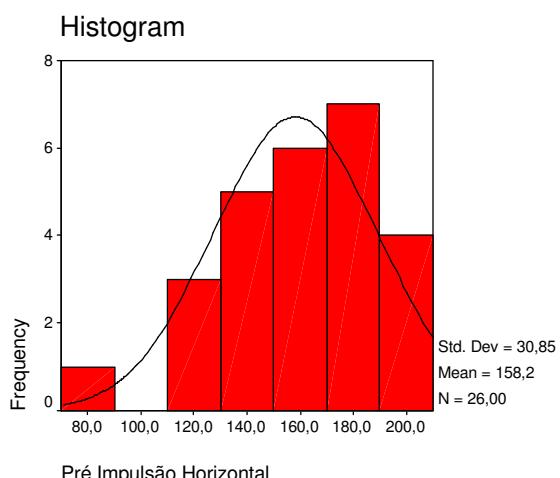
Grupos		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Impulsão Horizontal	Grupo Experimental	,151	26	,131	,941	26	,206
	Grupo Controlo	,174	26	,042	,944	26	,243
Pós Impulsão Horizontal	Grupo Experimental	,077	26	,200*	,989	26	,990*
	Grupo Controlo	,207	26	,006	,916	26	,043

\*. This is a lower bound of the true significance.

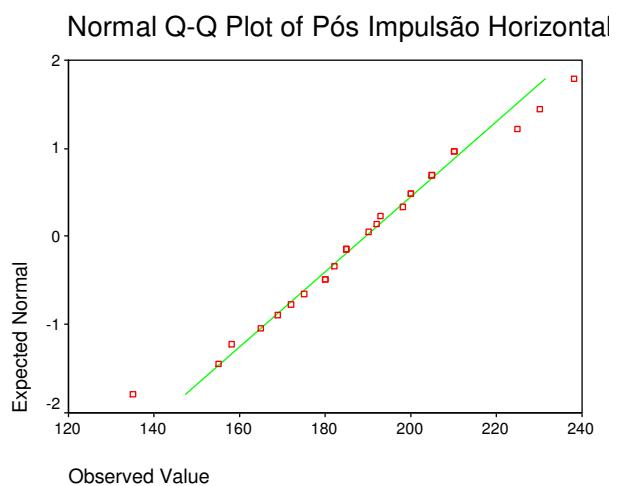
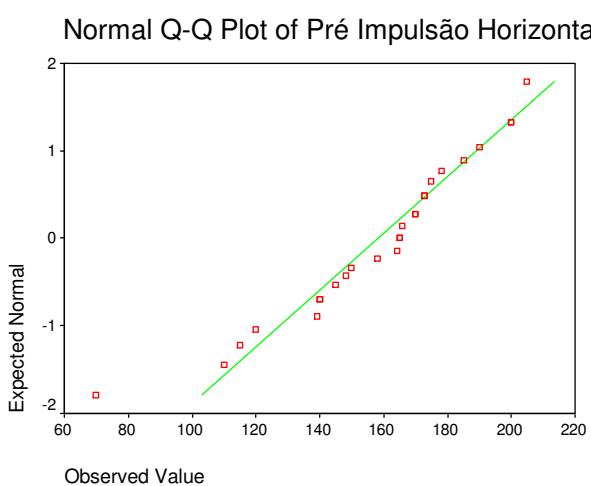
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

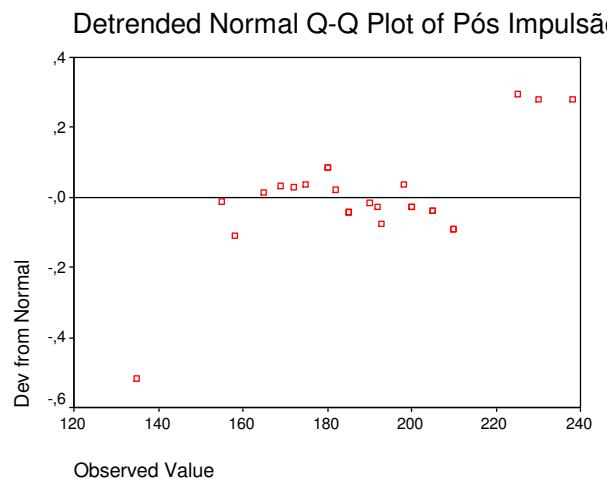
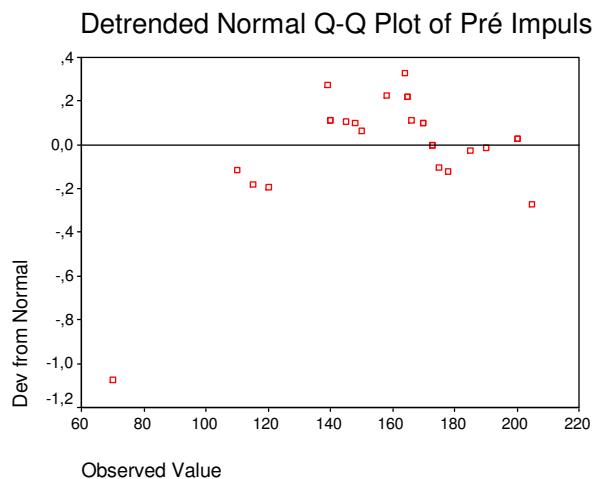
### Histograms



### Normal Q-Q Plots

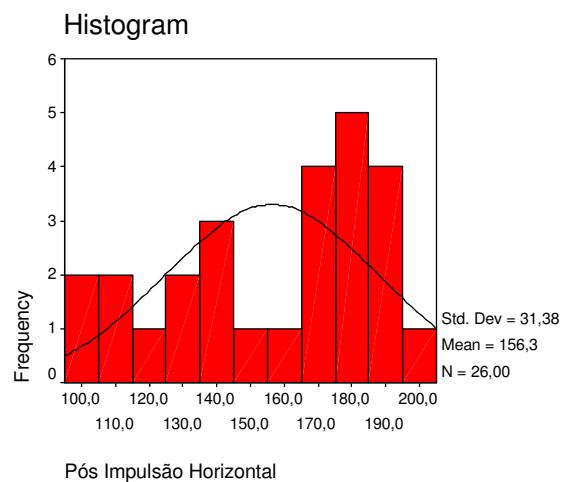
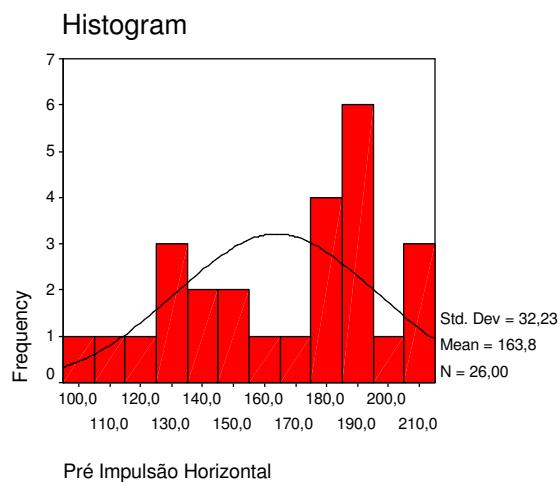


## Detrended Normal Q-Q Plots

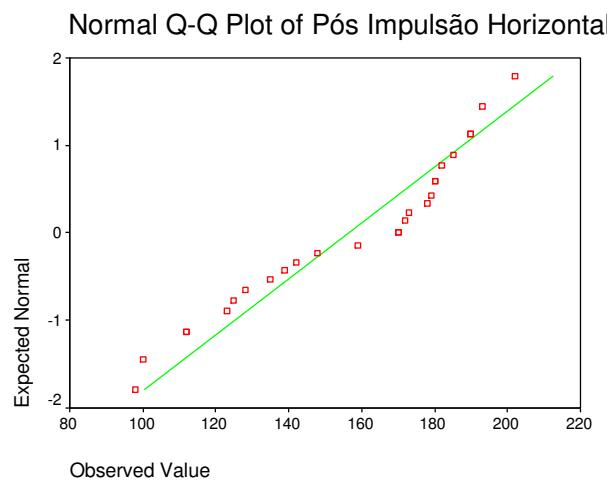
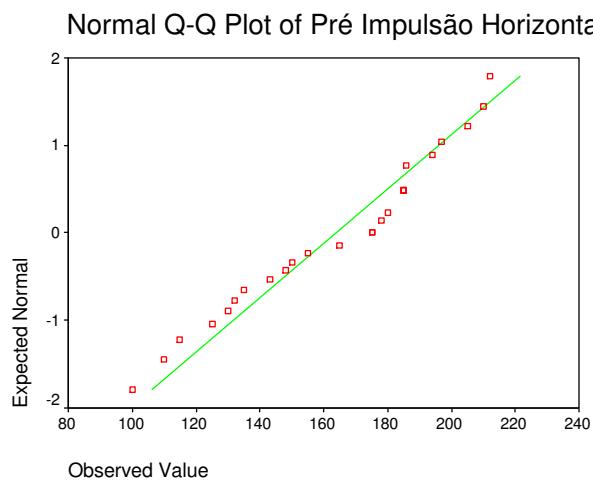


**Grupos = Grupo Controlo**

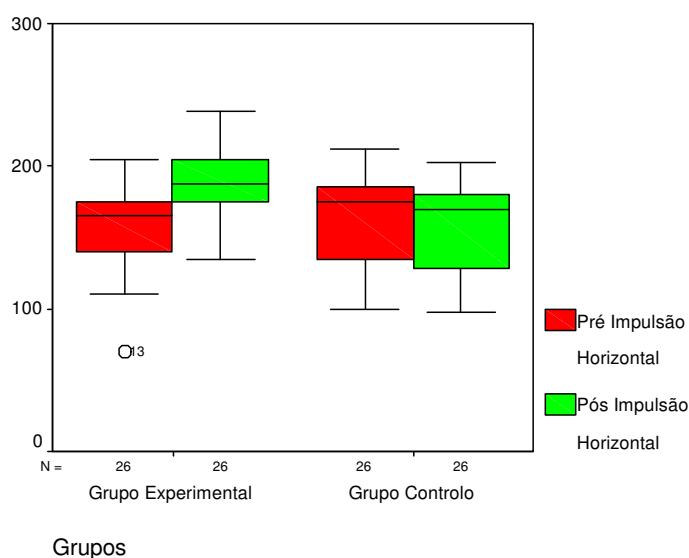
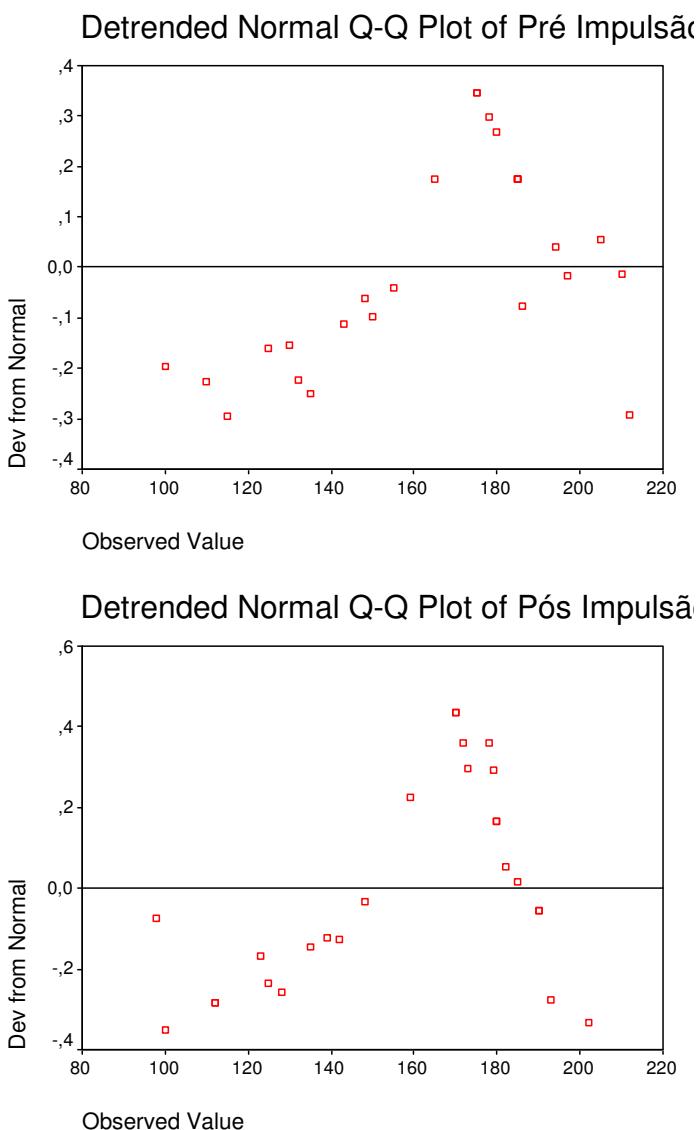
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes ás Provas de Aptidão Motora – IMPULSÃO HORIZONTAL (sem outliers)

### Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Impulsão Horizontal	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Impulsão Horizontal	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

**Descriptives**

Grupos				Statistic	Std. Error
Pré Impulsão Horizontal	Grupo Experimental	Mean		161,7600	5,1154
		95% Confidence Interval for Mean	Lower Bound	151,2023	
			Upper Bound	172,3177	
		5% Trimmed Mean		162,2333	
		Median		165,0000	
		Variance		654,190	
		Std. Deviation		25,5771	
		Minimum		110,00	
		Maximum		205,00	
		Range		95,00	
Pré Impulsão Horizontal	Grupo Controlo	Interquartile Range		34,0000	
		Skewness		-,316	,464
		Kurtosis		-,327	,902
		Mean		163,8462	6,3199
		95% Confidence Interval for Mean	Lower Bound	150,8302	
			Upper Bound	176,8621	
		5% Trimmed Mean		164,6154	
		Median		175,0000	
		Variance		1038,455	
		Std. Deviation		32,2251	
Pós Impulsão Horizontal	Grupo Experimental	Minimum		100,00	
		Maximum		212,00	
		Range		112,00	
		Interquartile Range		51,0000	
		Skewness		-,390	,456
		Kurtosis		-,929	,887
		Mean		191,4800	4,2435
		95% Confidence Interval for Mean	Lower Bound	182,7219	
			Upper Bound	200,2381	
		5% Trimmed Mean		190,9778	
Pós Impulsão Horizontal	Grupo Controlo	Median		190,0000	
		Variance		450,177	
		Std. Deviation		21,2174	
		Minimum		155,00	
		Maximum		238,00	
		Range		83,00	
		Interquartile Range		27,5000	
		Skewness		-,389	,464
		Kurtosis		-,113	,902
		Mean		156,3462	6,1542
Pós Impulsão Horizontal	Grupo Controlo	95% Confidence Interval for Mean	Lower Bound	143,6714	
			Upper Bound	169,0209	
		5% Trimmed Mean		157,1410	
		Median		170,0000	
		Variance		984,715	
		Std. Deviation		31,3802	
		Minimum		98,00	
		Maximum		202,00	
		Range		104,00	
		Interquartile Range		53,2500	
		Skewness		-,474	,456
		Kurtosis		-,102	,887

#### Tests of Normality

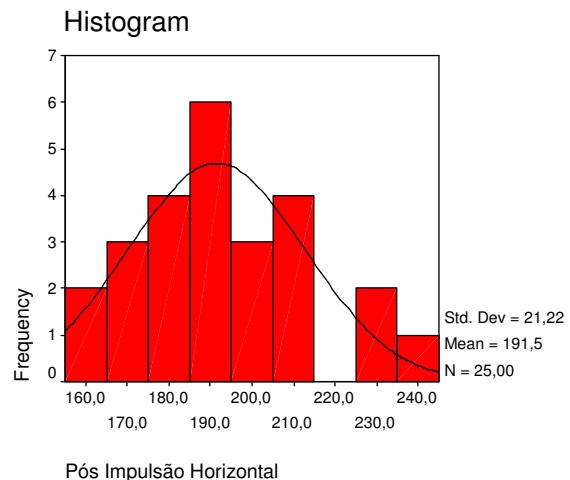
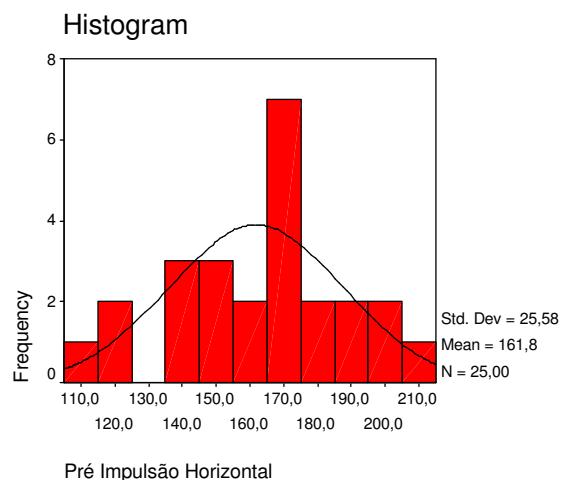
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Impulsão Horizontal	,135	25	,200*	,965	25	,520
	,174	26	,042	,944	26	,243
Pós Impulsão Horizontal	,100	25	,200*	,976	25	,783
	,207	26	,006	,916	26	,043

\*. This is a lower bound of the true significance.

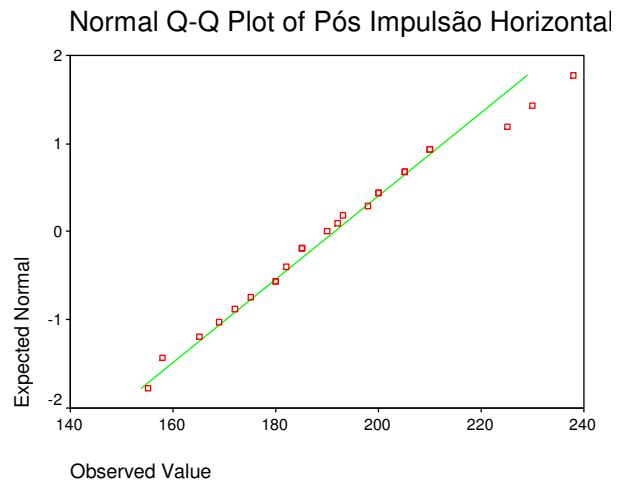
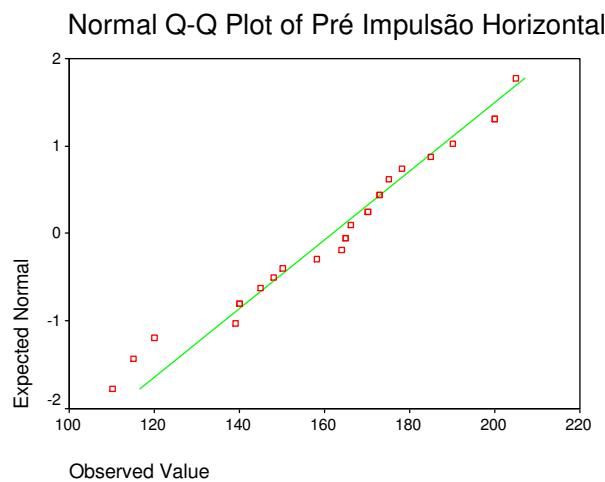
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

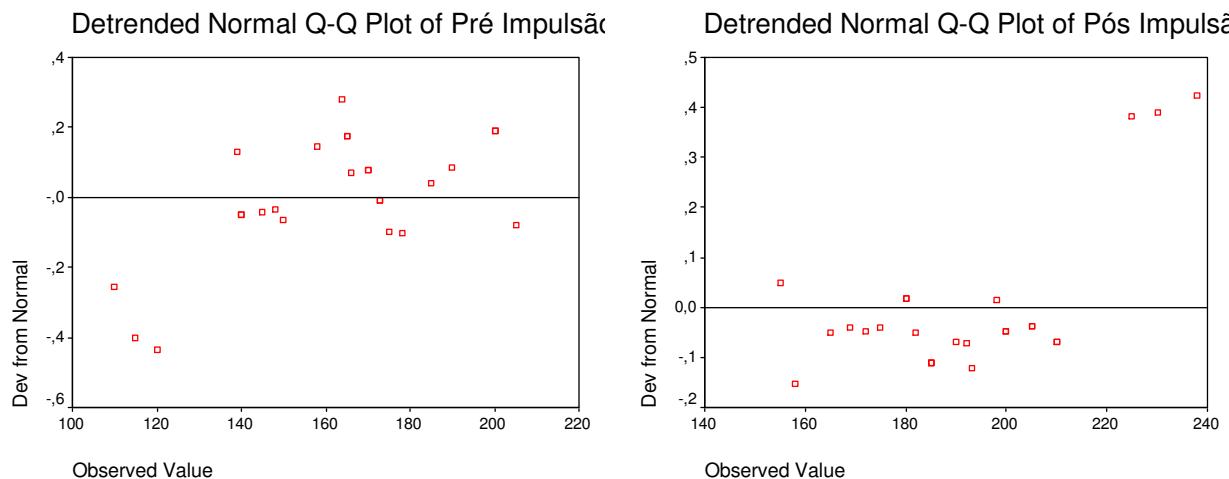
### Histograms



### Normal Q-Q Plots

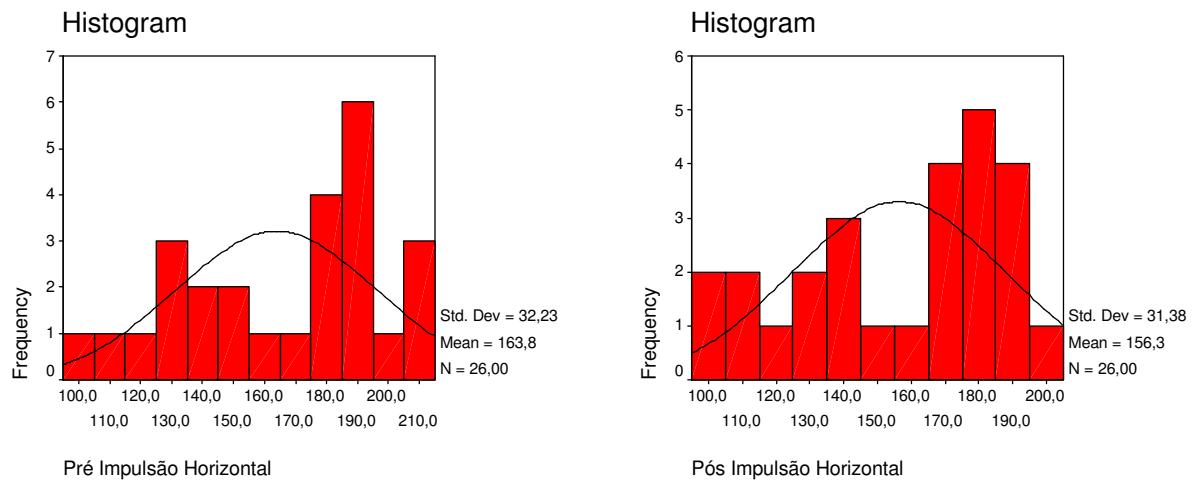


## Detrended Normal Q-Q Plots

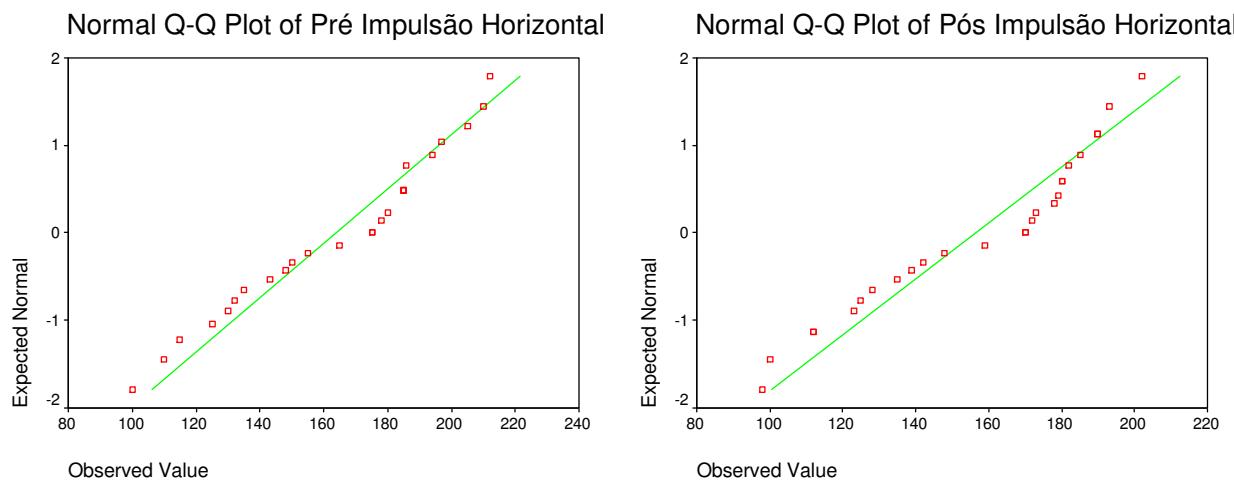


**Grupos = Grupo Controlo**

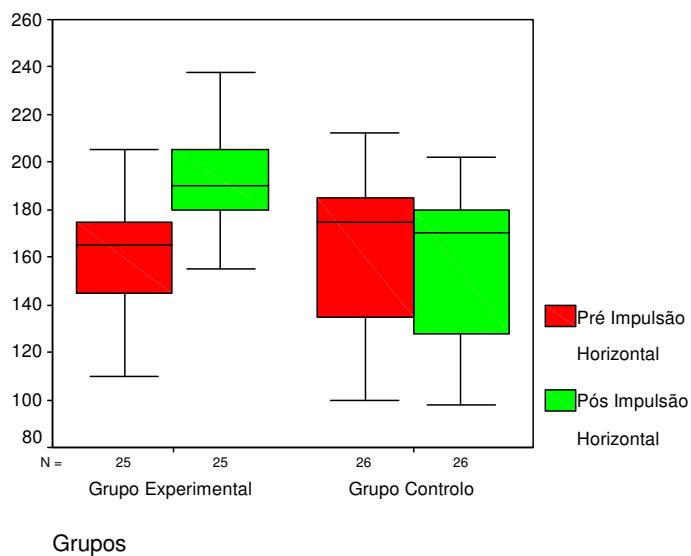
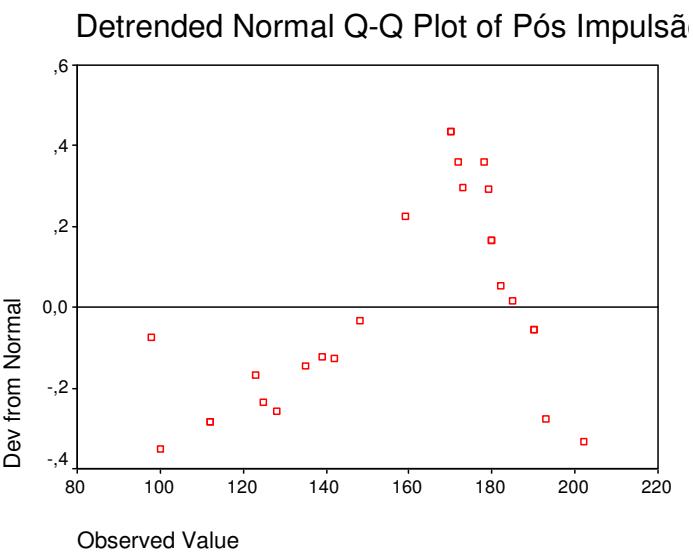
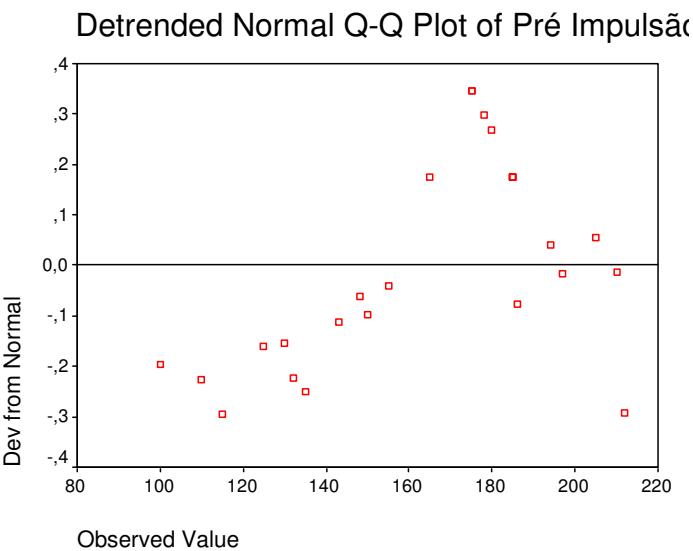
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Provas de Aptidão Motor – IMPULSÃO HORIZONTAL

### Grupo Experimental T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Impulsão Horizontal	Pré-teste	25	161,7600	25,5771	5,1154
	Pós-teste	25	191,4800	21,2174	4,2435

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Impulsão Horizontal	Equal variances assumed	,808	,373	-4,472	48	,000	-29,7200	6,6464	-43,0835	-16,3565
	Equal variances not assumed			-4,472	46,416	,000	-29,7200	6,6464	-43,0953	-16,3447

### Grupo Controlo

#### T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Impulsão Horizontal	Pré-teste	26	163,8462	32,2251	6,3199
	Pós-teste	26	156,3462	31,3802	6,1542

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Impulsão Horizontal	Equal variances assumed	,001	,978	,850	50	,399	7,5000	8,8212	-10,2180	25,2180
	Equal variances not assumed			,850	49,965	,399	7,5000	8,8212	-10,2183	25,2183

### T-Test

**Group Statistics**

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Pré Impulsão Horizontal	Grupo Experimental	25	161,7600	25,5771	5,1154
	Grupo Controlo	26	163,8462	32,2251	6,3199
Pós Impulsão Horizontal	Grupo Experimental	25	191,4800	21,2174	4,2435
	Grupo Controlo	26	156,3462	31,3802	6,1542

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means						95% Confidence Interval of the Difference	
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Impulsão Horizontal	Equal variances assumed	2,975	,091	-,255	49	,799	-2,0862	8,1677	-18,4998	14,3275
	Equal variances not assumed			-,257	47,328	,799	-2,0862	8,1307	-18,4400	14,2677
Pós Impulsão Horizontal	Equal variances assumed	8,389	,006	4,665	49	,000	35,1338	7,5313	19,9992	50,2685
	Equal variances not assumed			4,700	44,051	,000	35,1338	7,4753	20,0688	50,1989

## Análise descritiva dos valores referentes ás Provas de Aptidão Motora – DINAMOMETRIA

### Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Dinamometria	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Dinamometria	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

**Descriptives**

Grupos					Statistic	Std. Error
			Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound
Pré Dinamometria	Grupo Experimental	Mean	47,6154		1,9620	
		95% Confidence Interval for Mean	43,5746			
		Lower Bound	51,6562			
		Upper Bound				
		5% Trimmed Mean	48,2265			
		Median	50,5000			
		Variance	100,086			
		Std. Deviation	10,0043			
		Minimum	24,00			
		Maximum	60,00			
		Range	36,00			
		Interquartile Range	15,5000			
		Skewness	-,914		,456	
		Kurtosis	,116		,887	
Pré Dinamometria	Grupo Controlo	Mean	47,5000		2,5129	
		95% Confidence Interval for Mean	42,3246			
		Lower Bound	52,6754			
		Upper Bound				
		5% Trimmed Mean	47,2436			
		Median	47,0000			
		Variance	164,180			
		Std. Deviation	12,8133			
		Minimum	24,00			
		Maximum	77,00			
		Range	53,00			
		Interquartile Range	20,5000			
		Skewness	,268		,456	
		Kurtosis	-,239		,887	
Pós Dinamometria	Grupo Experimental	Mean	53,3462		2,1462	
		95% Confidence Interval for Mean	48,9261			
		Lower Bound	57,7662			
		Upper Bound				
		5% Trimmed Mean	53,7863			
		Median	56,0000			
		Variance	119,755			
		Std. Deviation	10,9433			
		Minimum	29,00			
		Maximum	70,00			
		Range	41,00			
		Interquartile Range	17,0000			
		Skewness	-,668		,456	
		Kurtosis	-,282		,887	
Pós Dinamometria	Grupo Controlo	Mean	45,5000		2,3575	
		95% Confidence Interval for Mean	40,6447			
		Lower Bound	50,3553			
		Upper Bound				
		5% Trimmed Mean	45,3205			
		Median	46,5000			
		Variance	144,500			
		Std. Deviation	12,0208			
		Minimum	24,00			
		Maximum	70,00			
		Range	46,00			
		Interquartile Range	18,0000			
		Skewness	,164		,456	
		Kurtosis	-,617		,887	

### Tests of Normality

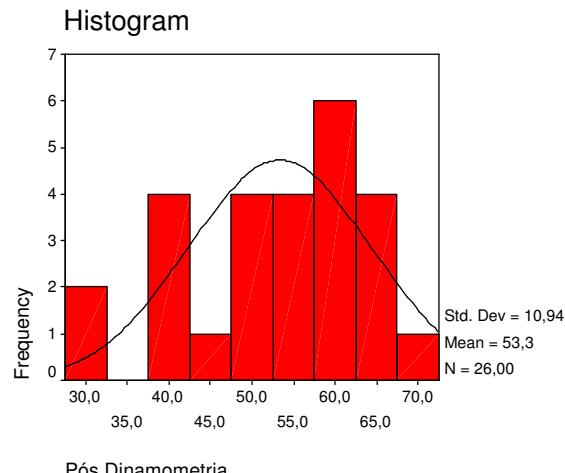
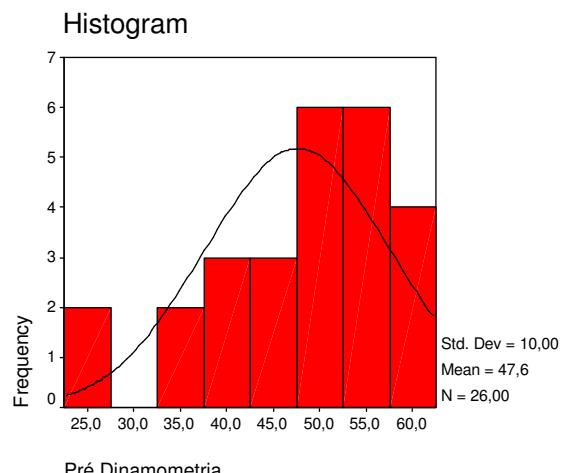
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Dinamometria	1,133	26	,200*	,910	26	,032
	,092	26	,200*	,987	26	,968
Pós Dinamometria	,131	26	,200*	,944	26	,237
	,078	26	,200*	,980	26	,848

\*. This is a lower bound of the true significance.

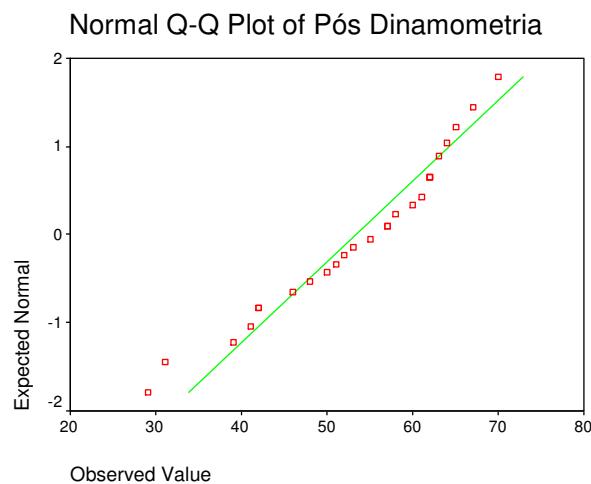
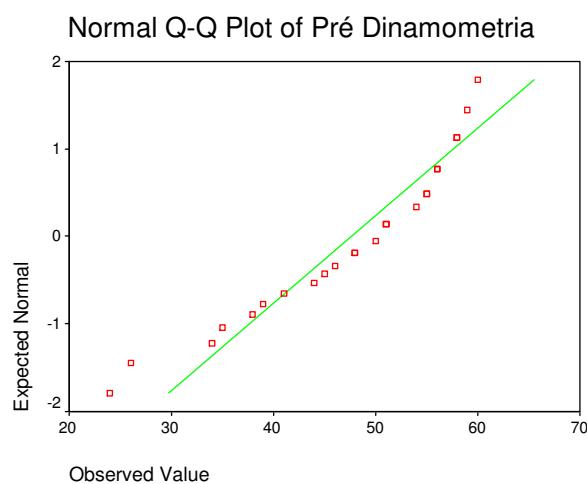
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

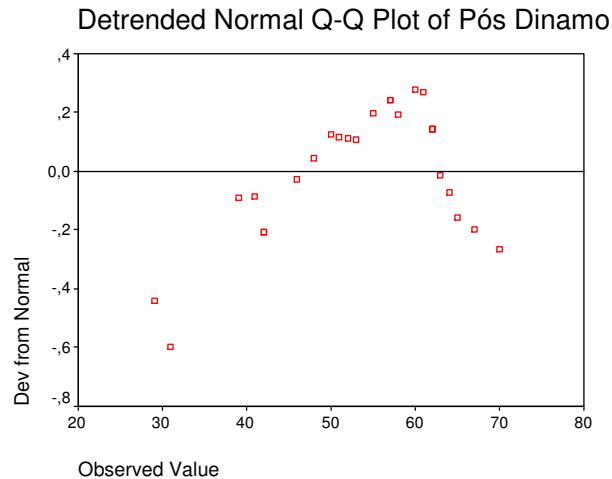
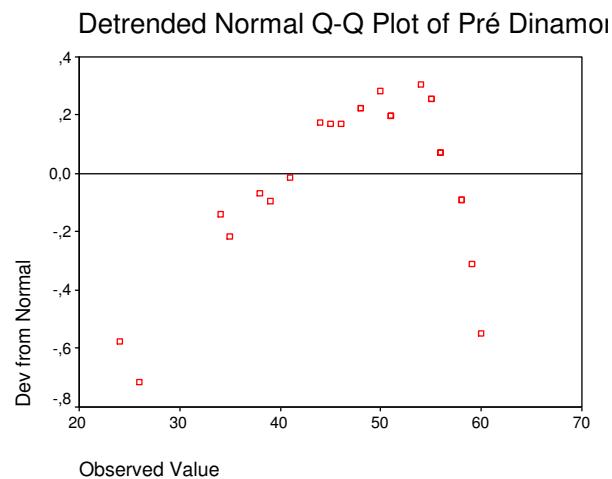
### Histograms



### Normal Q-Q Plots

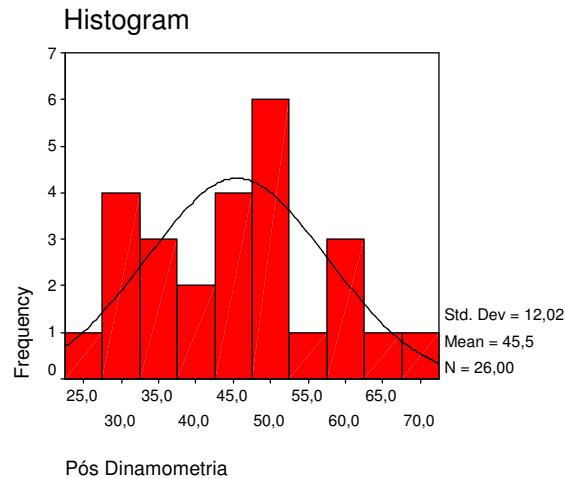
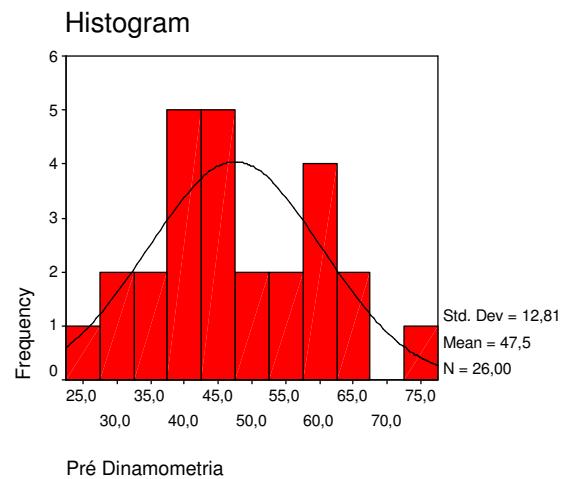


## Detrended Normal Q-Q Plots

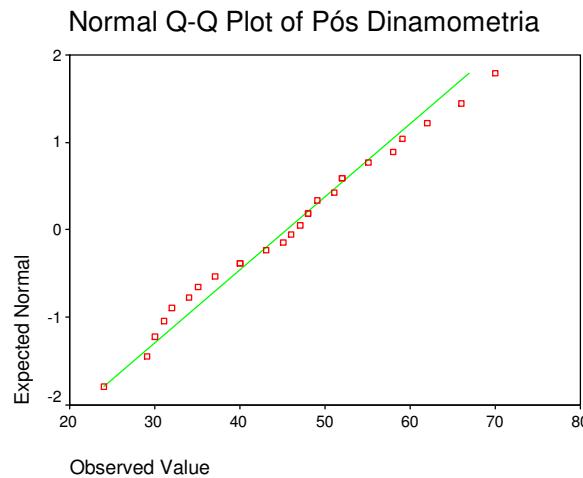
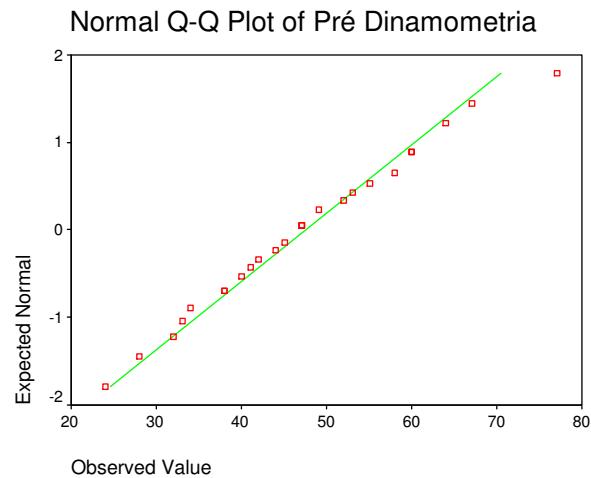


## Grupos = Grupo Controlo

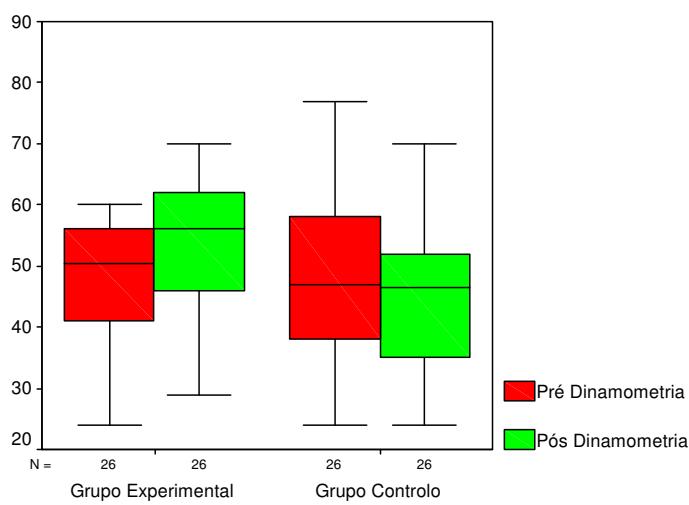
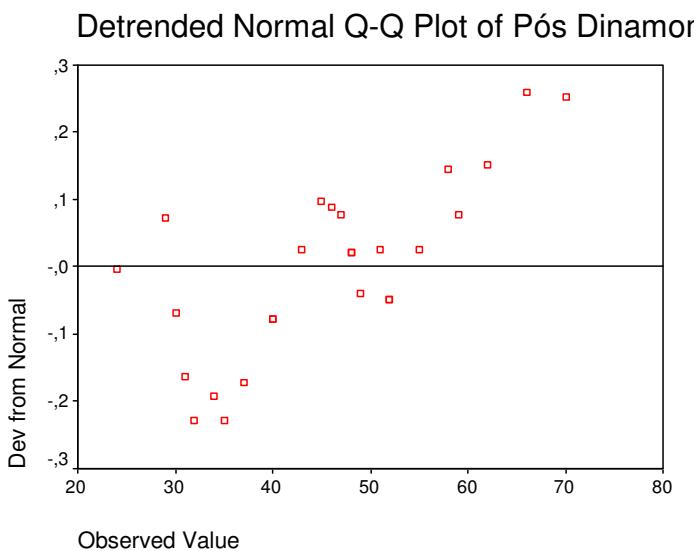
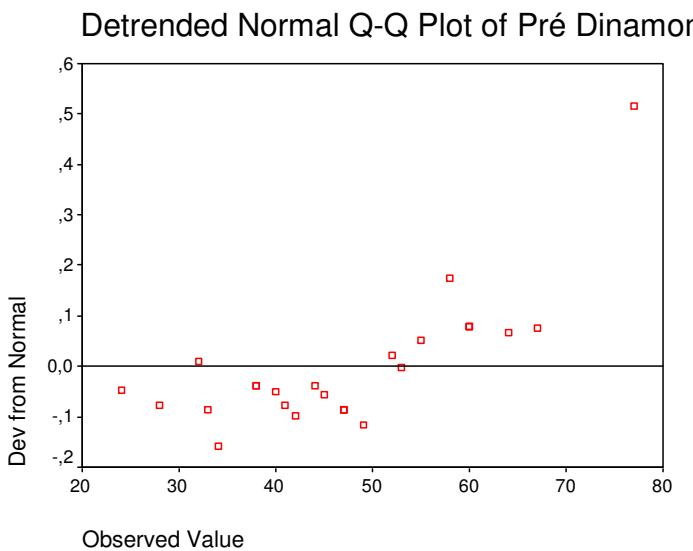
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes ás Provas de Aptidão Motor – DINAMOMETRIA

### Grupo Experimental T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Dinamometria	Pré-teste	26	47,6154	10,0043	1,9620
	Pós-teste	26	53,3462	10,9433	2,1462

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
								Lower	Upper	
Dinamometria	,316	,576	-1,971	50	,054	-5,7308	2,9078	-11,5713	,1098	
			-1,971	49,603	,054	-5,7308	2,9078	-11,5725	,1109	

### Grupo Controlo T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Dinamometria	Pré-teste	26	47,5000	12,8133	2,5129
	Pós-teste	26	45,5000	12,0208	2,3575

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
								Lower	Upper	
Dinamometria	,063	,803	,580	50	,564	2,0000	3,4456	-4,9207	8,9207	
			,580	49,798	,564	2,0000	3,4456	-4,9214	8,9214	

### T-Test

**Group Statistics**

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Pré Dinamometria	Grupo Experimental	26	47,6154	10,0043	1,9620
	Grupo Controlo	26	47,5000	12,8133	2,5129
Pós Dinamometria	Grupo Experimental	26	53,3462	10,9433	2,1462
	Grupo Controlo	26	45,5000	12,0208	2,3575

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
								Lower	Upper	
Pré Dinamometria	,1,382	,245	,036	50	,971	,1154	3,1881	-6,2881	6,5189	
			,036	47,222	,971	,1154	3,1881	-6,2975	6,5282	
Pós Dinamometria	Equal variances assumed	,179	,674	2,461	,017	7,8462	3,1881	1,4428	14,2495	
	Equal variances not assumed			2,461	,017	7,8462	3,1881	1,4414	14,2509	

## Análise descritiva dos valores referentes ás Provas de Aptidão Motor – ABDOMINAL (com outliers) Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Abdominal	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Abdominal	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos			Statistic	Std. Error
Pré Abdominal	Grupo Experimental	Mean	19,3846	1,1219
		95% Confidence Interval for Mean	Lower Bound	17,0740
			Upper Bound	21,6952
		5% Trimmed Mean	19,7650	
		Median	21,0000	
		Variance	32,726	
		Std. Deviation	5,7207	
		Minimum	3,00	
		Maximum	28,00	
		Range	25,00	
		Interquartile Range	7,5000	
		Skewness	-1,104	,456
		Kurtosis	1,272	,887
		Mean	17,8846	1,1015
Pós Abdominal	Grupo Controlo	95% Confidence Interval for Mean	Lower Bound	15,6160
			Upper Bound	20,1532
		5% Trimmed Mean	18,3162	
		Median	19,0000	
		Variance	31,546	
		Std. Deviation	5,6166	
		Minimum	3,00	
		Maximum	25,00	
		Range	22,00	
		Interquartile Range	7,2500	
		Skewness	-1,278	,456
		Kurtosis	1,575	,887
		Mean	26,9615	,8105
Pós Abdominal	Grupo Experimental	95% Confidence Interval for Mean	Lower Bound	25,2923
			Upper Bound	28,6307
		5% Trimmed Mean	27,0598	
		Median	27,0000	
		Variance	17,078	
		Std. Deviation	4,1326	
		Minimum	17,00	
		Maximum	34,00	
		Range	17,00	
		Interquartile Range	5,7500	
		Skewness	-,180	,456
		Kurtosis	-,068	,887
		Mean	17,0385	,9421
Pós Abdominal	Grupo Controlo	95% Confidence Interval for Mean	Lower Bound	15,0981
			Upper Bound	18,9788
		5% Trimmed Mean	17,4487	
		Median	18,0000	
		Variance	23,078	
		Std. Deviation	4,8040	
		Minimum	4,00	
		Maximum	22,00	
		Range	18,00	
		Interquartile Range	6,2500	
		Skewness	-,1,191	,456
		Kurtosis	1,054	,887

### Tests of Normality

Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Abdominal	,197	26	,011	,916	26	,043
	,168	26	,057	,885	26	,010**
Pós Abdominal	,099	26	,200*	,968	26	,580
	,151	26	,132	,877	26	,010**

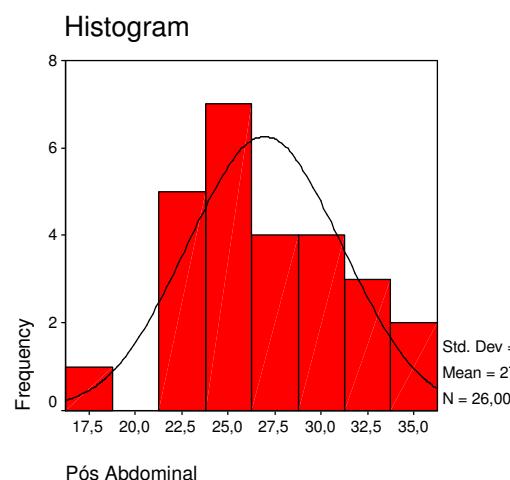
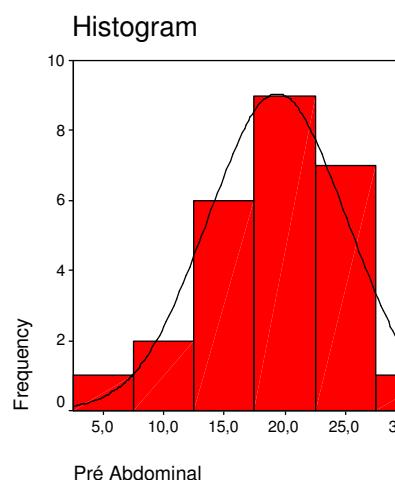
\*\*. This is an upper bound of the true significance.

\*. This is a lower bound of the true significance.

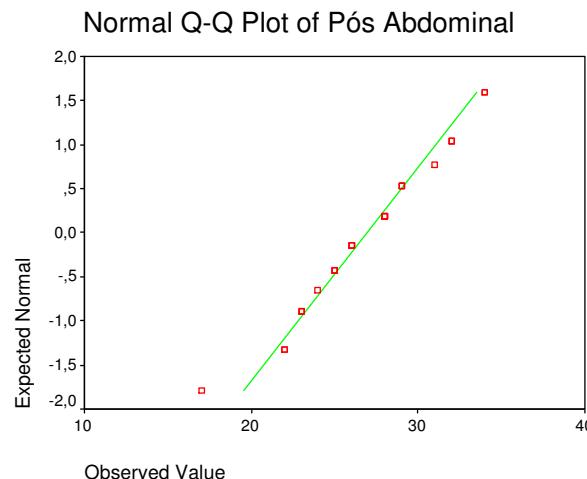
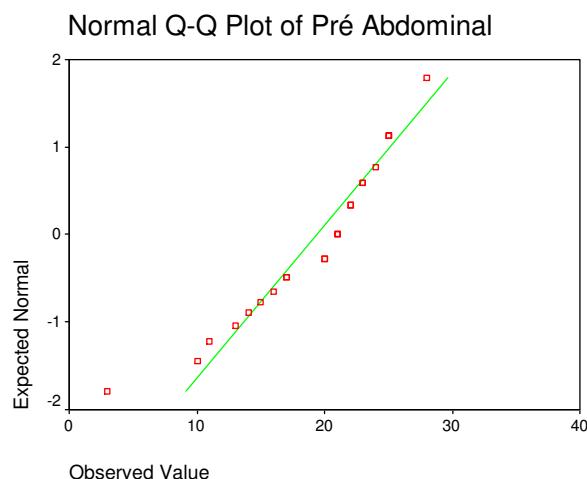
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

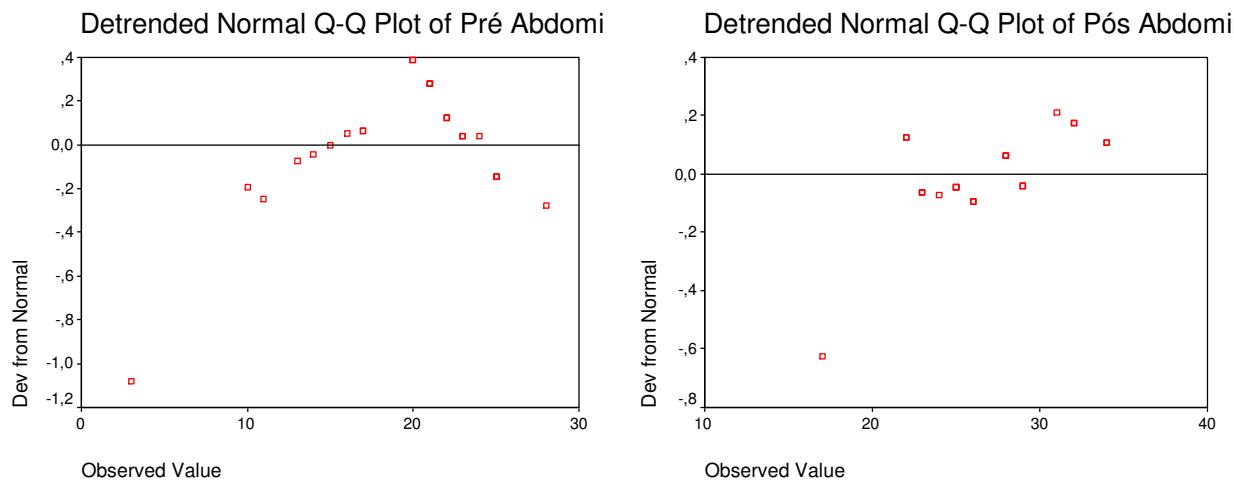
#### Histograms



#### Normal Q-Q Plots

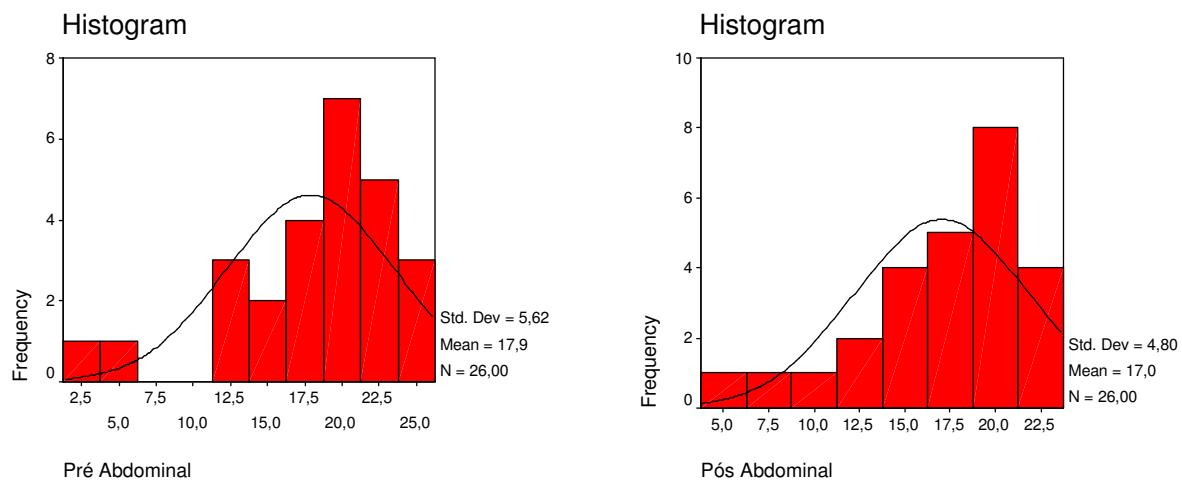


## Detrended Normal Q-Q Plots

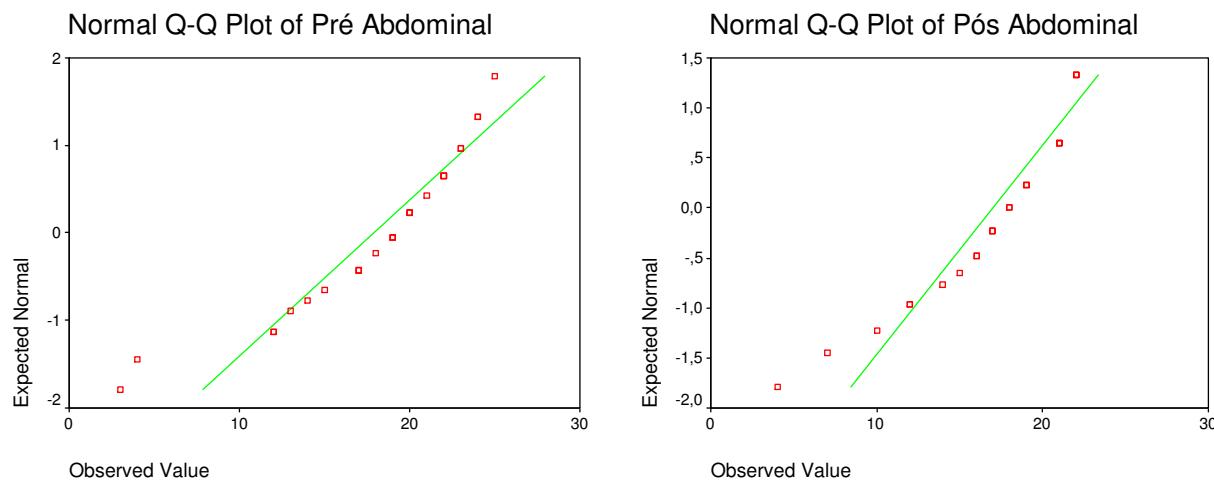


**Grupos = Grupo Controlo**

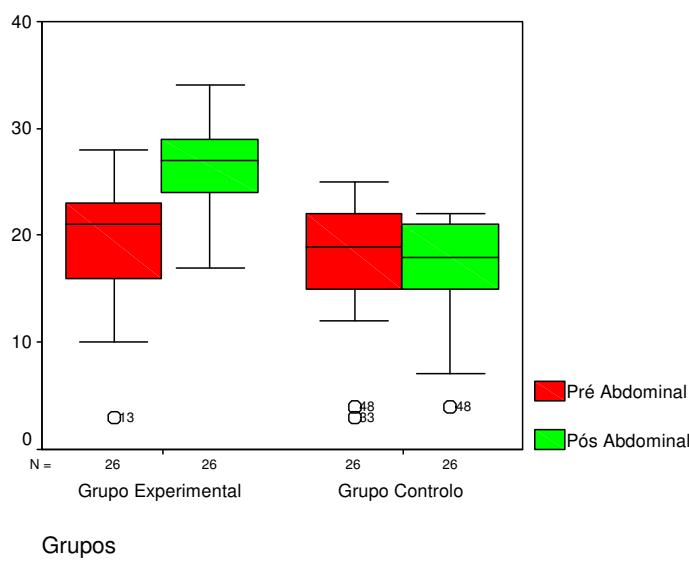
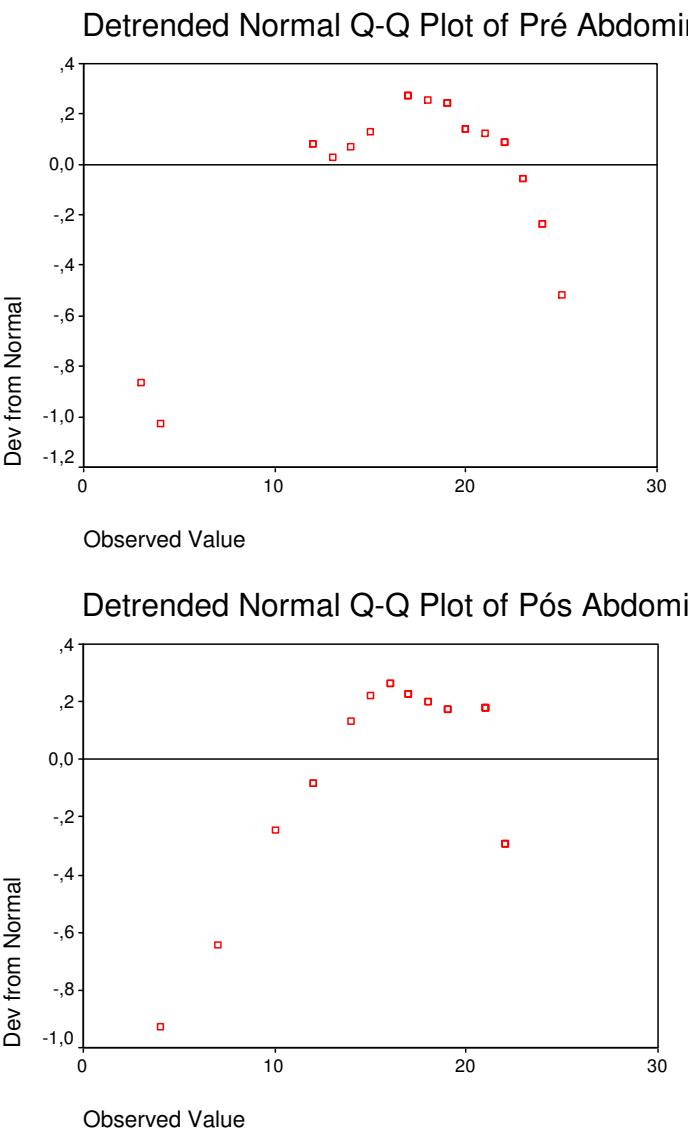
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes ás Provas de Aptidão Motora – ABDOMINAL (sem outliers)

### Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Abdominal	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	23	100,0%	0	,0%	23	100,0%
Pós Abdominal	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	23	100,0%	0	,0%	23	100,0%

**Descriptives**

	Grupos					Statistic	Std. Error
		Pré Abdominal	Grupo Experimental	Mean	Lower Bound		
Pré Abdominal	Grupo Experimental	95% Confidence Interval for Mean		18,0839		20,0400	,9478
				21,9961			
		5% Trimmed Mean		20,1778			
		Median		21,0000			
		Variance		22,457			
		Std. Deviation		4,7388			
		Minimum		10,00			
	Grupo Controlo	Maximum		28,00			
		Range		18,00			
		Interquartile Range		7,0000			
		Skewness		-,612		,464	
		Kurtosis		-,380		,902	
		Mean		19,3913		,7537	
		95% Confidence Interval for Mean		17,8281			
Pós Abdominal	Grupo Experimental			20,9545			
		5% Trimmed Mean		19,4903			
		Median		20,0000			
		Variance		13,067			
		Std. Deviation		3,6149			
		Minimum		12,00			
		Maximum		25,00			
	Grupo Controlo	Range		13,00			
		Interquartile Range		5,0000			
		Skewness		-,449		,481	
		Kurtosis		-,536		,935	
		Mean		27,3600		,7346	
		95% Confidence Interval for Mean		25,8439			
				28,8761			
	Grupo Experimental	5% Trimmed Mean		27,2889			
		Median		28,0000			
		Variance		13,490			
		Std. Deviation		3,6729			
		Minimum		22,00			
		Maximum		34,00			
		Range		12,00			
	Grupo Controlo	Interquartile Range		5,5000			
		Skewness		,280		,464	
		Kurtosis		-,932		,902	
		Mean		18,1739		,7268	
		95% Confidence Interval for Mean		16,6666			
				19,6812			
		5% Trimmed Mean		18,4010			

### Tests of Normality

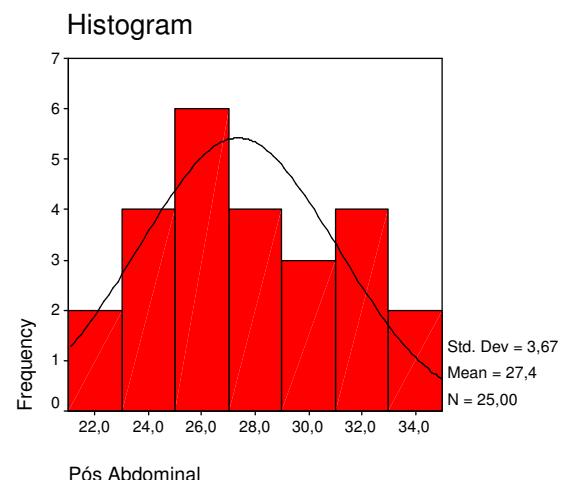
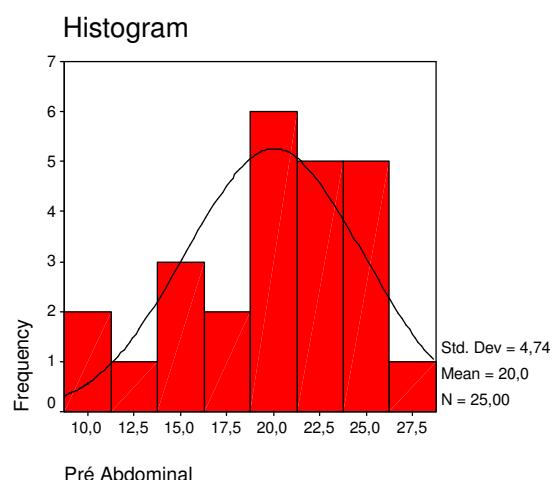
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Abdominal	,180	25	,035	,940	25	,204
	,113	23	,200*	,960	23	,478
Pós Abdominal	,124	25	,200*	,943	25	,241
	,183	23	,045	,896	23	,021

\*. This is a lower bound of the true significance.

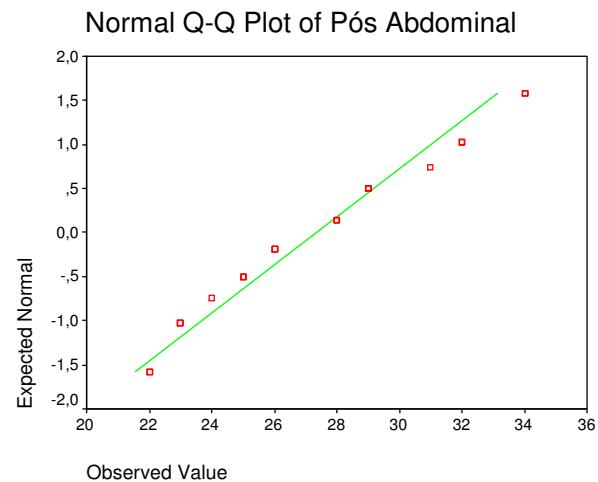
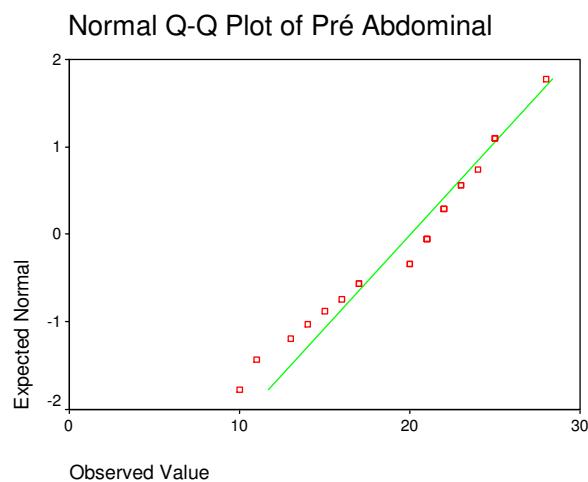
a. Lilliefors Significance Correction

### Grupos = Grupo Experimental

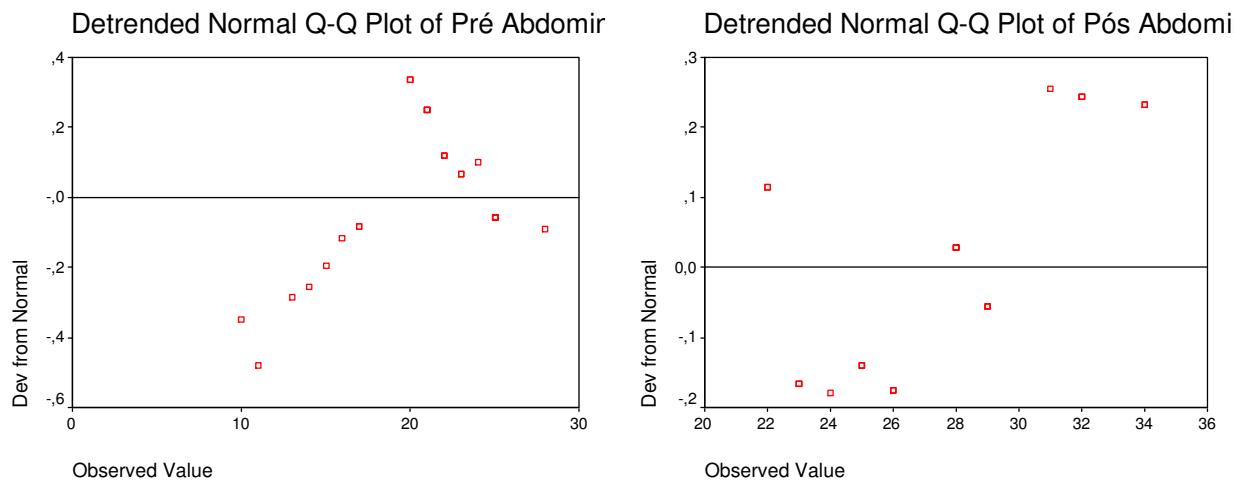
### Histograms



### Normal Q-Q Plots

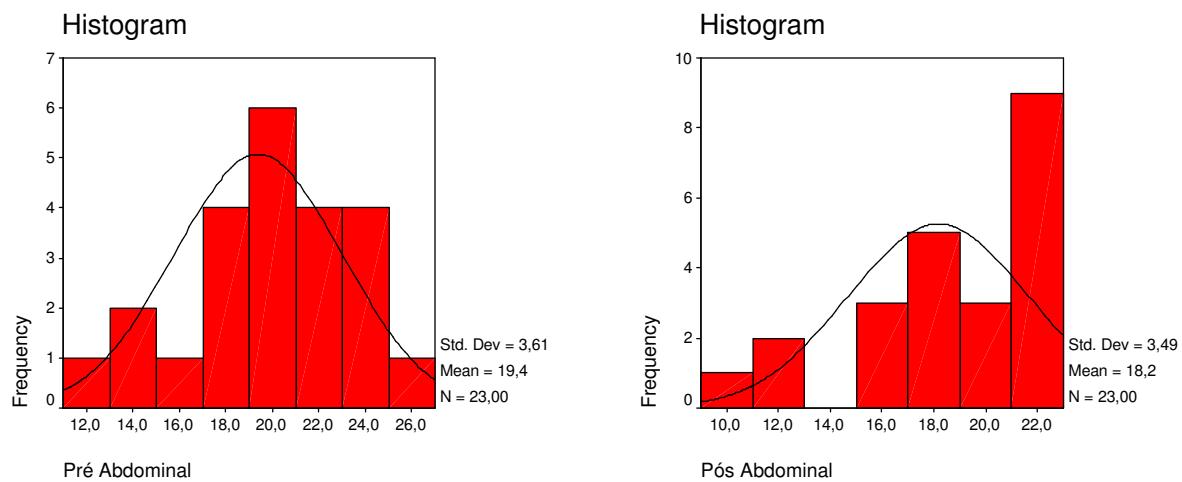


## Detrended Normal Q-Q Plots

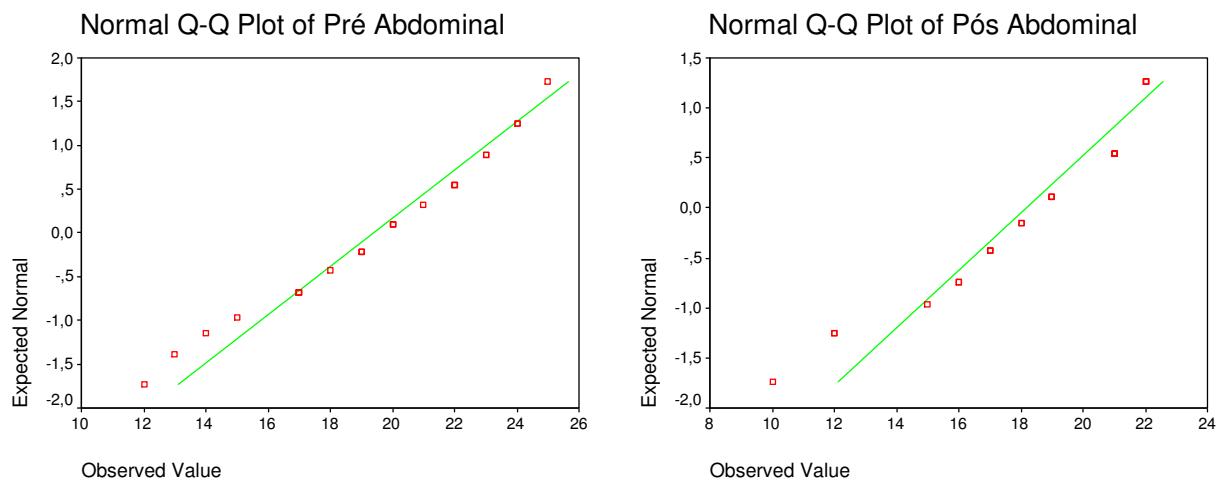


**Grupos = Grupo Controlo**

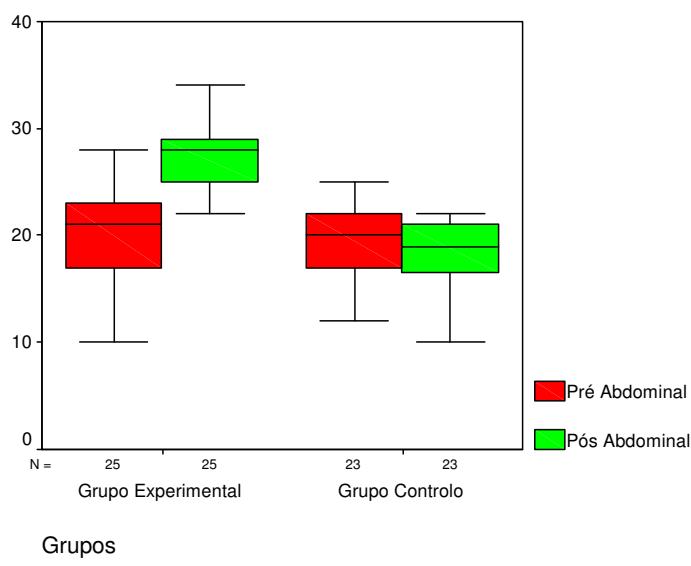
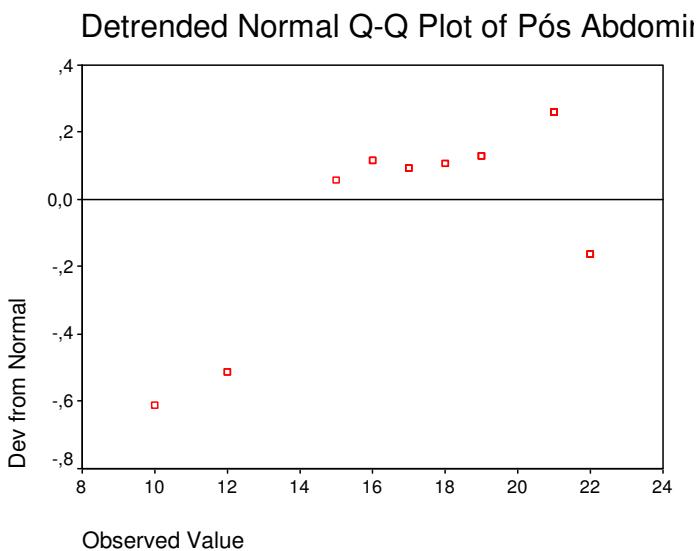
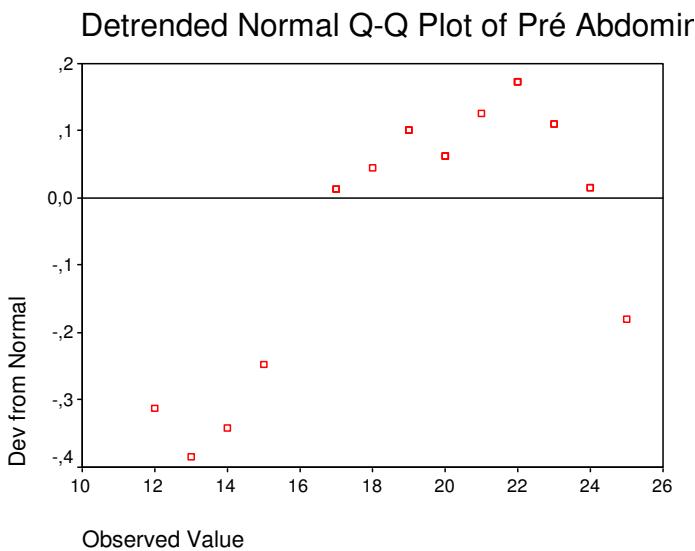
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Provas de Aptidão Motoras – ABDOMINAL

### Grupo Experimental T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Abdominal	Pré-teste	25	20,0400	4,7388	,9478
	Pós-teste	25	27,3600	3,6729	,7346

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Abdominal	Equal variances assumed	1,180	,283	-6,105	.48	,000	-7,3200	1,1991	-9,7310	-4,9090
Abdominal	Equal variances not assumed			-6,105	45,188	,000	-7,3200	1,1991	-9,7349	-4,9051

### Grupo Controlo T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Abdominal	Pré-teste	23	19,3913	3,6149	,7537
	Pós-teste	23	18,1739	3,4857	,7268

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Abdominal	Equal variances assumed	,040	,842	1,163	.44	,251	1,2174	1,0471	-,8929	3,3277
Abdominal	Equal variances not assumed			1,163	43,942	,251	1,2174	1,0471	-,8930	3,3278

### T-Test

**Group Statistics**

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Pré Abdominal	Grupo Experimental	25	20,0400	4,7388	,9478
	Grupo Controlo	23	19,3913	3,6149	,7537
Pós Abdominal	Grupo Experimental	25	27,3600	3,6729	,7346
	Grupo Controlo	23	18,1739	3,4857	,7268

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Abdominal	Equal variances assumed	1,614	,210	,530	.46	,599	,6487	1,2247	-,8164	3,1138
Pré Abdominal	Equal variances not assumed			,536	44,528	,595	,6487	1,2110	-,7910	3,0884
Pós Abdominal	Equal variances assumed	,260	,613	8,870	.46	,000	9,1861	1,0357	7,1014	11,2708
Pós Abdominal	Equal variances not assumed			8,889	45,950	,000	9,1861	1,0334	7,1059	11,2662

## Análise descritiva dos valores referentes às Provas de Aptidão Motora – SUSPENSÃO (com outliers)

### Explore

**Case Processing Summary**

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Pré Suspensão	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Pós Suspensão	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

**Descriptives**

Grupos				Statistic	Std. Error
Pré Suspensão	Grupo Experimental	Mean		172,7650	23,2062
		95% Confidence Interval for Mean	Lower Bound	124,9709	
			Upper Bound	220,5591	
		5% Trimmed Mean		170,7432	
		Median		163,0000	
		Variance		14001,742	
		Std. Deviation		118,3290	
		Minimum		1,00	
		Maximum		389,00	
		Range		388,00	
		Interquartile Range		191,2500	
		Skewness		-,023	,456
		Kurtosis		-,950	,887
		Mean		135,4638	26,6593
Pós Suspensão	Grupo Experimental	95% Confidence Interval for Mean	Lower Bound	80,5579	
			Upper Bound	190,3698	
		5% Trimmed Mean		124,1650	
		Median		110,5000	
		Variance		18478,709	
		Std. Deviation		135,9364	
		Minimum		,00	
		Maximum		517,00	
		Range		517,00	
		Interquartile Range		224,4050	
		Skewness		,945	,456
		Kurtosis		,717	,887
		Mean		307,8100	29,9595
Pós Suspensão	Grupo Controlo	95% Confidence Interval for Mean	Lower Bound	246,1073	
			Upper Bound	369,5127	
		5% Trimmed Mean		310,3248	
		Median		307,5000	
		Variance		23336,860	
		Std. Deviation		152,7641	
		Minimum		20,06	
		Maximum		545,00	
		Range		524,94	
		Interquartile Range		284,0000	
		Skewness		-,075	,456
		Kurtosis		-,990	,887
		Mean		72,7185	21,3858
Pós Suspensão	Grupo Controlo	95% Confidence Interval for Mean	Lower Bound	28,6736	
			Upper Bound	116,7633	
		5% Trimmed Mean		58,2855	
		Median		9,2500	
		Variance		11891,155	
		Std. Deviation		109,0466	
		Minimum		,00	
		Maximum		462,00	
		Range		462,00	
		Interquartile Range		129,5000	
		Skewness		2,059	,456
		Kurtosis		5,337	,887

### Tests of Normality

Grupos		Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Pré Suspensão	Grupo Experimental	,140	26	,200*	,938	26	,159
	Grupo Controlo	,207	26	,005	,875	26	,010**
Pós Suspensão	Grupo Experimental	,117	26	,200*	,957	26	,406
	Grupo Controlo	,333	26	,000	,704	26	,010**

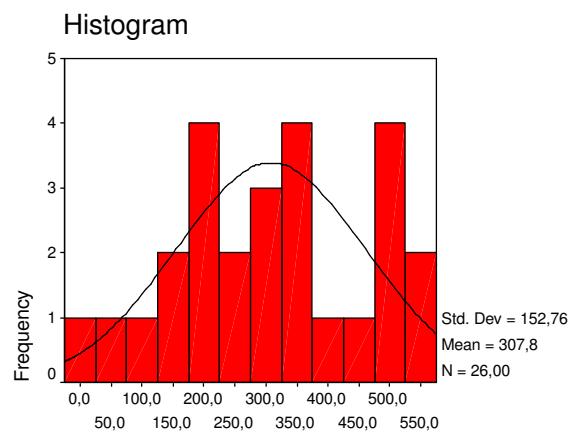
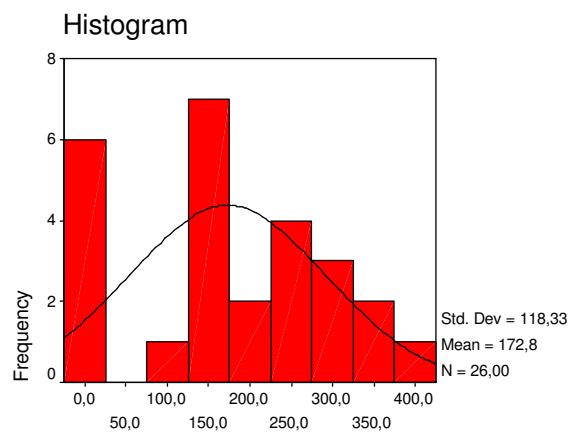
\*. This is a lower bound of the true significance.

\*\*. This is an upper bound of the true significance.

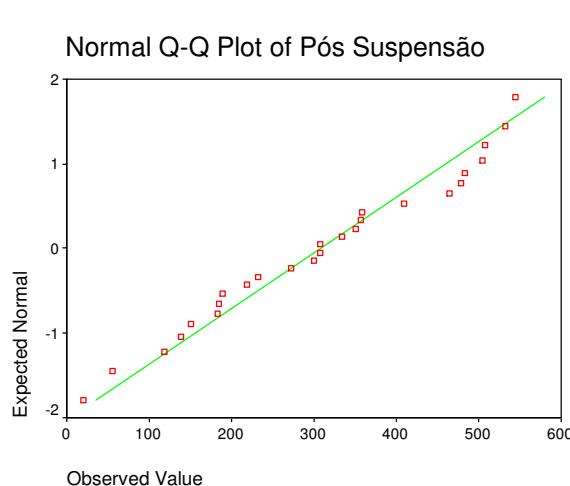
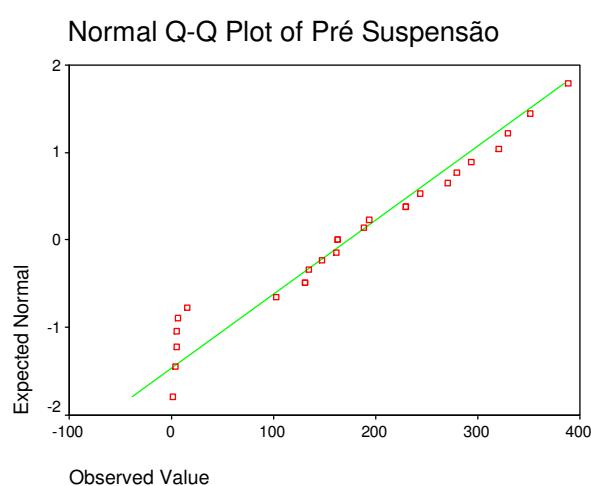
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

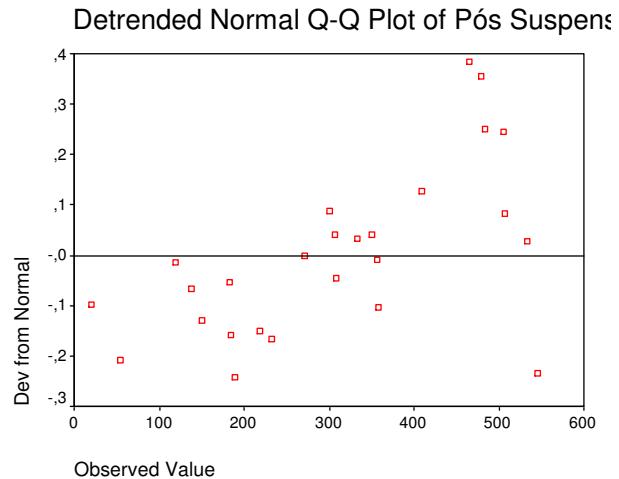
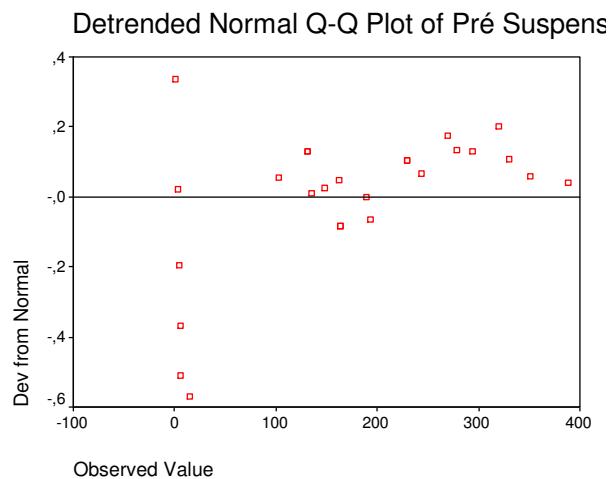
### Histograms



### Normal Q-Q Plots

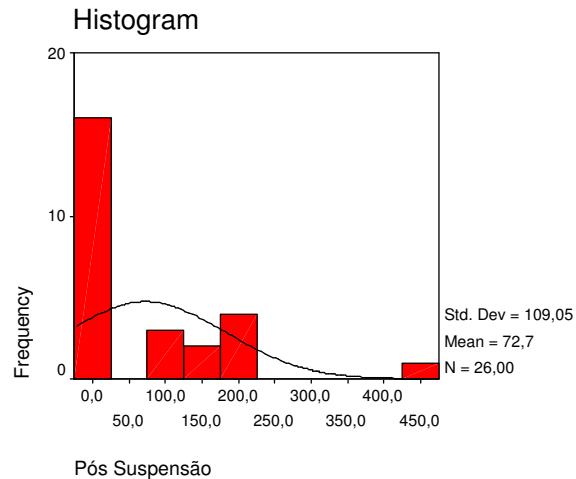
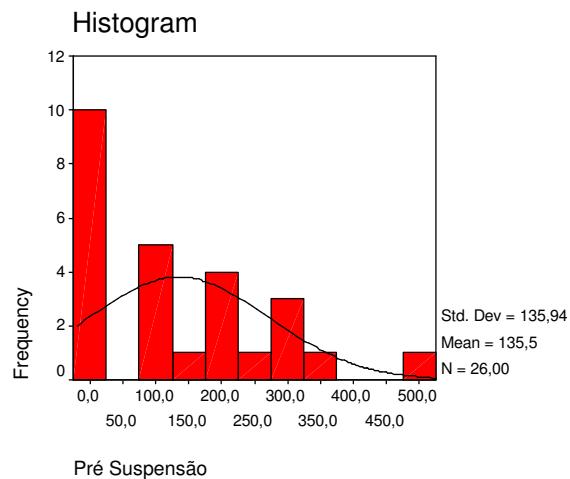


## Detrended Normal Q-Q Plots

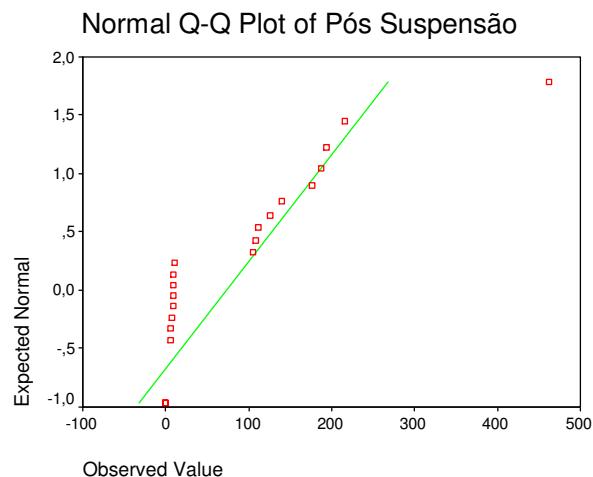
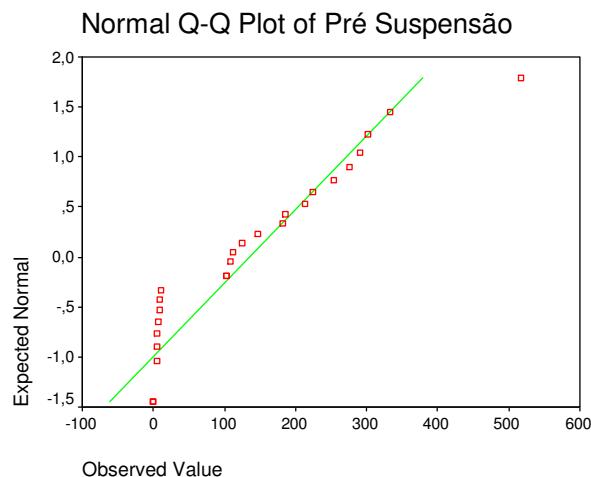


## Grupos = Grupo Controlo

### Histograms

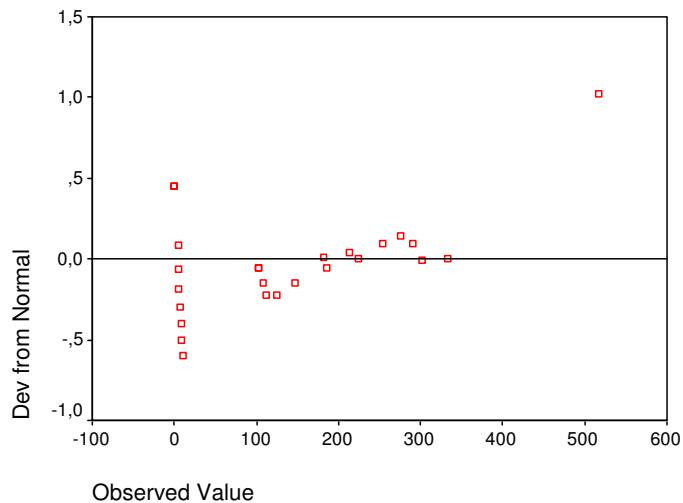


### Normal Q-Q Plots

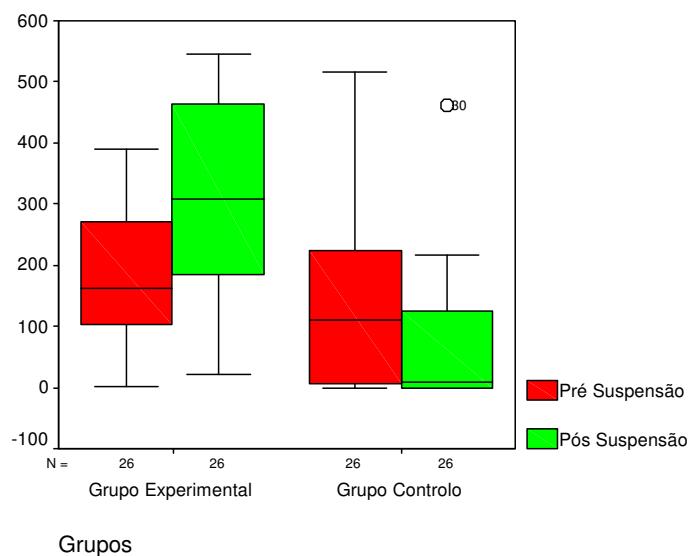
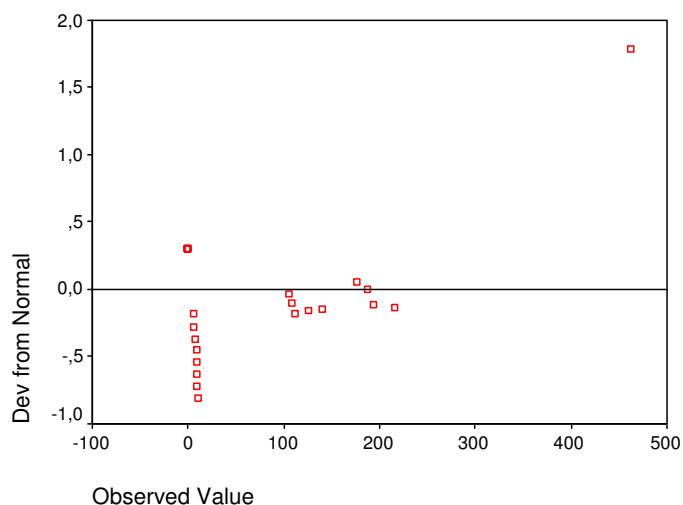


## Detrended Normal Q-Q Plots

Detrended Normal Q-Q Plot of Pré Suspensão



Detrended Normal Q-Q Plot of Pós Suspensão



## Análise descritiva dos valores referentes às Provas de Aptidão Motora – SUSPENSÃO (sem outliers)

### Explore

#### Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Pré Suspensão	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%
Pós Suspensão	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%

#### Descriptives

Grupos				Statistic	Std. Error
Pré Suspensão	Grupo Experimental	Mean		172,7650	23,2062
		95% Confidence Interval for Mean	Lower Bound	124,9709	
			Upper Bound	220,5591	
		5% Trimmed Mean		170,7432	
		Median		163,0000	
		Variance		14001,742	
		Std. Deviation		118,3290	
		Minimum		1,00	
		Maximum		389,00	
		Range		388,00	
	Grupo Controlo	Interquartile Range		191,2500	
		Skewness		-,023	,456
		Kurtosis		-,950	,887
		Mean		120,2024	22,7514
Pós Suspensão	Grupo Experimental	95% Confidence Interval for Mean	Lower Bound	73,2459	
			Upper Bound	167,1589	
		5% Trimmed Mean		115,4582	
		Median		109,0000	
		Variance		12940,629	
		Std. Deviation		113,7569	
		Minimum		,00	
		Maximum		332,00	
		Range		332,00	
		Interquartile Range		212,5200	
	Grupo Controlo	Skewness		,416	,464
		Kurtosis		-1,236	,902
		Mean		307,8100	29,9595
		95% Confidence Interval for Mean	Lower Bound	246,1073	
			Upper Bound	369,5127	
	Grupo Controlo	5% Trimmed Mean		310,3248	
		Median		307,5000	
		Variance		23336,860	
		Std. Deviation		152,7641	
		Minimum		20,06	
		Maximum		545,00	
		Range		524,94	
		Interquartile Range		284,0000	
		Skewness		-,075	,456
		Kurtosis		-,990	,887
		Mean		57,1472	15,2576
		95% Confidence Interval for Mean	Lower Bound	25,6570	
			Upper Bound	88,6374	

### Tests of Normality

Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Pré Suspensão	,140	26	,200*	,938	26	,159
	,234	25	,001	,870	25	,010**
Pós Suspensão	,117	26	,200*	,957	26	,406
	,372	25	,000	,733	25	,010**

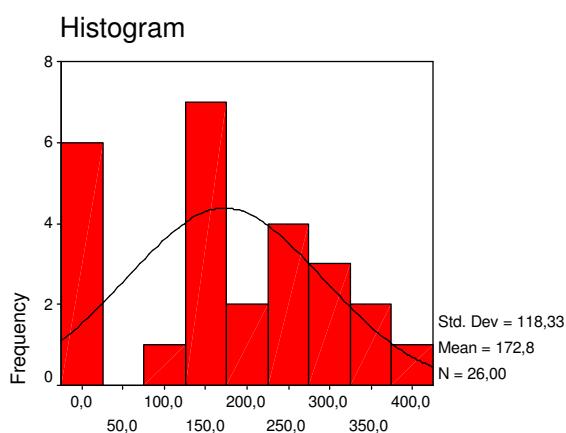
\*. This is a lower bound of the true significance.

\*\*. This is an upper bound of the true significance.

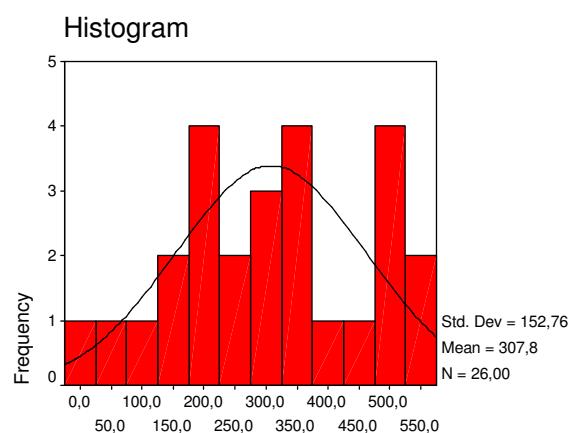
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

### Histograms

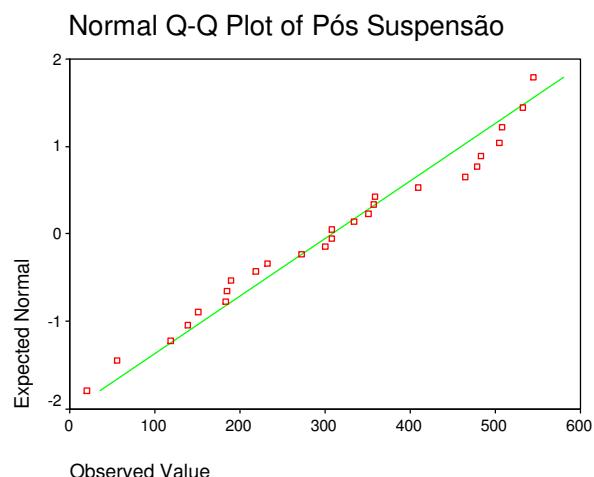
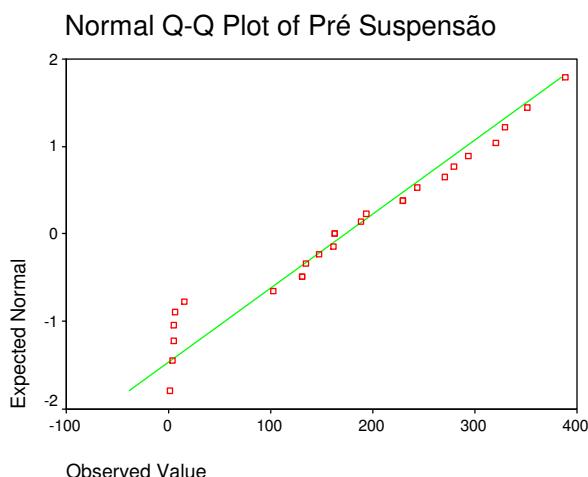


Pré Suspensão

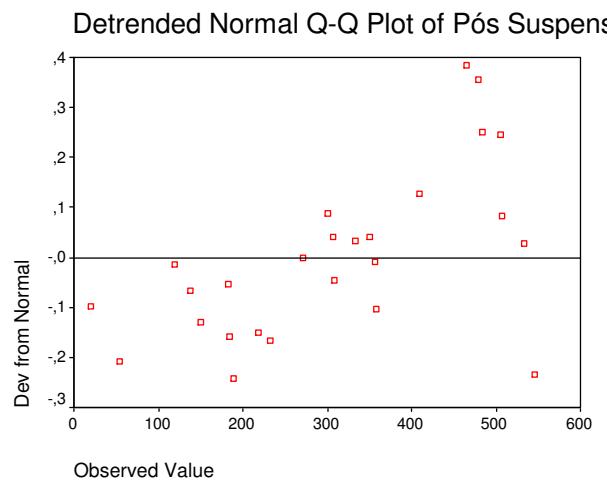
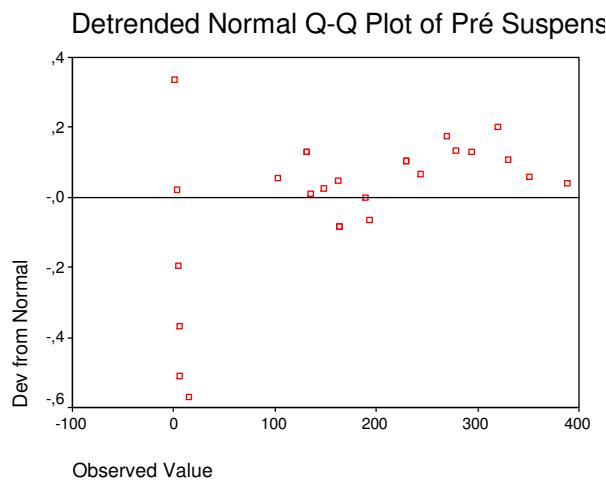


Pós Suspensão

### Normal Q-Q Plots

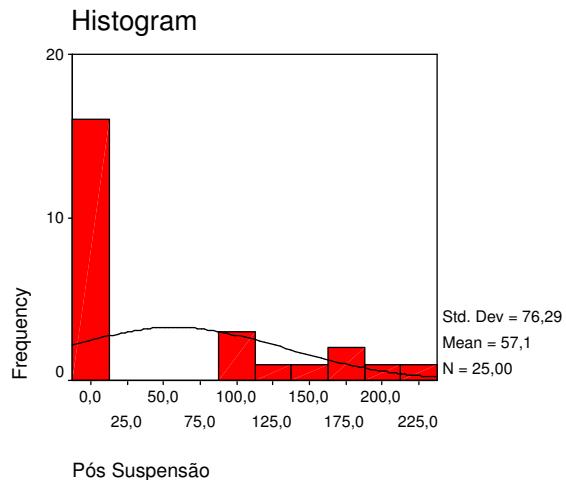
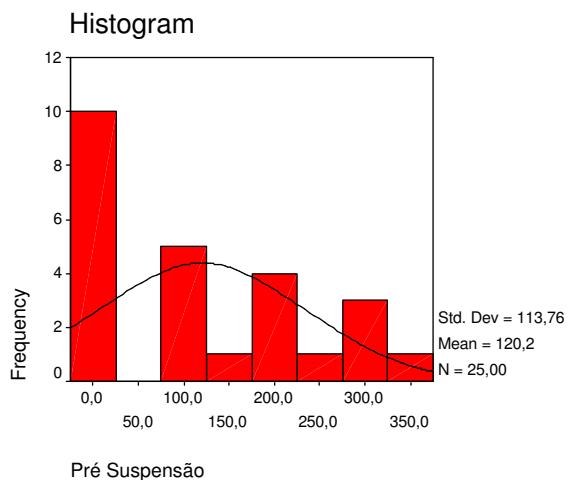


## Detrended Normal Q-Q Plots

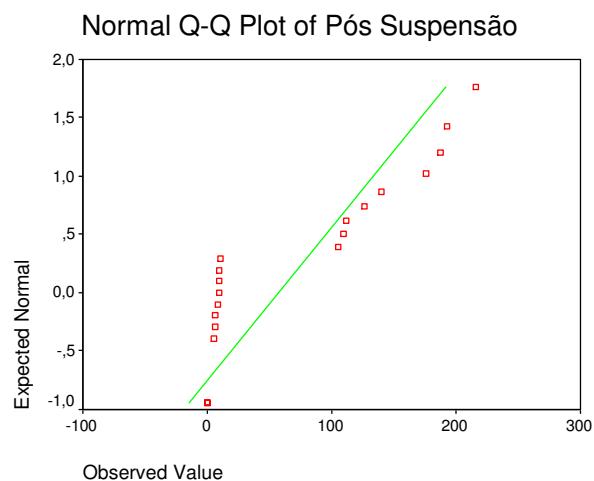
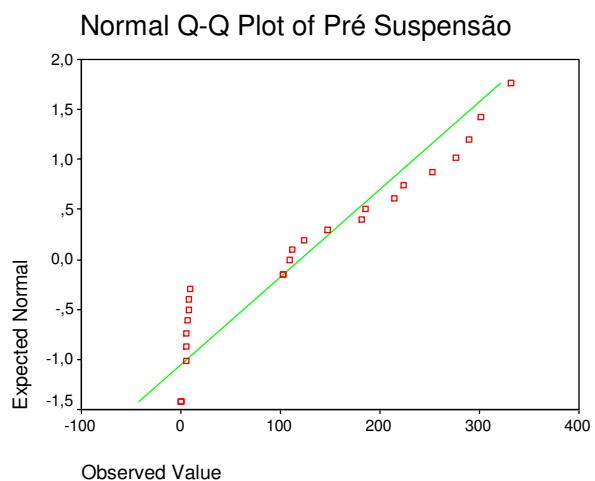


**Grupos = Grupo Controlo**

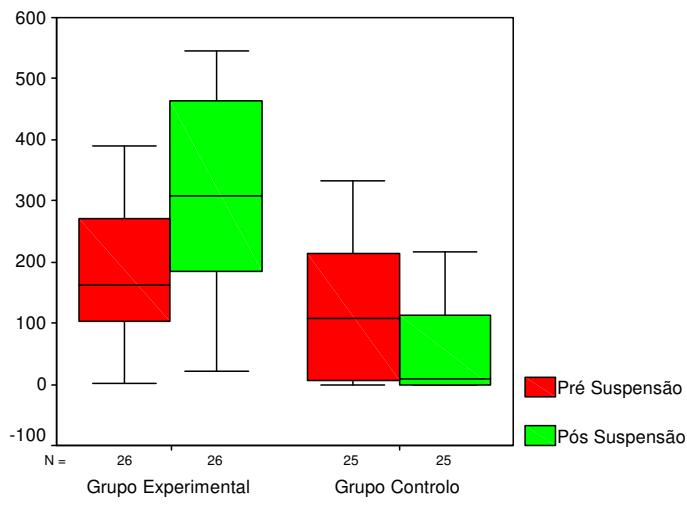
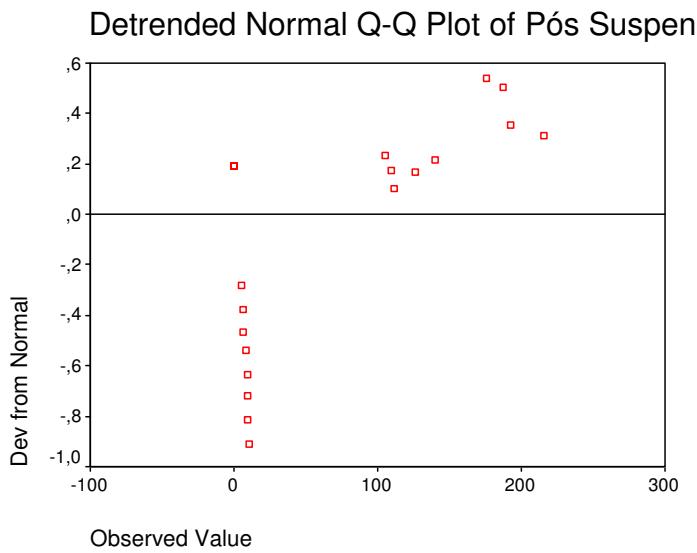
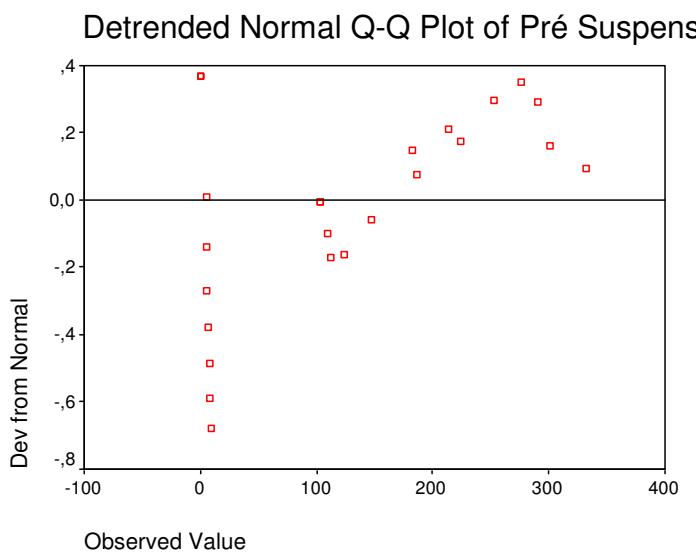
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Provas de Aptidão Motor – SUSPENSÃO

### Grupo Experimental T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Suspensão	Pré-teste	26	172,7650	118,3290	23,2062
	Pós-teste	26	307,8100	152,7641	29,9595

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Suspensão	Equal variances assumed	2,006	,163	-3,564	50	,001	-135,0450	37,8959	-211,1612	-58,9288
Suspensão	Equal variances not assumed			-3,564	47,059	,001	-135,0450	37,8959	-211,2792	-58,8108

### Grupo Controlo T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Suspensão	Pré-teste	25	120,2024	113,7569	22,7514
	Pós-teste	25	57,1472	76,2881	15,2576

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Suspensão	Equal variances assumed	4,813	,033	2,302	48	,026	63,0552	27,3938	7,9763	118,1341
Suspensão	Equal variances not assumed			2,302	41,956	,026	63,0552	27,3938	7,7705	118,3399

### T-Test

**Group Statistics**

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Pré Suspensão	Grupo Experimental	26	172,7650	118,3290	23,2062
	Grupo Controlo	25	120,2024	113,7569	22,7514
Pós Suspensão	Grupo Experimental	26	307,8100	152,7641	29,9595
	Grupo Controlo	25	57,1472	76,2881	15,2576

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Pré Suspensão	Equal variances assumed	,002	,968	1,616	49	,112	52,5626	32,5241	-12,7971	117,9223
				1,617	49,000	,112	52,5626	32,4985	-12,7456	117,8708
Pós Suspensão	Equal variances assumed	10,432	,002	7,366	49	,000	250,6628	34,0274	182,2821	319,0435
				7,456	37,053	,000	250,6628	33,6209	182,5436	318,7820

**Anexo VIII - C**

**Análises Clínicas**

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## Análise descritiva dos valores referentes ás Análises Clínicas

### Química Clínica – Serotonina (com outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Serotonin Pré-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Serotonin Pós-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

		Grupos	Statistic	Std. Error
Serotonin Pré-Teste	Grupo Experimental	Mean	152,3077	23,8318
		95% Confidence Interval for Mean	Lower Bound Upper Bound	103,2251 201,3903
		5% Trimmed Mean	138,5470	
		Median	117,5000	
		Variance	14766,862	
		Std. Deviation	121,5190	
		Minimum	20,00	
		Maximum	602,00	
		Range	582,00	
		Interquartile Range	140,7500	
		Skewness	2,168	,456
		Kurtosis	6,612	,887
Serotonin Pós-Teste	Grupo Controlo	Mean	137,5385	20,0743
		95% Confidence Interval for Mean	Lower Bound Upper Bound	96,1946 178,8823
		5% Trimmed Mean	127,2436	
		Median	107,5000	
		Variance	10477,458	
		Std. Deviation	102,3595	
		Minimum	33,00	
		Maximum	465,00	
		Range	432,00	
		Interquartile Range	138,0000	
		Skewness	1,550	,456
		Kurtosis	2,816	,887
Serotonin Pós-Teste	Grupo Experimental	Mean	192,8077	15,1280
		95% Confidence Interval for Mean	Lower Bound Upper Bound	161,6511 223,9643
		5% Trimmed Mean	194,1111	
		Median	190,0000	
		Variance	5950,242	
		Std. Deviation	77,1378	
		Minimum	30,00	
		Maximum	325,00	
		Range	295,00	
		Interquartile Range	117,5000	
		Skewness	-,241	,456
		Kurtosis	-,607	,887
Serotonin Pós-Teste	Grupo Controlo	Mean	235,1154	20,1627
		95% Confidence Interval for Mean	Lower Bound Upper Bound	193,5894 276,6413
		5% Trimmed Mean	235,4915	
		Median	238,0000	
		Variance	10569,946	
		Std. Deviation	102,8102	
		Minimum	23,00	
		Maximum	455,00	
		Range	432,00	
		Interquartile Range	123,0000	
		Skewness	-,136	,456
		Kurtosis	,071	,887

### Tests of Normality

Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk			
	Statistic	df	Sig.	Statistic	df	Sig.	
Serotonina Pré-Teste	Grupo Experimental	,181	26	,028	,804	26	,010**
	Grupo Controlo	,210	26	,005	,853	26	,010**
Serotonina Pós-Teste	Grupo Experimental	,086	26	,200*	,976	26	,764
	Grupo Controlo	,107	26	,200*	,983	26	,911

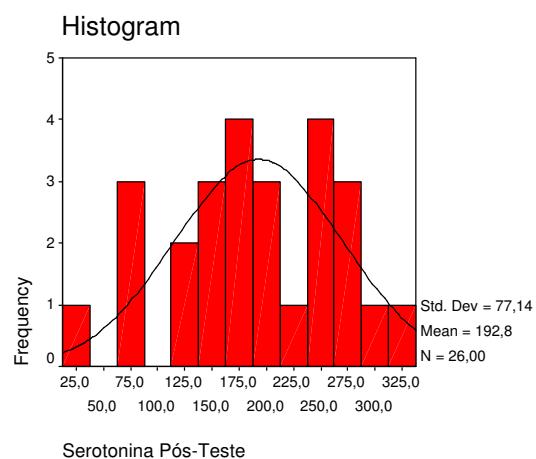
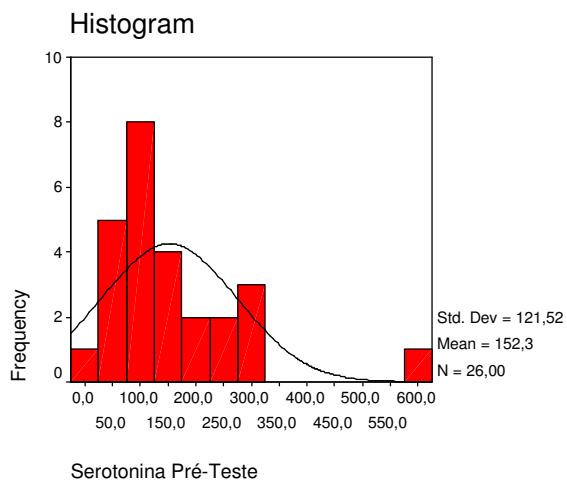
\*\*. This is an upper bound of the true significance.

\*. This is a lower bound of the true significance.

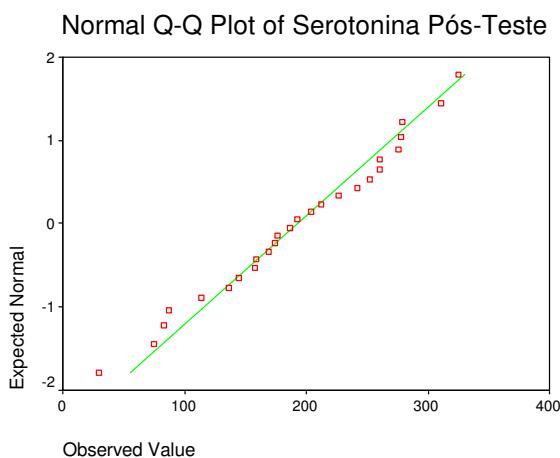
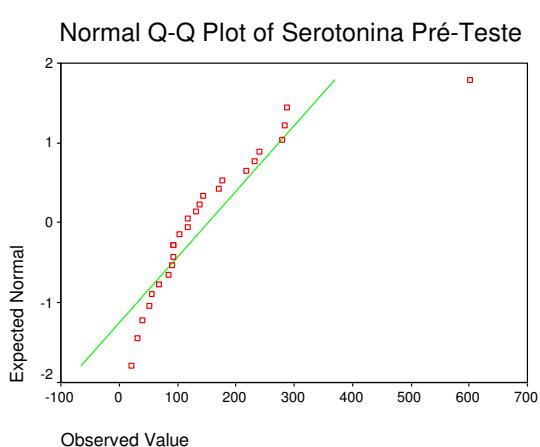
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

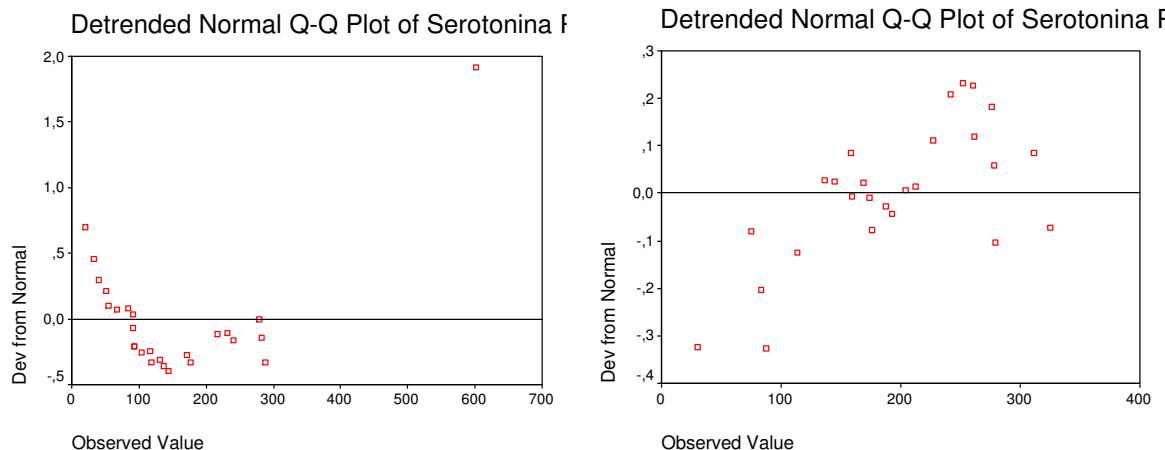
### Histograms



### Normal Q-Q Plots

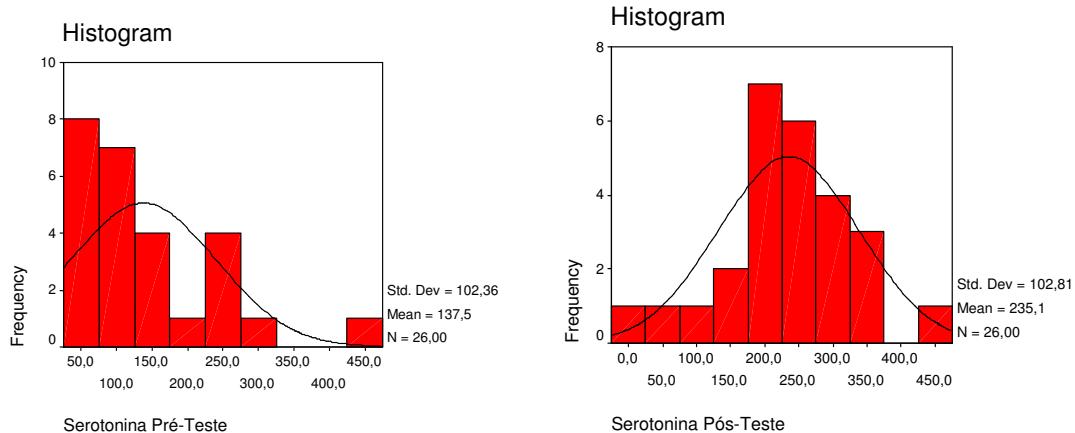


## Detrended Normal Q-Q Plots

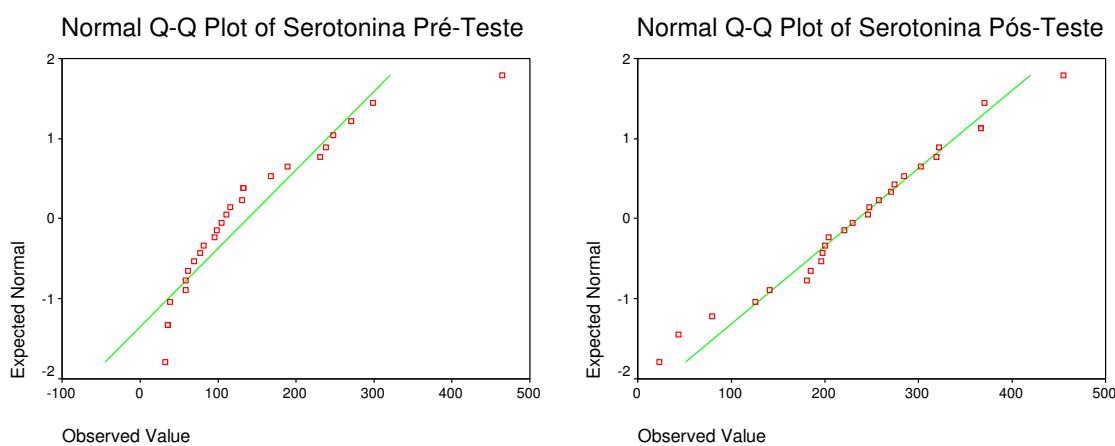


**Grupos = Grupo Controle**

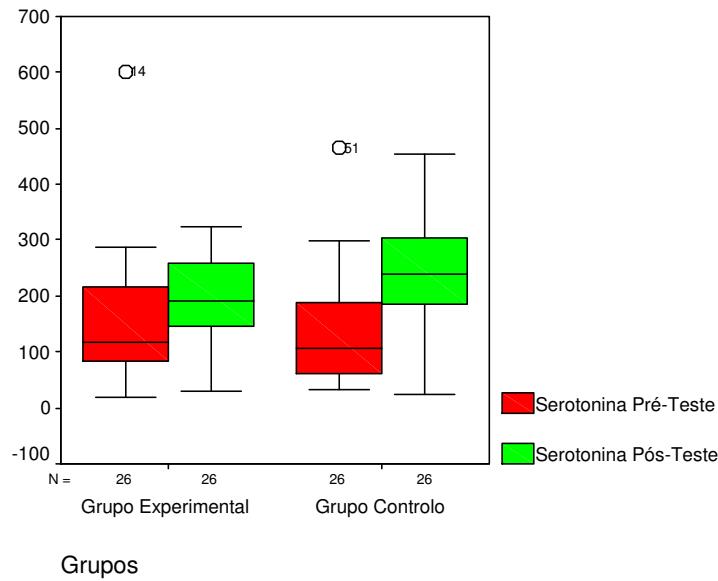
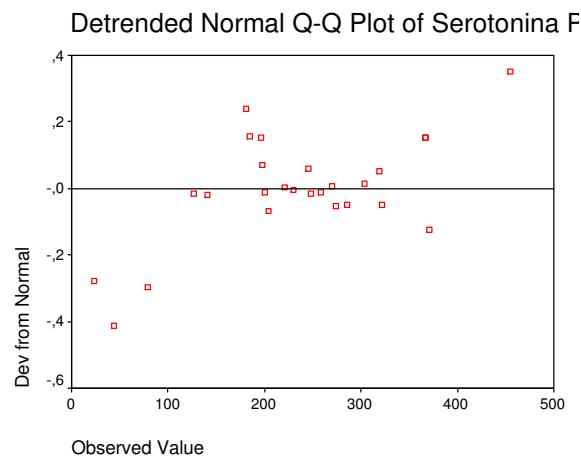
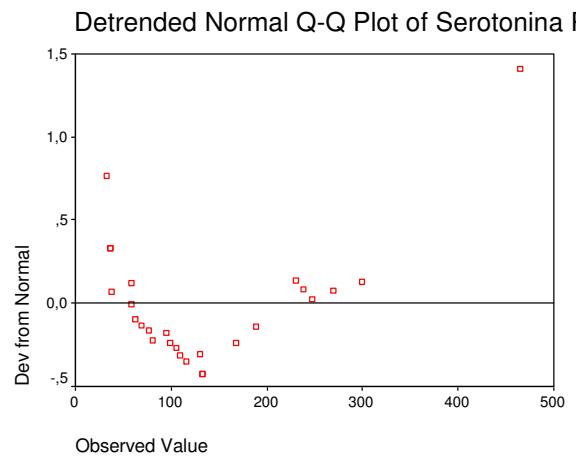
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes ás Análises Clínicas

### Química Clínica – Serotonina (sem outliers)

#### Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Serotonin Pré-Teste	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%
Serotonin Pós-Teste	Grupo Experimental	25	100,0%	0	,0%	25	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%

**Descriptives**

	Grupos					Statistic	Std. Error
		Mean	95% Confidence Interval for Mean	Lower Bound	Upper Bound		
Serotonin Pré-Teste	Grupo Experimental	134,3200		100,7370	167,9030		
		132,0556					
		Median		117,0000			
		Variance		6619,143			
		Std. Deviation		81,3581			
		Minimum		20,00			
		Maximum		288,00			
	Grupo Controlo	Range		268,00			
		Interquartile Range		121,0000			
		Skewness		,635		,464	
		Kurtosis		-,674		,902	
		Mean		124,4400		15,8333	
		95% Confidence Interval for Mean		91,7617			
		Lower Bound		157,1183			
Serotonin Pós-Teste	Grupo Experimental	190,0800		158,1151	222,0449		
		191,1333					
		Median		187,0000			
		Variance		5996,660			
		Std. Deviation		77,4381			
		Minimum		30,00			
		Maximum		325,00			
	Grupo Controlo	Range		295,00			
		Interquartile Range		115,5000			
		Skewness		-,165		,464	
		Kurtosis		-,595		,902	
		Mean		233,5600		20,9235	
		95% Confidence Interval for Mean		190,3760			
		Lower Bound		276,7440			

**Tests of Normality**

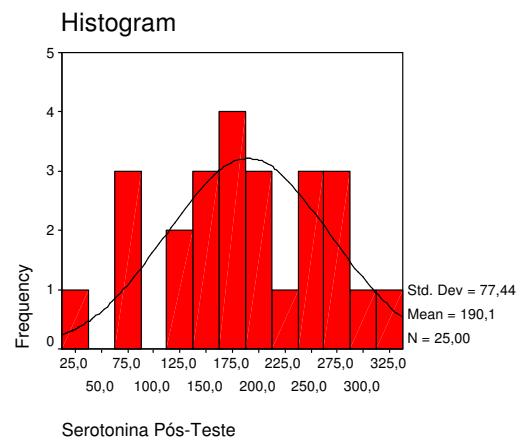
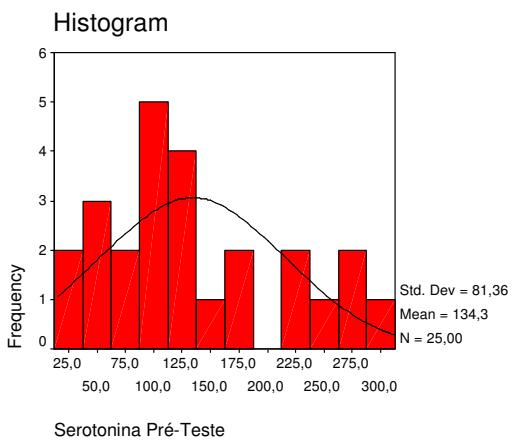
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Serotoninina Pré-Teste	1,139	25	,200*	,920	25	,056
	,177	25	,042	,896	25	,016
Serotoninina Pós-Teste	,069	25	,200*	,980	25	,874
	,108	25	,200*	,983	25	,922

\*. This is a lower bound of the true significance.

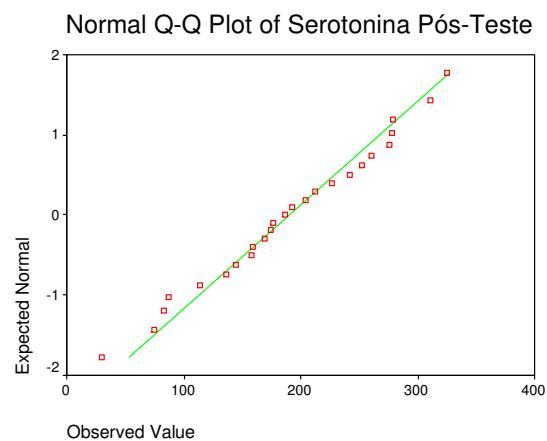
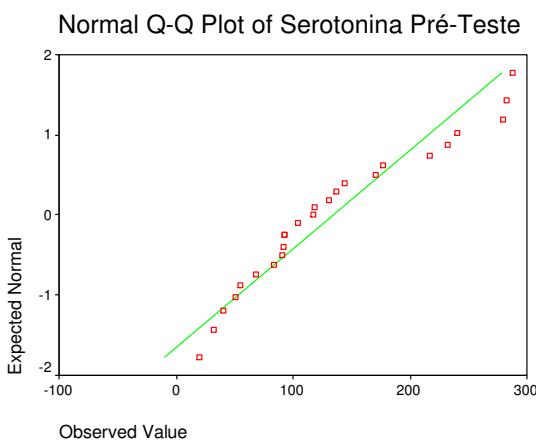
a. Lilliefors Significance Correction

**Grupos = Grupo Experimental**

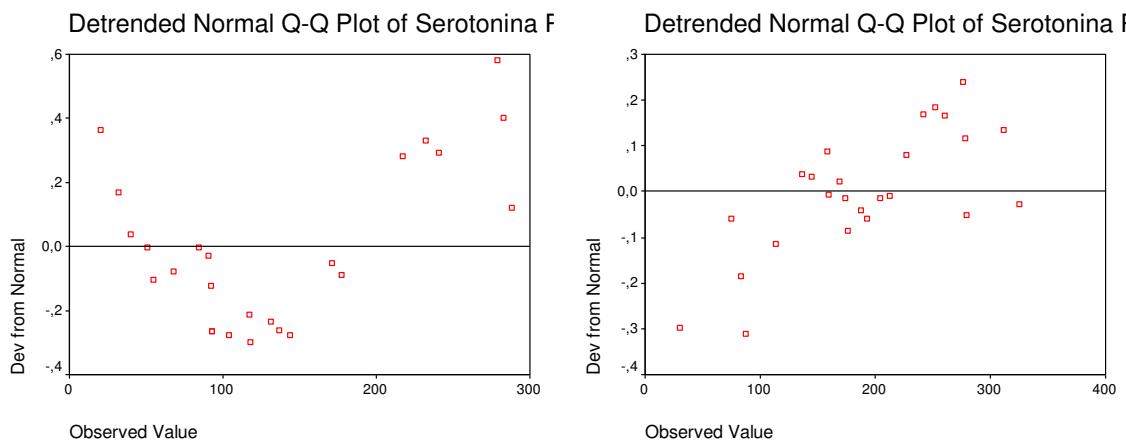
**Histograms**



**Normal Q-Q Plots**

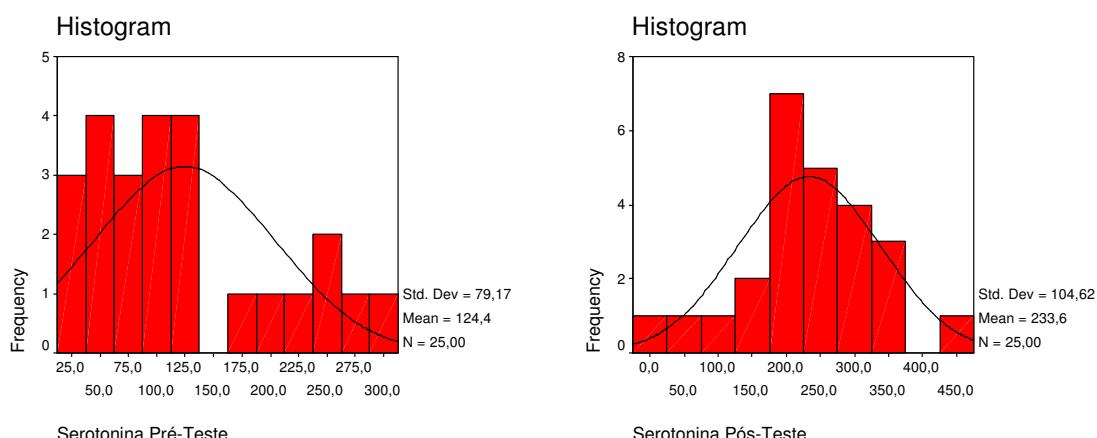


## Detrended Normal Q-Q Plots

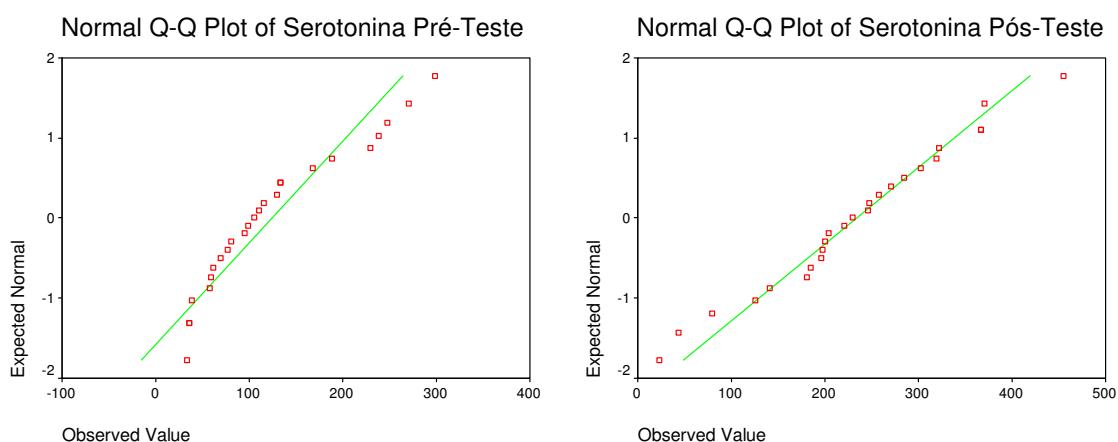


**Grupos = Grupo Controlo**

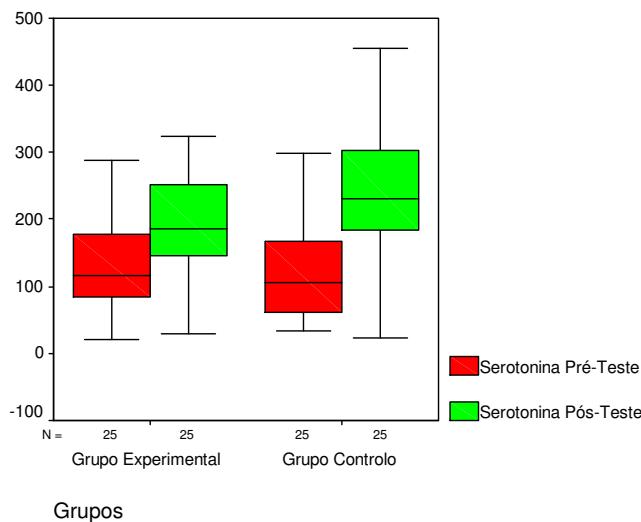
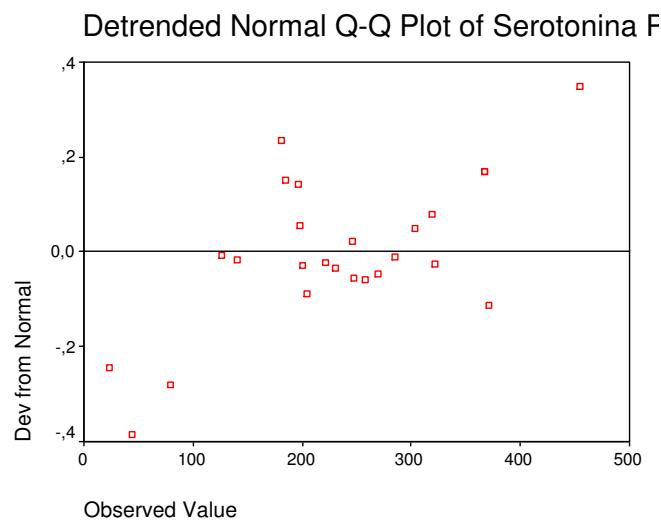
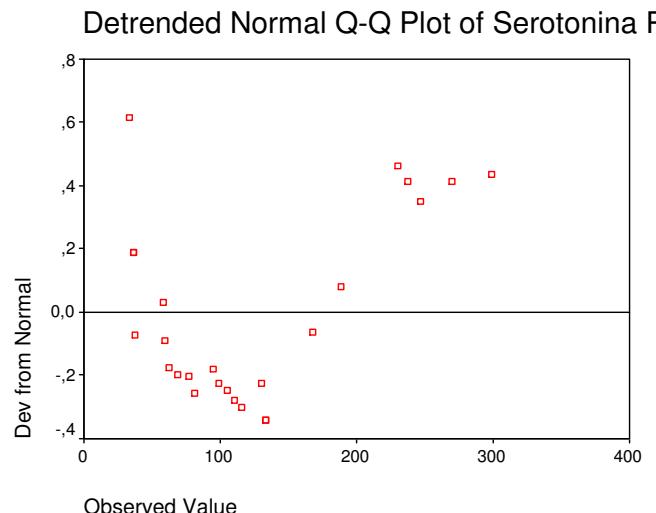
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Análise Clínicas

### Química Clínica – Serotonina

#### Grupo Experimental

##### T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Serotoninina	Pré-teste	25	134,3200	81,3581	16,2716
	Pós-teste	25	190,0800	77,4381	15,4876

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Serotoninina	Equal variances assumed	,090	,765	-2,482	48	,017	-55,7600	22,4640	-100,9269	-10,5931
	Equal variances not assumed			-2,482	47,883	,017	-55,7600	22,4640	-100,9298	-10,5902

### Grupo Controlo

##### T-Test

**Group Statistics**

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Serotoninina	Pré-teste	25	124,4400	79,1665	15,8333
	Pós-teste	25	233,5600	104,6176	20,9235

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Serotoninina	Equal variances assumed	1,192	,280	-4,159	48	,000	-109,1200	26,2390	-161,8771	-56,3629
	Equal variances not assumed			-4,159	44,699	,000	-109,1200	26,2390	-161,9780	-56,2620

##### T-Test

**Group Statistics**

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Serotoninina	Pré-Teste	Grupo Experimental	25	134,3200	81,3581
		Grupo Controlo	25	124,4400	79,1665
Serotoninina	Pós-Teste	Grupo Experimental	25	190,0800	77,4381
		Grupo Controlo	25	233,5600	104,6176

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Serotoninina	Equal variances assumed	,042	,838	,435	48	,665	9,8800	22,7037	-35,7689	55,5289
	Equal variances not assumed			,435	47,964	,665	9,8800	22,7037	-35,7698	55,5298
Serotoninina	Pós-Teste	Equal variances assumed	1,384	,245	-1,670	,101	-43,4800	26,0319	-95,8206	8,8606
		Equal variances not assumed			-1,670	,102	-43,4800	26,0319	-95,9362	8,9762

## Análise descritiva dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) – Adrenalina (com outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Adrenalina Pré-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Adrenalina Pós-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

	Grupos		Statistic	Std. Error
Adrenalina Pré-Teste	Grupo Experimental	Mean	39,8462	4,1054
		95% Confidence Interval for Mean	31,3909	
		Lower Bound	48,3014	
		Upper Bound		
		5% Trimmed Mean	38,3718	
		Median	36,5000	
		Variance	438,215	
		Std. Deviation	20,9336	
		Minimum	12,00	
		Maximum	97,00	
		Range	85,00	
		Interquartile Range	24,2500	
		Skewness	1,125	,456
		Kurtosis	1,204	,887
Adrenalina Pós-Teste	Grupo Controlo	Mean	37,6538	4,4279
		95% Confidence Interval for Mean	28,5345	
		Lower Bound	46,7732	
		Upper Bound		
		5% Trimmed Mean	35,6880	
		Median	33,0000	
		Variance	509,755	
		Std. Deviation	22,5778	
		Minimum	1,00	
		Maximum	121,00	
		Range	120,00	
		Interquartile Range	23,0000	
		Skewness	1,977	,456
		Kurtosis	6,759	,887
Adrenalina Pós-Teste	Grupo Experimental	Mean	46,2308	2,5865
		95% Confidence Interval for Mean	40,9037	
		Lower Bound	51,5578	
		Upper Bound		
		5% Trimmed Mean	46,0641	
		Median	40,5000	
		Variance	173,945	
		Std. Deviation	13,1888	
		Minimum	25,00	
		Maximum	70,00	
		Range	45,00	
		Interquartile Range	23,2500	
		Skewness	,292	,456
		Kurtosis	-1,290	,887
Adrenalina Pós-Teste	Grupo Controlo	Mean	51,0385	5,2367
		95% Confidence Interval for Mean	40,2533	
		Lower Bound	61,8236	
		Upper Bound		
		5% Trimmed Mean	47,6026	
		Median	45,0000	
		Variance	712,998	
		Std. Deviation	26,7020	
		Minimum	25,00	
		Maximum	150,00	
		Range	125,00	
		Interquartile Range	27,0000	
		Skewness	2,330	,456
		Kurtosis	7,061	,887

**Tests of Normality**

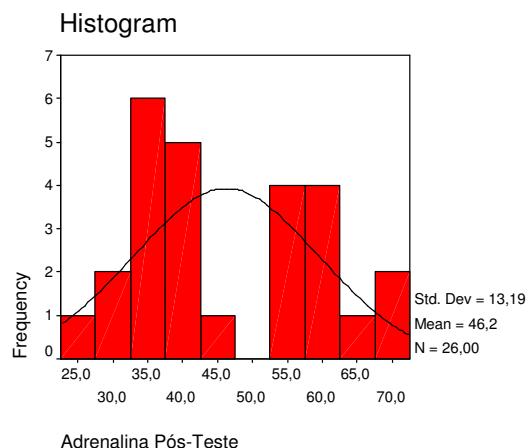
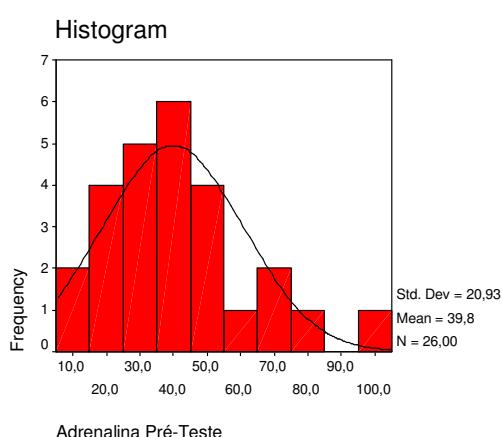
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Adrenalina Pré-Teste	1,170	26	,052	,914	26	,038
	1,183	26	,025	,843	26	,010*
Adrenalina Pós-Teste	1,193	26	,014	,917	26	,044
	1,187	26	,020	,776	26	,010*

\*\*. This is an upper bound of the true significance.

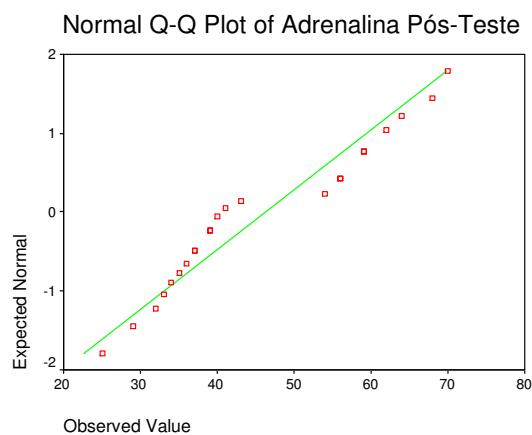
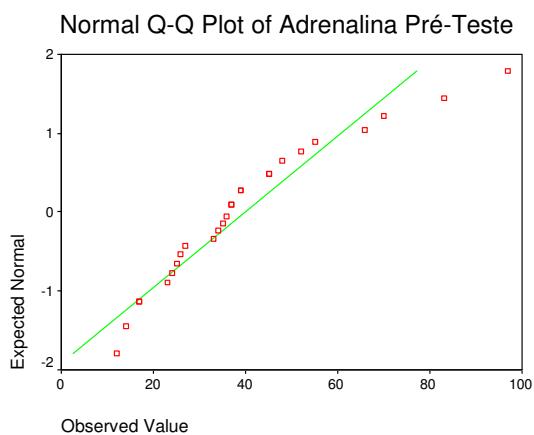
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

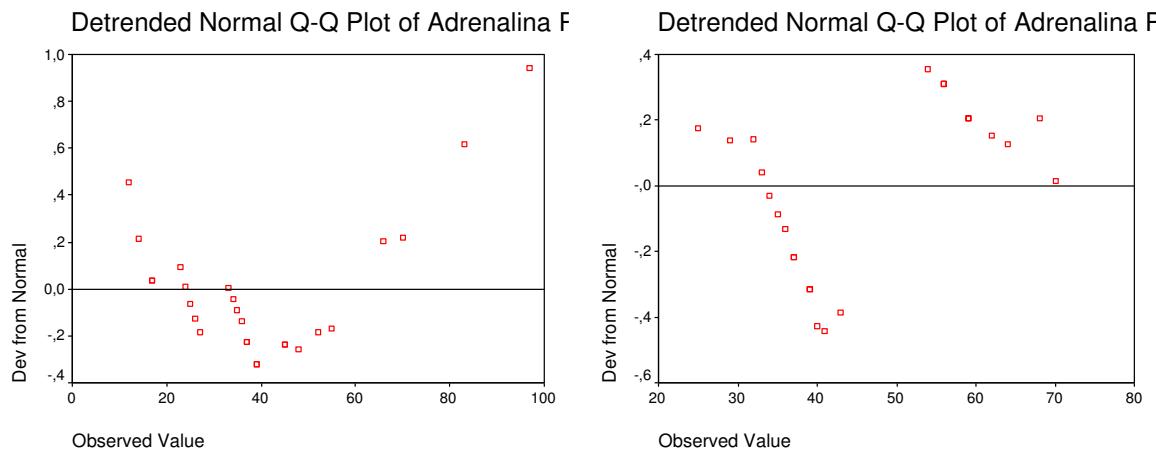
### Histograms



### Normal Q-Q Plots

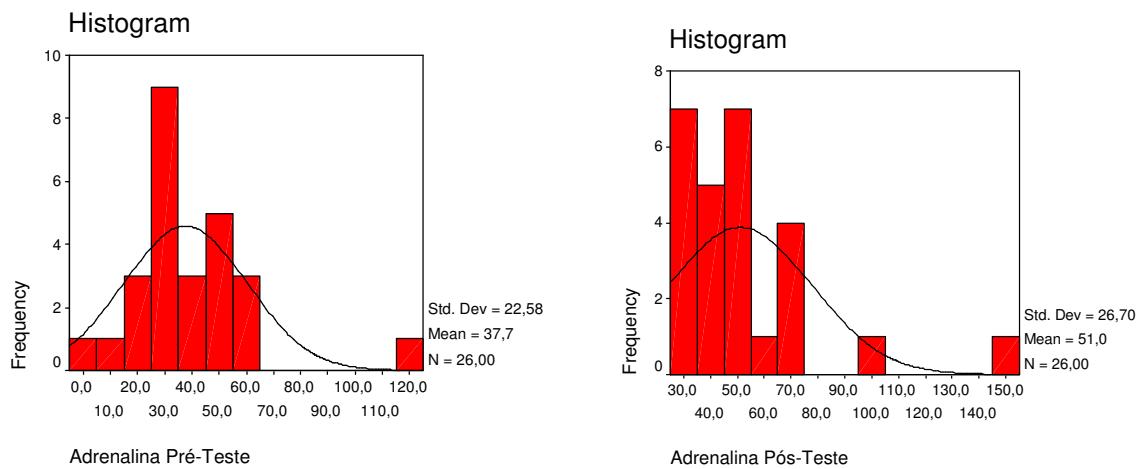


## Detrended Normal Q-Q Plots

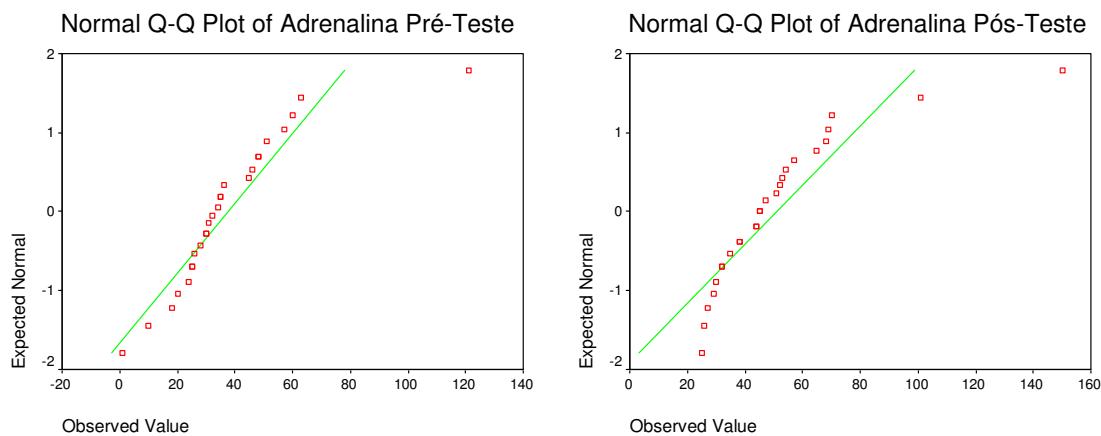


**Grupos = Grupo Controle**

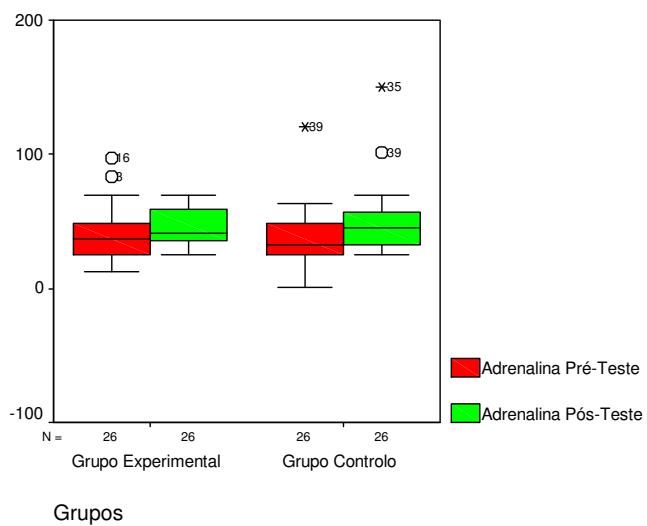
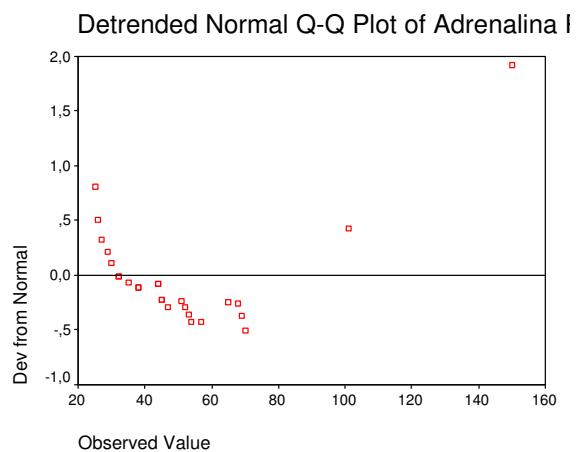
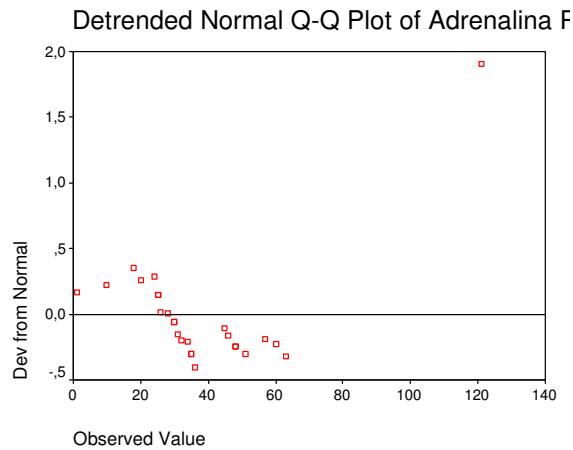
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) – Adrenalina (sem outliers)

#### Explore

Case Processing Summary

Grupos	Cases						
	Valid		Missing		Total		
	N	Percent	N	Percent	N	Percent	
Adrenalina Pré-Teste	Grupo Experimental	24	100,0%	0	,0%	24	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%
Adrenalina Pós-Teste	Grupo Experimental	24	100,0%	0	,0%	24	100,0%
	Grupo Controlo	24	100,0%	0	,0%	24	100,0%

Descriptives

	Grupos		Statistic	Std. Error
Adrenalina Pré-Teste	Grupo Experimental	Mean	35,6667	3,1298
		95% Confidence Interval for Mean	Lower Bound	29,1921
			Upper Bound	42,1412
		5% Trimmed Mean	35,0926	
		Median	35,5000	
		Variance	235,101	
		Std. Deviation	15,3330	
		Minimum	12,00	
		Maximum	70,00	
		Range	58,00	
		Interquartile Range	20,7500	
		Skewness	,535	,472
		Kurtosis	-,029	,918
Adrenalina Pós-Teste	Grupo Controlo	Mean	33,2500	2,9588
		95% Confidence Interval for Mean	Lower Bound	27,1292
			Upper Bound	39,3708
		5% Trimmed Mean	33,3611	
		Median	31,5000	
		Variance	210,109	
		Std. Deviation	14,4951	
		Minimum	1,00	
		Maximum	63,00	
		Range	62,00	
		Interquartile Range	20,7500	
		Skewness	,015	,472
		Kurtosis	,172	,918
Adrenalina Pós-Teste	Grupo Experimental	Mean	45,8750	2,7069
		95% Confidence Interval for Mean	Lower Bound	40,2754
			Upper Bound	51,4746
		5% Trimmed Mean	45,6759	
		Median	40,5000	
		Variance	175,853	
		Std. Deviation	13,2610	
		Minimum	25,00	
		Maximum	70,00	
		Range	45,00	
		Interquartile Range	23,0000	
		Skewness	,330	,472
Adrenalina Pós-Teste	Grupo Controlo	Mean	44,8333	2,8903
		95% Confidence Interval for Mean	Lower Bound	38,8543
			Upper Bound	50,8124
		5% Trimmed Mean	44,5370	
		Median	44,5000	
		Variance	200,493	
		Std. Deviation	14,1595	
		Minimum	25,00	
		Maximum	70,00	
		Range	45,00	
		Interquartile Range	21,7500	
		Skewness	,354	,472
		Kurtosis	-,915	,918

**Tests of Normality**

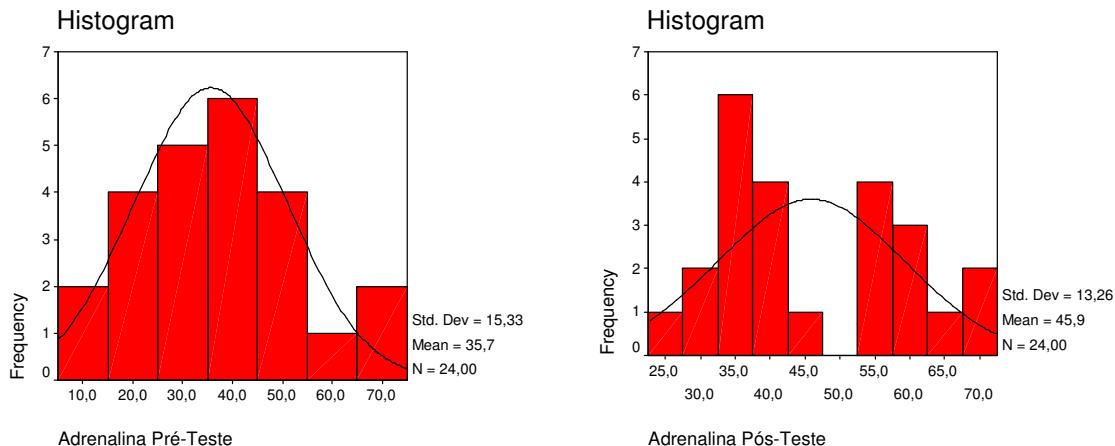
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Adrenalina Pré-Teste	Grupo Experimental	,122	24	,200*	,961	24	,481
	Grupo Controlo	,133	24	,200*	,979	24	,865
Adrenalina Pós-Teste	Grupo Experimental	,185	24	,033	,920	24	,063
	Grupo Controlo	,109	24	,200*	,938	24	,198

\*. This is a lower bound of the true significance.

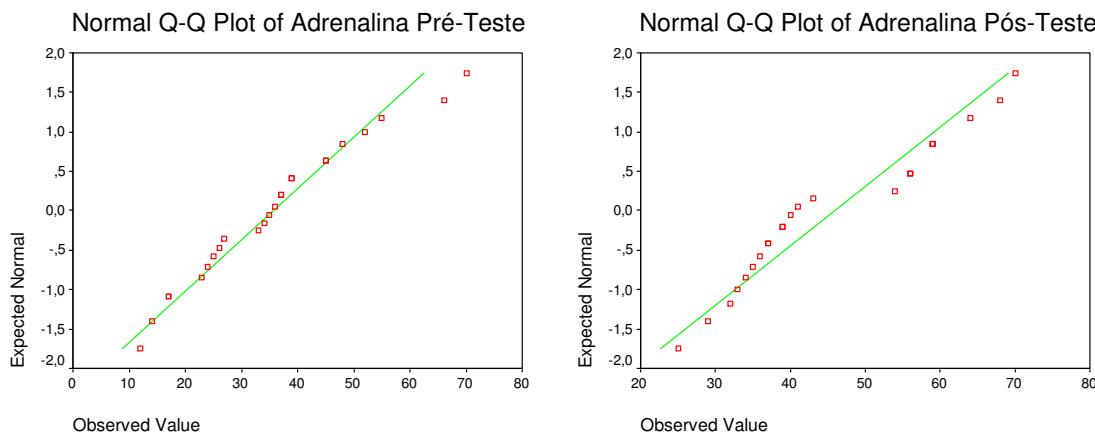
a. Lilliefors Significance Correction

**Grupos = Grupo Experimental**

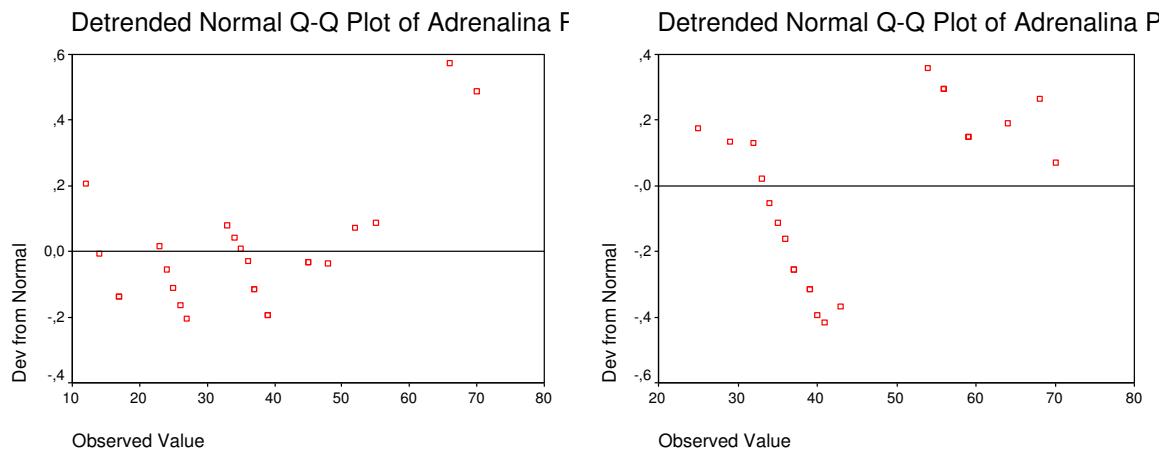
**Histograms**



**Normal Q-Q Plots**

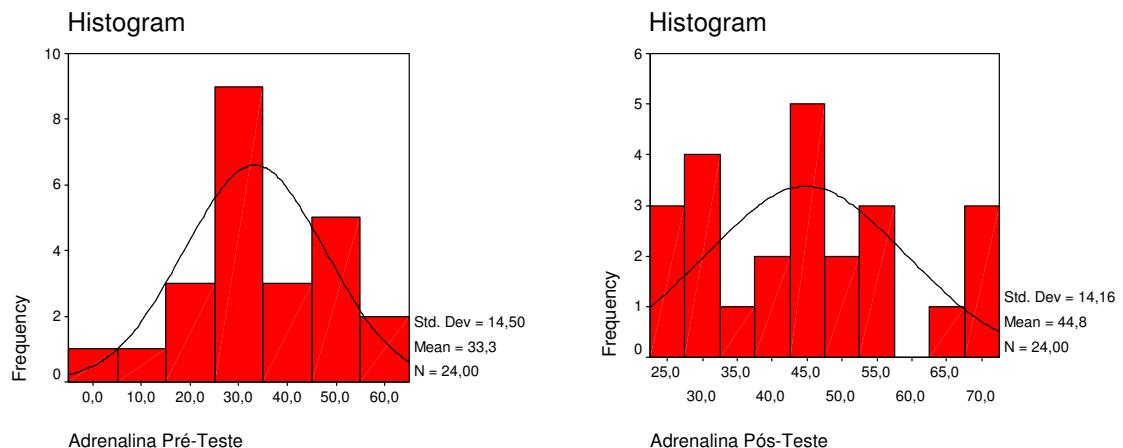


## Detrended Normal Q-Q Plots

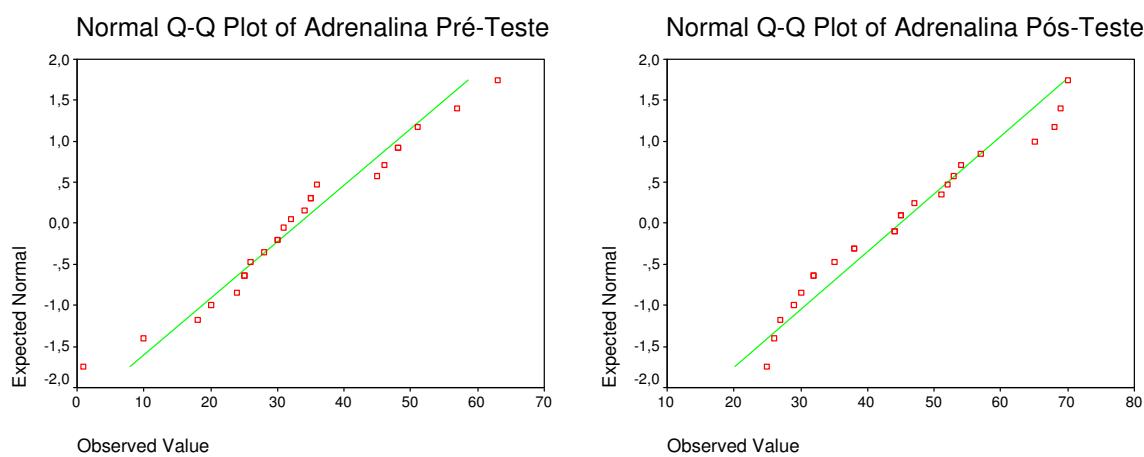


**Grupos = Grupo Controlo**

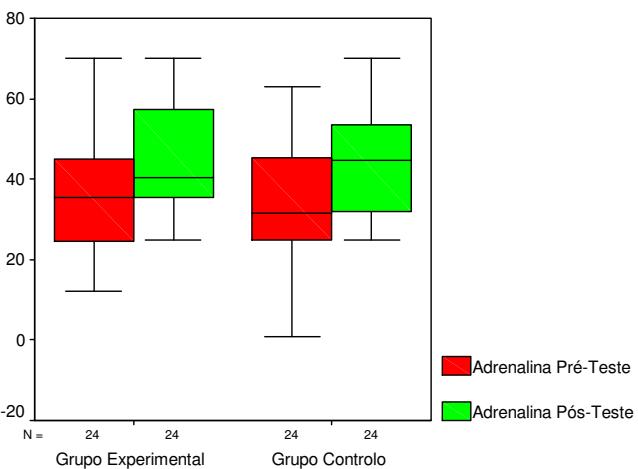
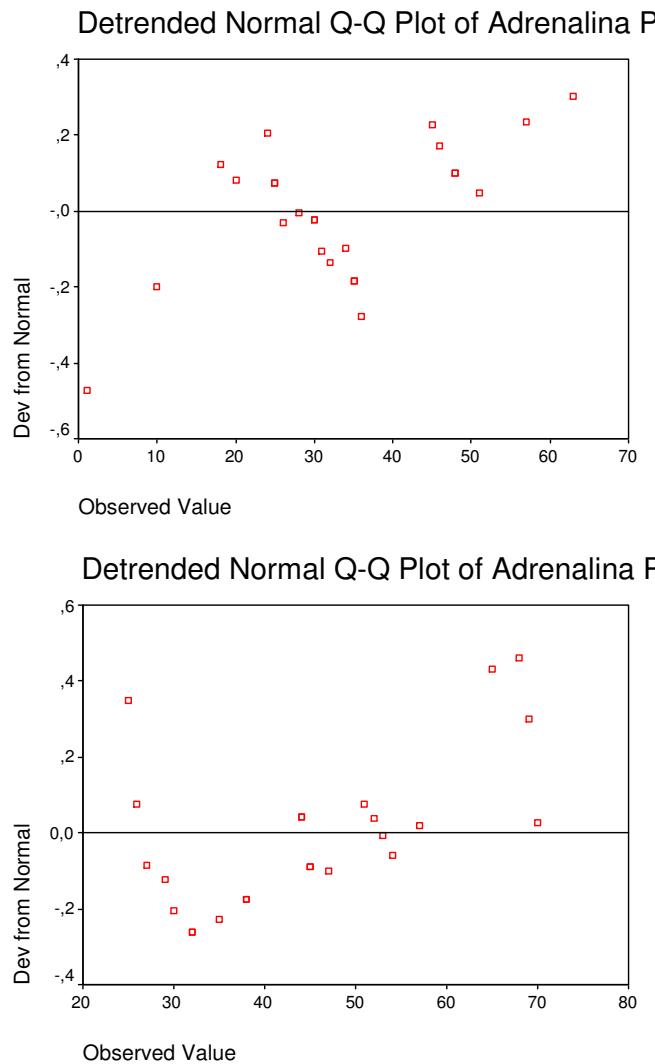
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) - Adrenalina

#### Grupo Experimental

##### T-Test

**Group Statistics**

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Adrenalina	Pré-teste	24	35,6667	15,3330	3,1298	
	Pós-teste	24	45,8750	13,2610	2,7069	

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Adrenalina	.002	,963	-2,467	46	,017	-10,2083	4,1380	-18,5377	-1,8790	
			-2,467	45,063	,017	-10,2083	4,1380	-18,5424	-1,8743	

#### Grupo Controlo

##### T-Test

**Group Statistics**

		Momento de Avaliação	N	Mean	Std. Deviation	Std. Error Mean
Adrenalina	Pré-teste	24	33,2500	14,4951	2,9588	
	Pós-teste	24	44,8333	14,1595	2,8903	

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Adrenalina	.038	,847	-2,800	46	,007	-11,5833	4,1362	-19,9091	-3,2575	
			-2,800	45,975	,007	-11,5833	4,1362	-19,9093	-3,2574	

##### T-Test

**Group Statistics**

		Grupos	N	Mean	Std. Deviation	Std. Error Mean
Adrenalina	Pré-Teste	Grupo Experimental	24	35,6667	15,3330	3,1298
		Grupo Controlo	24	33,2500	14,4951	2,9588
Adrenalina	Pós-Teste	Grupo Experimental	24	45,8750	13,2610	2,7069
		Grupo Controlo	24	44,8333	14,1595	2,8903

**Independent Samples Test**

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Adrenalina	.073	,788	,561	46	,577	2,4167	4,3070	-6,2529	11,0862	
			,561	45,855	,577	2,4167	4,3070	-6,2537	11,0870	
Adrenalina	Pós-Teste	Equal variances assumed	,033	,857	,263	1,0417	3,9599	-6,9293	9,0126	
		Equal variances not assumed			,263	45,804	,794	1,0417	3,9599	
								-6,9302	9,0135	

## Análise descritiva dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) – Noradrenalina (com outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Noradrenalina Pré-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Noradrenalina Pós-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos						Statistic	Std. Error
Noradrenalina Pré-Teste	Grupo Experimental	Mean				405,7308	28,3247
		95% Confidence Interval for Mean	Lower Bound	Upper Bound		347,3949	
						464,0667	
		5% Trimmed Mean				400,1795	
		Median				403,5000	
		Variance				20859,565	
		Std. Deviation				144,4284	
		Minimum				161,00	
		Maximum				773,00	
		Range				612,00	
		Interquartile Range				130,7500	
		Skewness				,570	,456
		Kurtosis				,792	,887
	Grupo Controlo	Mean				420,9231	38,4675
		95% Confidence Interval for Mean	Lower Bound	Upper Bound		341,6978	
						500,1483	
		5% Trimmed Mean				413,7350	
		Median				438,5000	
		Variance				38473,434	
		Std. Deviation				196,1465	
Noradrenalina Pós-Teste	Grupo Experimental	Minimum				112,00	
		Maximum				865,00	
		Range				753,00	
		Interquartile Range				262,5000	
		Skewness				,529	,456
		Kurtosis				-,113	,887
		Mean				402,3462	28,7688
	Grupo Controlo	95% Confidence Interval for Mean	Lower Bound	Upper Bound		343,0956	
						461,5967	
		5% Trimmed Mean				400,3590	
		Median				387,0000	
		Variance				21518,795	
		Std. Deviation				146,6929	
		Minimum				180,00	

Tests of Normality

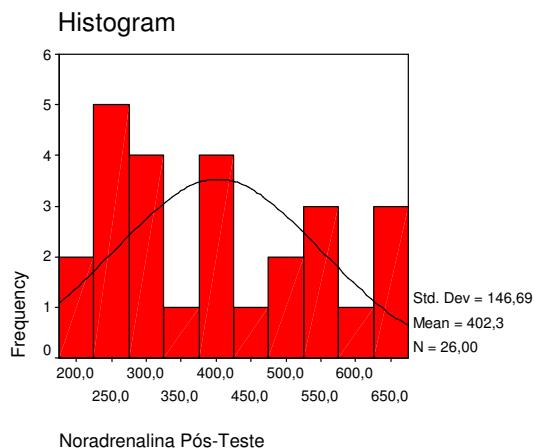
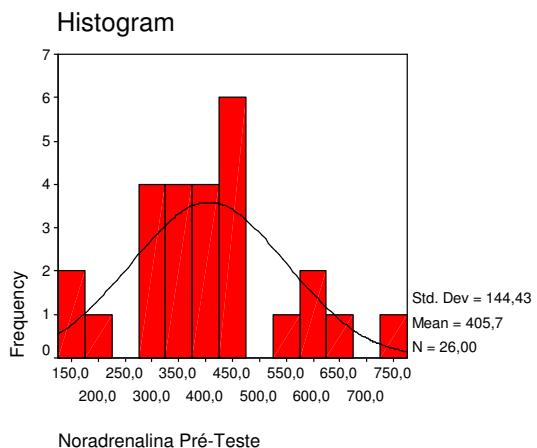
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Noradrenalina Pré-Teste	Grupo Experimental	,179	26	,031	26	,265
	Grupo Controlo	,106	26	,200*	26	,413
Noradrenalina Pós-Teste	Grupo Experimental	,153	26	,120	26	,080
	Grupo Controlo	,161	26	,082	26	,021

\*. This is a lower bound of the true significance.

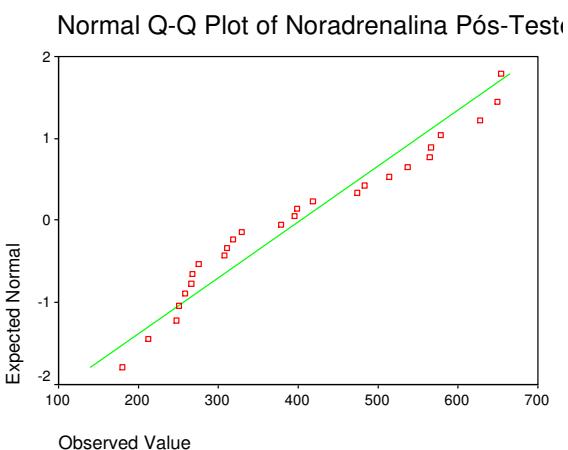
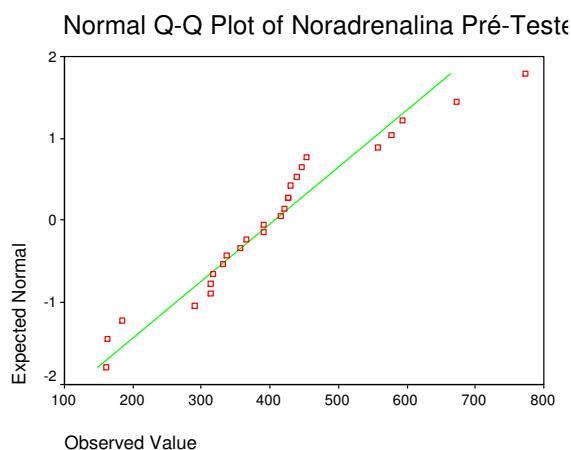
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

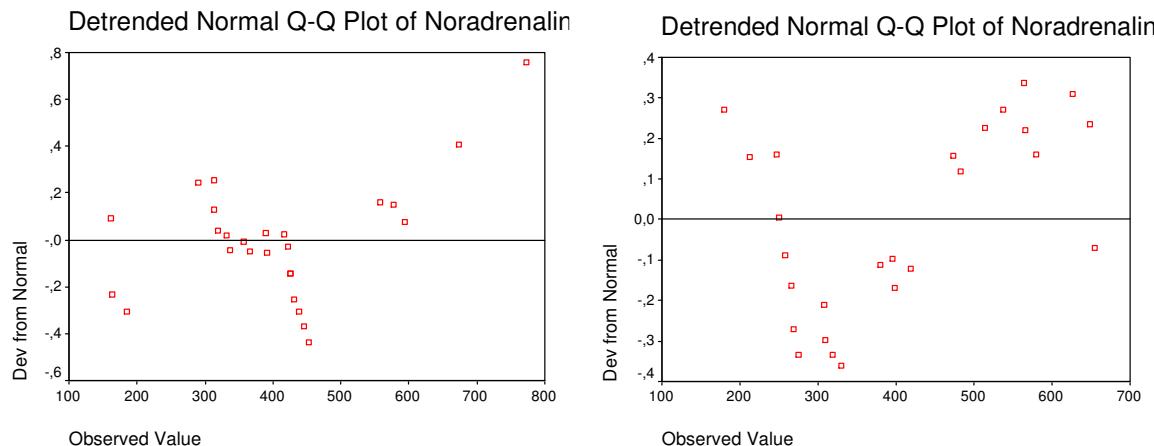
### Histograms



### Normal Q-Q Plots

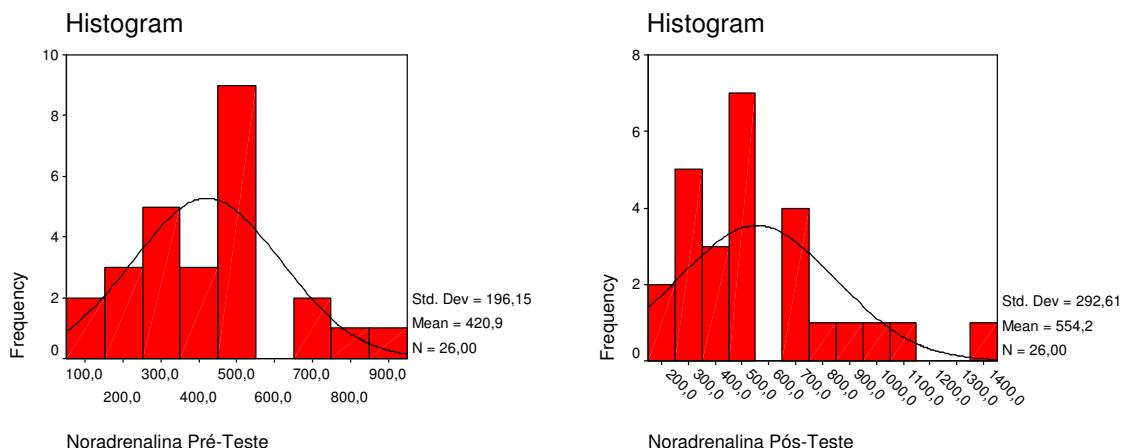


## Detrended Normal Q-Q Plots

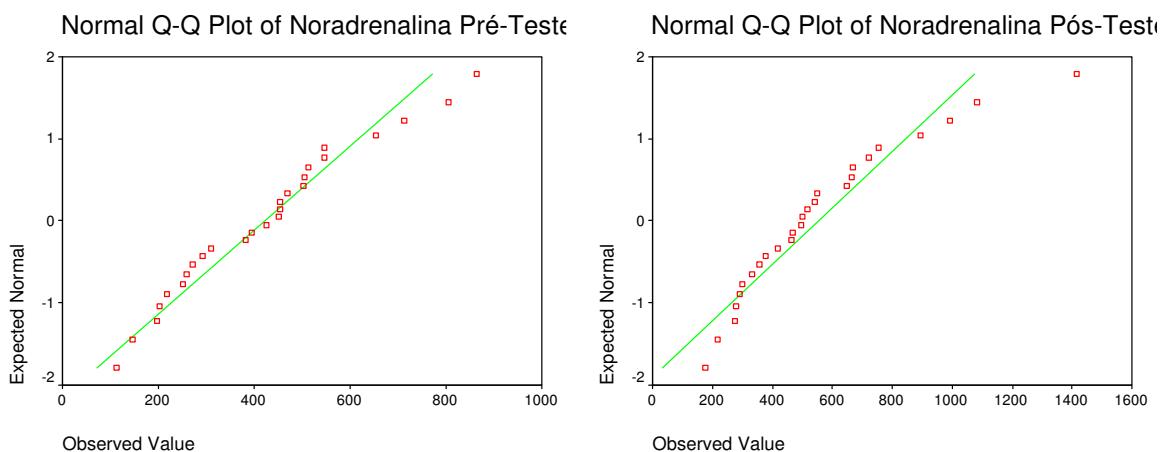


## Grupos = Grupo Controlo

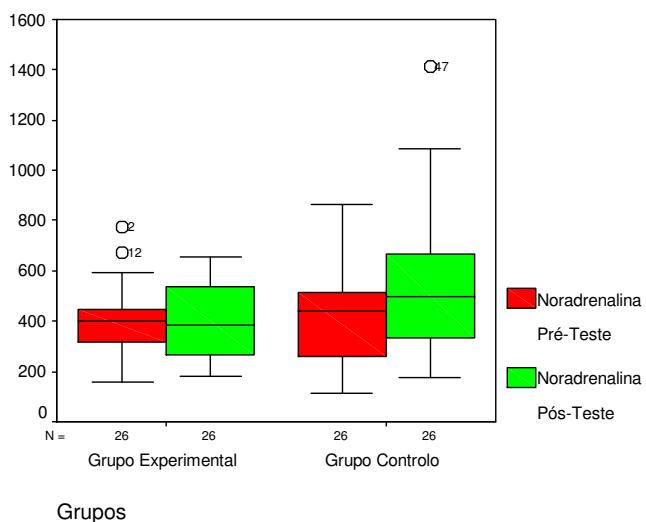
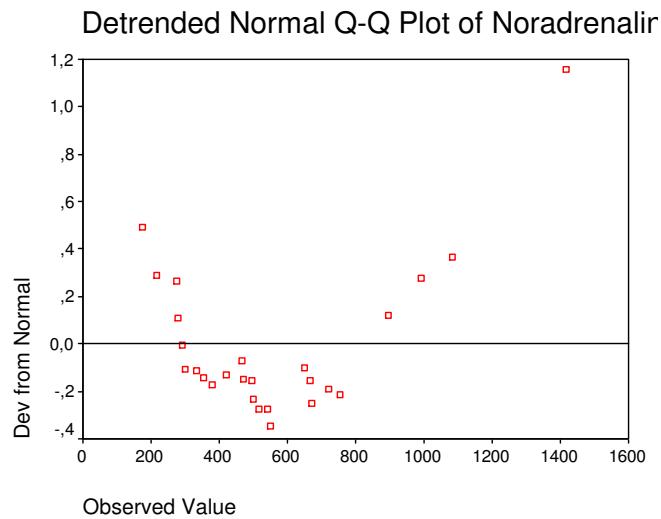
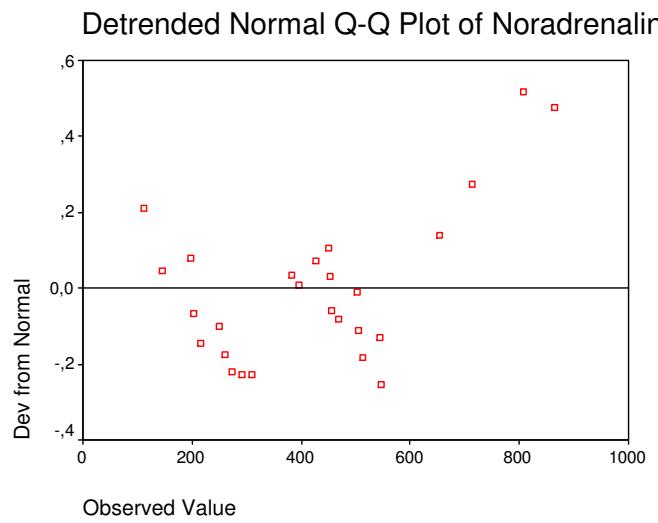
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) – Noradrenalina (sem outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Noradrenalina Pré-Teste	Grupo Experimental	24	100,0%	0	,0%	24	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%
Noradrenalina Pós-Teste	Grupo Experimental	24	100,0%	0	,0%	24	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%

Descriptives

	Grupos					Statistic	Std. Error
				Lower Bound	Upper Bound		
Noradrenalina Pré-Teste	Grupo Experimental	Mean		379,2917	23,2501		
		95% Confidence Interval for Mean		331,1952			
				427,3882			
		5% Trimmed Mean		379,6667			
		Median		390,5000			
		Variance		12973,607			
		Std. Deviation		113,9017			
		Minimum		161,00			
		Maximum		593,00			
		Range		432,00			
		Interquartile Range		122,0000			
		Skewness		-,156		,472	
		Kurtosis		,174		,918	
Noradrenalina Pós-Teste	Grupo Controlo	Mean		403,1600	35,5139		
		95% Confidence Interval for Mean		329,8629			
				476,4571			
		5% Trimmed Mean		397,6000			
		Median		426,0000			
		Variance		31530,973			
		Std. Deviation		177,5696			
		Minimum		112,00			
		Maximum		806,00			
		Range		694,00			
		Interquartile Range		252,5000			
		Skewness		,365		,464	
Noradrenalina Pós-Teste	Grupo Experimental	Mean		411,4167	30,4257		
		95% Confidence Interval for Mean		348,4763			
				474,3571			
		5% Trimmed Mean		410,5370			
		Median		396,5000			
		Variance		22217,384			
		Std. Deviation		149,0550			
		Minimum		180,00			
		Maximum		654,00			
		Range		474,00			
		Interquartile Range		289,0000			
		Skewness		,179		,472	
Noradrenalina Pós-Teste	Grupo Controlo	Kurtosis		-1,313		,918	
		Mean		519,6800	47,7500		
		95% Confidence Interval for Mean		421,1288			
				618,2312			
		5% Trimmed Mean		507,9556			
		Median		495,0000			
		Variance		57001,560			
		Std. Deviation		238,7500			
		Minimum		176,00			
		Maximum		1085,00			
		Range		909,00			
		Interquartile Range		351,0000			

#### Tests of Normality

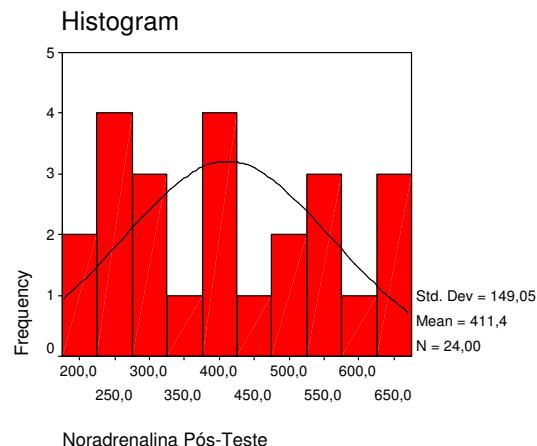
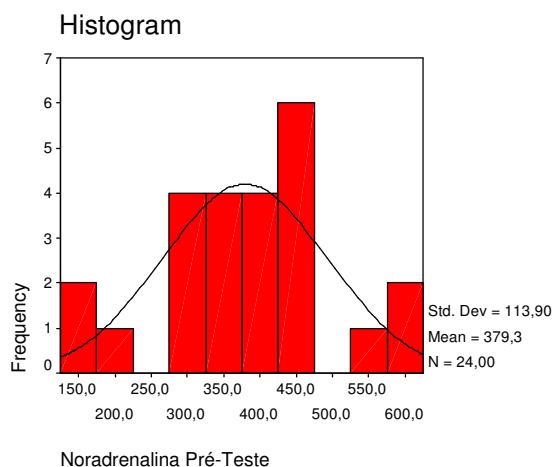
	Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
Noradrenalina Pré-Teste	Grupo Experimental	,134	24	,200*	,946	24	,295
	Grupo Controlo	,098	25	,200*	,968	25	,596
Noradrenalina Pós-Teste	Grupo Experimental	,127	24	,200*	,937	24	,184
	Grupo Controlo	,131	25	,200*	,942	25	,236

\*. This is a lower bound of the true significance.

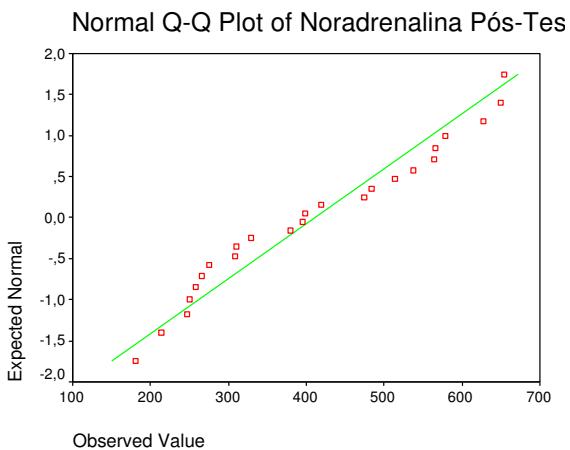
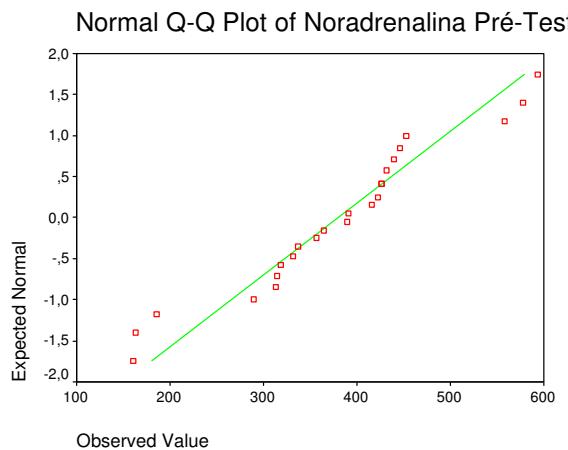
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

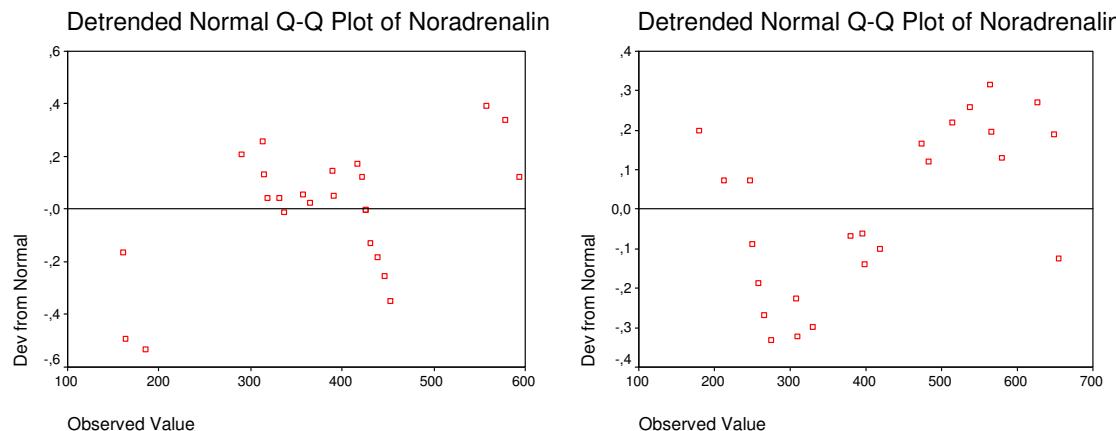
### Histograms



### Normal Q-Q Plots

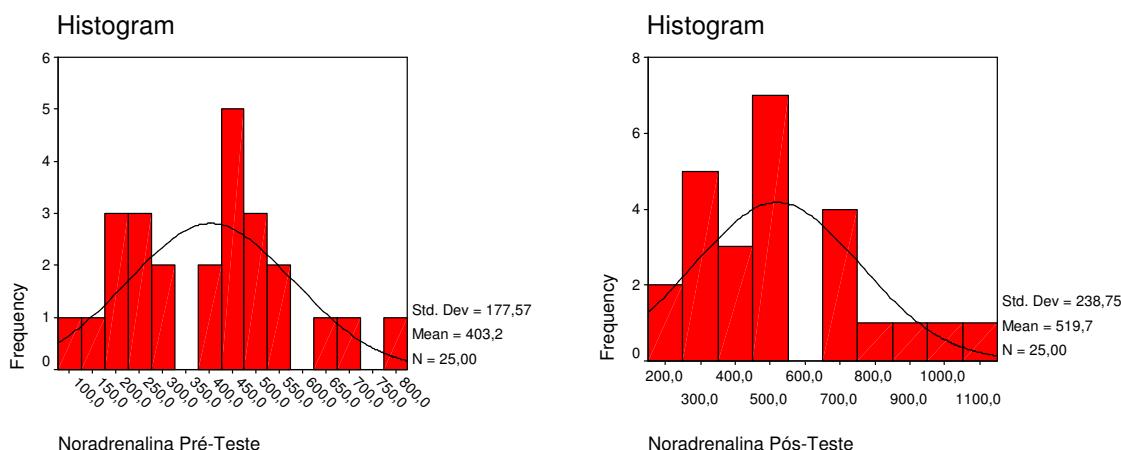


## Detrended Normal Q-Q Plots

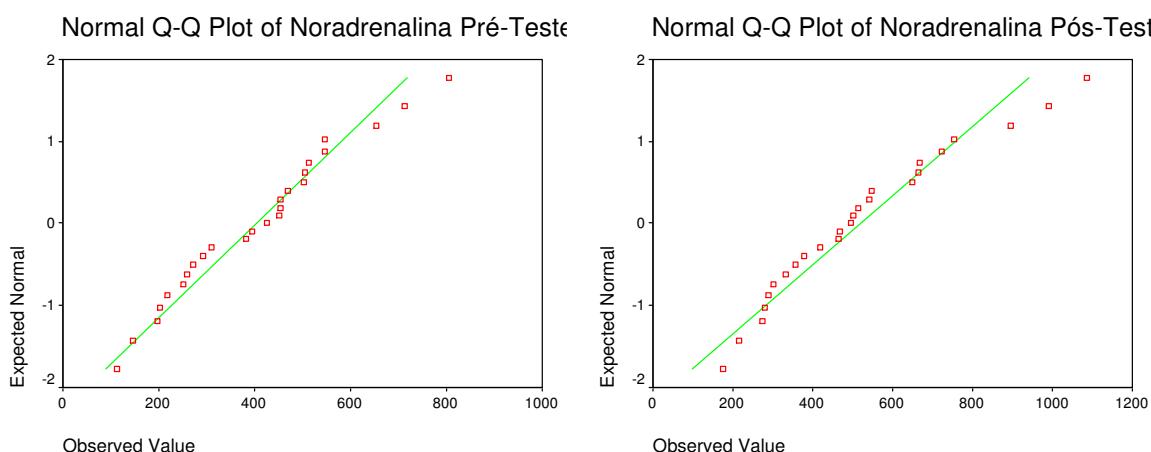


**Grupos = Grupo Controlo**

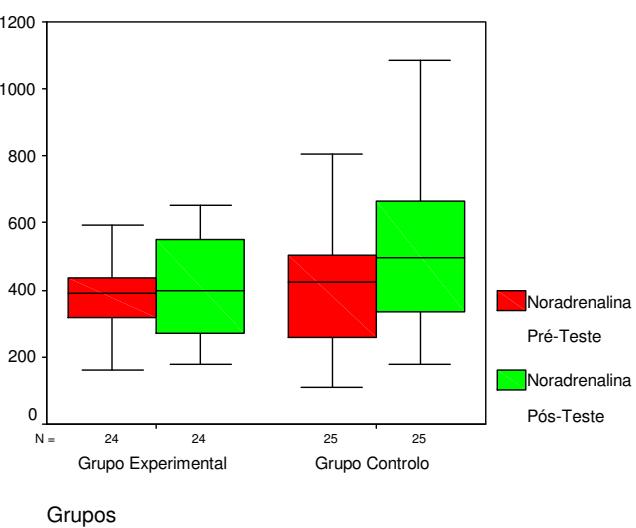
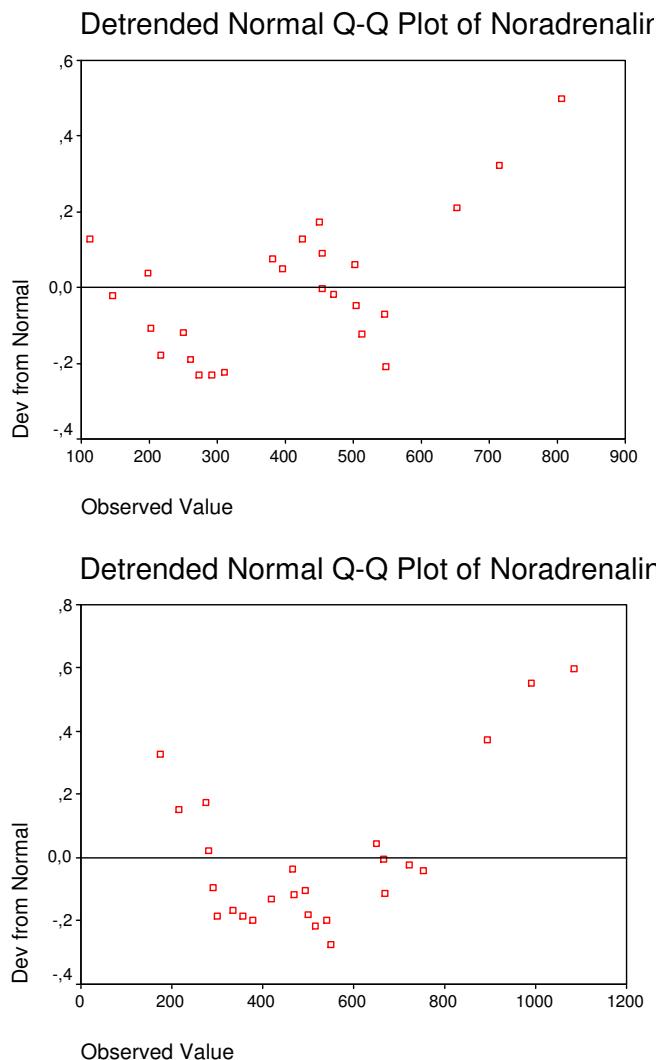
## Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) - Noradrenalina

#### Grupo Experimental

##### T-Test

Group Statistics

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Noradrenalina	Pré-teste	24	411,4167	149,0550	30,4257
	Pós-teste	24	379,2917	113,9017	23,2501

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means					
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
						Lower	Upper	
Noradrenalina	Equal variances assumed	4,127	,048	,839	46	,406	32,1250	38,2922 -44,9532 109,2032
	Equal variances not assumed			,839	43,031	,406	32,1250	38,2922 -45,0969 109,3469

#### Grupo Controlo

##### T-Test

Group Statistics

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Noradrenalina	Pré-teste	25	403,1600	177,5696	35,5139
	Pós-teste	25	519,6800	238,7500	47,7500

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means					
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
						Lower	Upper	
Noradrenalina	Equal variances assumed	1,447	,235	-1,958	48	,056	-116,5200	59,5088 -236,1705 3,1305
	Equal variances not assumed			-1,958	44,331	,057	-116,5200	59,5088 -236,4269 3,3869

##### T-Test

Group Statistics

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Noradrenalina Pré-Teste	Grupo Experimental	24	379,2917	113,9017	23,2501
	Grupo Controlo	25	403,1600	177,5696	35,5139
Noradrenalina Pós-Teste	Grupo Experimental	24	411,4167	149,0550	30,4257
	Grupo Controlo	25	519,6800	238,7500	47,7500

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means					
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference
						Lower	Upper	
Noradrenalina Pré-Teste	Equal variances assumed	5,300	,026	-,557	47	,580	-23,8683	42,8181 -110,0073 62,2706
	Equal variances not assumed			-,562	41,103	,577	-23,8683	42,4477 -109,5867 61,8500
Noradrenalina Pós-Teste	Equal variances assumed	3,117	,084	-1,895	47	,064	-108,2633	57,1401 -223,2144 6,6878
	Equal variances not assumed			-1,912	40,481	,063	-108,2633	56,6197 -222,6536 6,1269

## Análise descritiva dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) – Dopamina (com outliers)

#### Explore

Case Processing Summary

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Dopamina Pré-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%
Dopamina Pós-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	26	100,0%	0	,0%	26	100,0%

Descriptives

Grupos			Statistic	Std. Error
Dopamina Pré-Teste	Grupo Experimental	Mean	26,8846	3,1775
		95% Confidence Interval for Mean	Lower Bound	20,3405
			Upper Bound	33,4288
		5% Trimmed Mean		26,6709
		Median		28,0000
		Variance		262,506
		Std. Deviation		16,2020
		Minimum		3,00
		Maximum		56,00
		Range		53,00
		Interquartile Range		29,7500
		Skewness		-,017
		Kurtosis		,456
				,887
Dopamina Pós-Teste	Grupo Controlo	Mean	23,4231	2,2272
		95% Confidence Interval for Mean	Lower Bound	18,8360
			Upper Bound	28,0101
		5% Trimmed Mean		22,6111
		Median		22,5000
		Variance		128,974
		Std. Deviation		11,3567
		Minimum		8,00
		Maximum		56,00
		Range		48,00
		Interquartile Range		14,2500
		Skewness		1,025
		Kurtosis		,456
				,887
Dopamina Pós-Teste	Grupo Experimental	Mean	19,5000	2,2697
		95% Confidence Interval for Mean	Lower Bound	14,8255
			Upper Bound	24,1745
		5% Trimmed Mean		19,0513
		Median		19,0000
		Variance		133,940
		Std. Deviation		11,5732
		Minimum		4,00
		Maximum		44,00
		Range		40,00
		Interquartile Range		19,2500
		Skewness		,447
		Kurtosis		,456
				,887
Dopamina Pós-Teste	Grupo Controlo	Mean	31,6538	2,9727
		95% Confidence Interval for Mean	Lower Bound	25,5315
			Upper Bound	37,7762
		5% Trimmed Mean		31,2222
		Median		31,5000
		Variance		229,755
		Std. Deviation		15,1577
		Minimum		10,00
		Maximum		62,00
		Range		52,00
		Interquartile Range		21,7500
		Skewness		,296
		Kurtosis		,456
				,887

**Tests of Normality**

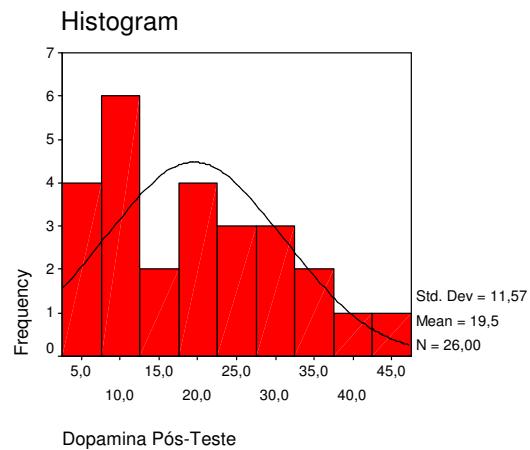
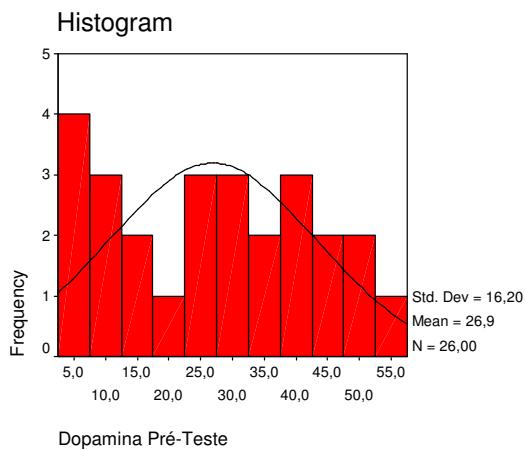
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Dopamina Pré-Teste	,106	26	,200*	,947	26	,273
	,119	26	,200*	,932	26	,097
Dopamina Pós-Teste	,136	26	,200*	,941	26	,205
	,087	26	,200*	,957	26	,395

\*. This is a lower bound of the true significance.

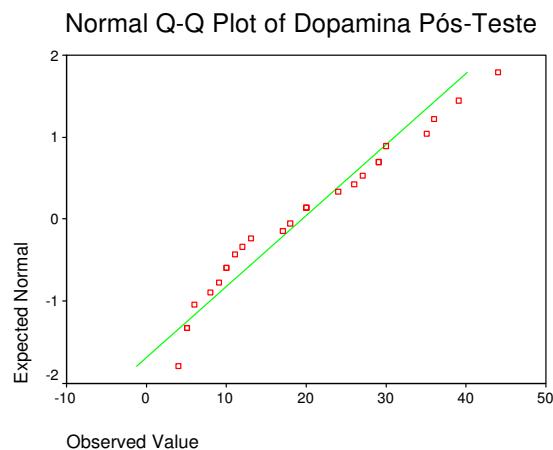
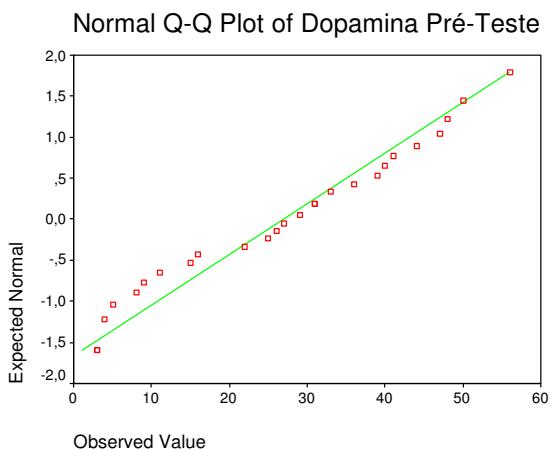
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

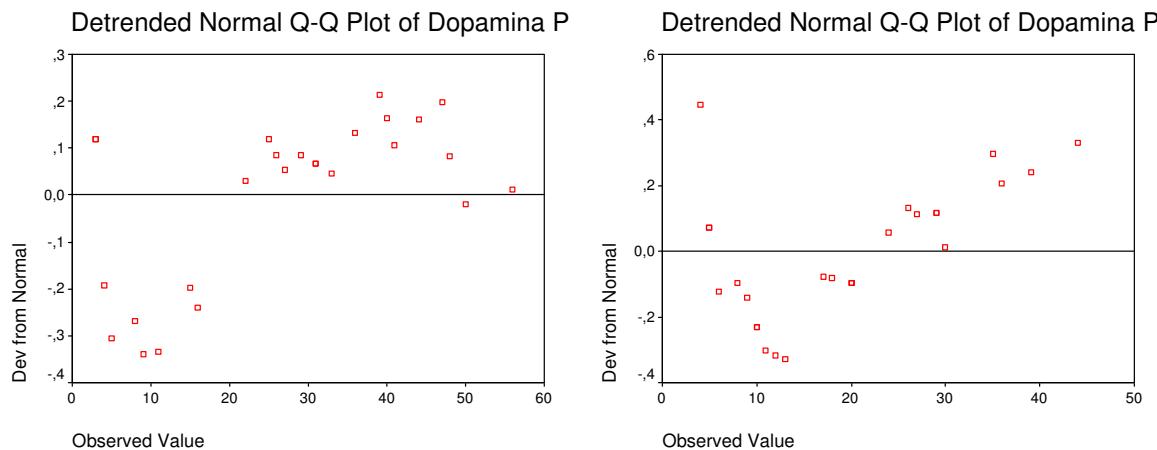
### Histograms



### Normal Q-Q Plots

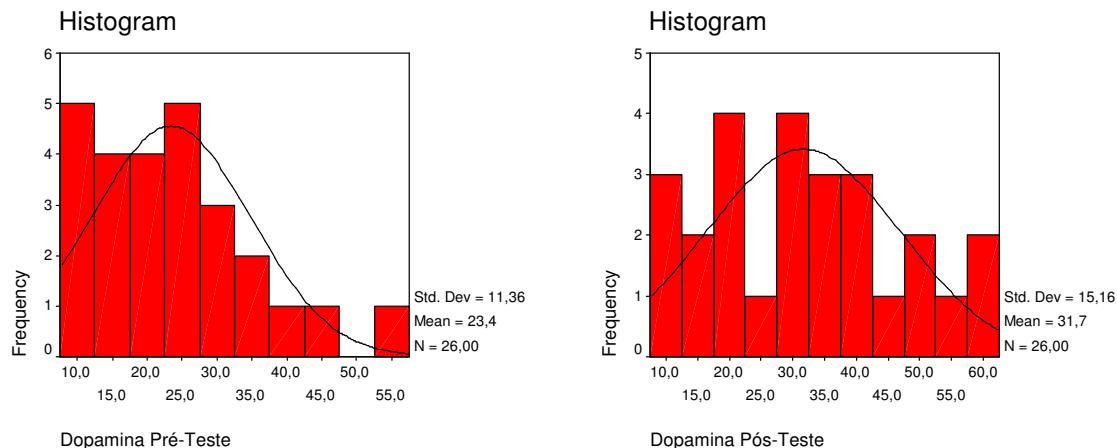


## Detrended Normal Q-Q Plots

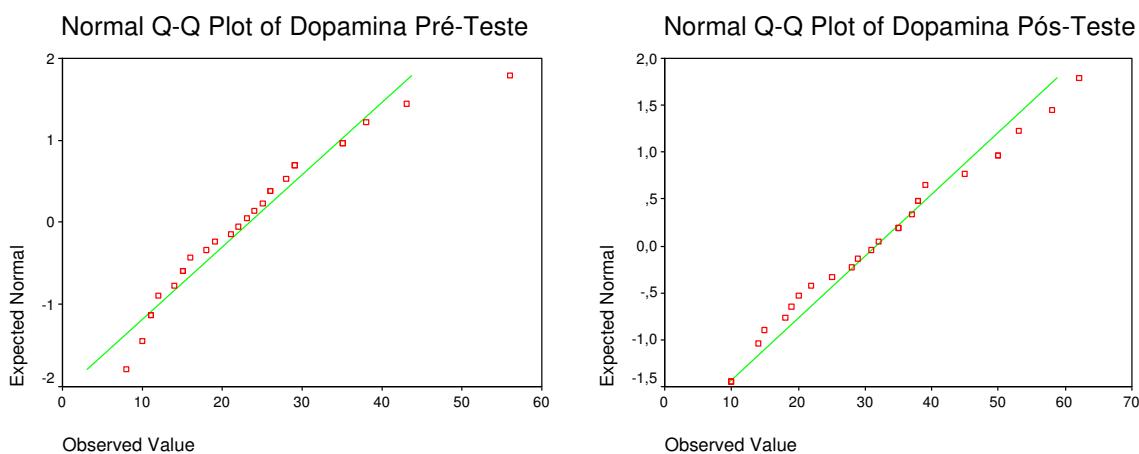


## Grupos = Grupo Controlo

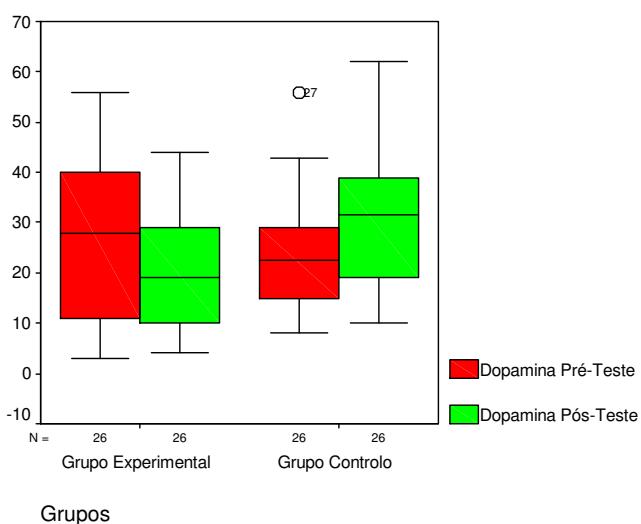
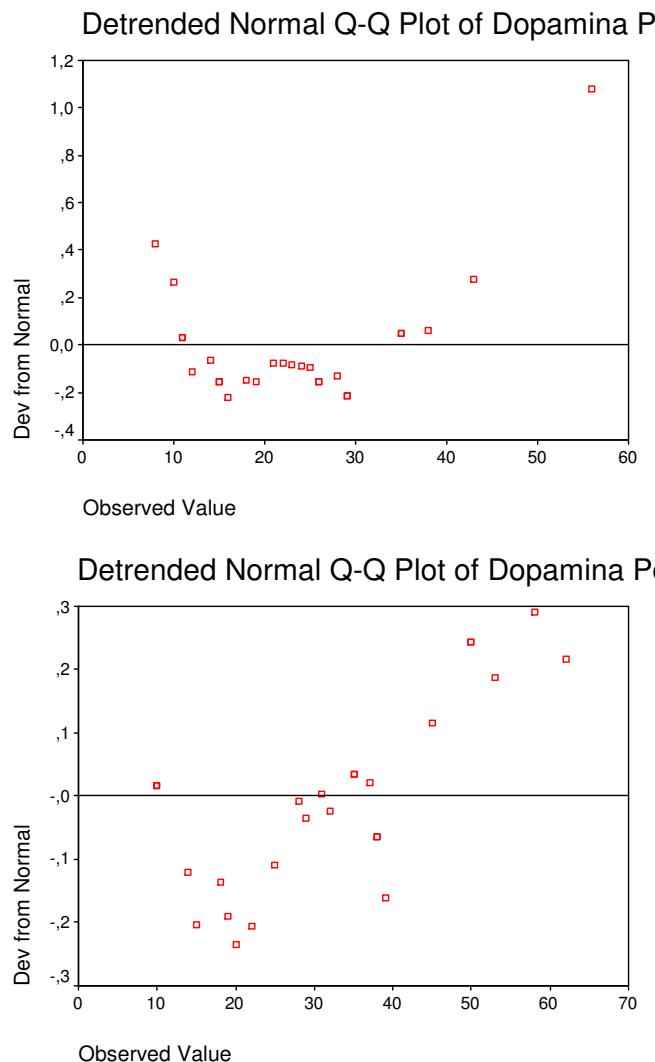
### Histograms



### Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise descritiva dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) – Dopamina (sem outliers)

#### Explore

**Case Processing Summary**

Grupos		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Dopamina Pré-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%
Dopamina Pós-Teste	Grupo Experimental	26	100,0%	0	,0%	26	100,0%
	Grupo Controlo	25	100,0%	0	,0%	25	100,0%

**Descriptives**

Grupos						Statistic	Std. Error
						Mean	Std. Error
Dopamina Pré-Teste	Grupo Experimental	Mean				26,8846	3,1775
		95% Confidence Interval for Mean		Lower Bound		20,3405	
				Upper Bound		33,4288	
		5% Trimmed Mean				26,6709	
		Median				28,0000	
		Variance				262,506	
		Std. Deviation				16,2020	
		Minimum				3,00	
		Maximum				56,00	
		Range				53,00	
		Interquartile Range				29,7500	
		Skewness				-,017	,456
		Kurtosis				-1,157	,887
		Mean				22,1200	1,8800
Dopamina Pós-Teste	Grupo Controlo	95% Confidence Interval for Mean		Lower Bound		18,2399	
				Upper Bound		26,0001	
		5% Trimmed Mean				21,7778	
		Median				22,0000	
		Variance				88,360	
		Std. Deviation				9,4000	
		Minimum				8,00	
		Maximum				43,00	
		Range				35,00	
		Interquartile Range				14,0000	
		Skewness				,459	,464
		Kurtosis				-,477	,902
		Mean				19,5000	2,2697
		95% Confidence Interval for Mean		Lower Bound		14,8255	
				Upper Bound		24,1745	
Dopamina Pós-Teste	Grupo Experimental	5% Trimmed Mean				19,0513	
		Median				19,0000	
		Variance				133,940	
		Std. Deviation				11,5732	
		Minimum				4,00	
		Maximum				44,00	
		Range				40,00	
		Interquartile Range				19,2500	
		Skewness				,447	,456
		Kurtosis				-,828	,887
		Mean				31,7600	3,0921
		95% Confidence Interval for Mean		Lower Bound		25,3783	
				Upper Bound		38,1417	
		5% Trimmed Mean				31,3333	
Dopamina Pós-Teste	Grupo Controlo	Median				32,0000	
		Variance				239,023	
		Std. Deviation				15,4604	
		Minimum				10,00	
		Maximum				62,00	
		Range				52,00	
		Interquartile Range				23,5000	
		Skewness				,270	,464
		Kurtosis				-,870	,902

**Tests of Normality**

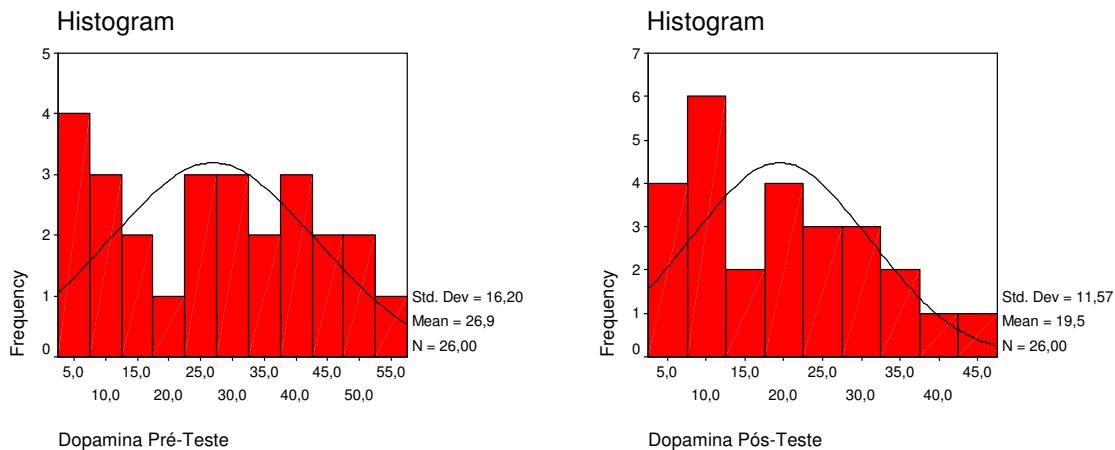
Grupos	Kolmogorov-Smirnov <sup>a</sup>			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Dopamina Pré-Teste	1,106	26	,200*	,947	26	,273
	,102	25	,200*	,961	25	,468
Dopamina Pós-Teste	,136	26	,200*	,941	26	,205
	,097	25	,200*	,953	25	,369

\*. This is a lower bound of the true significance.

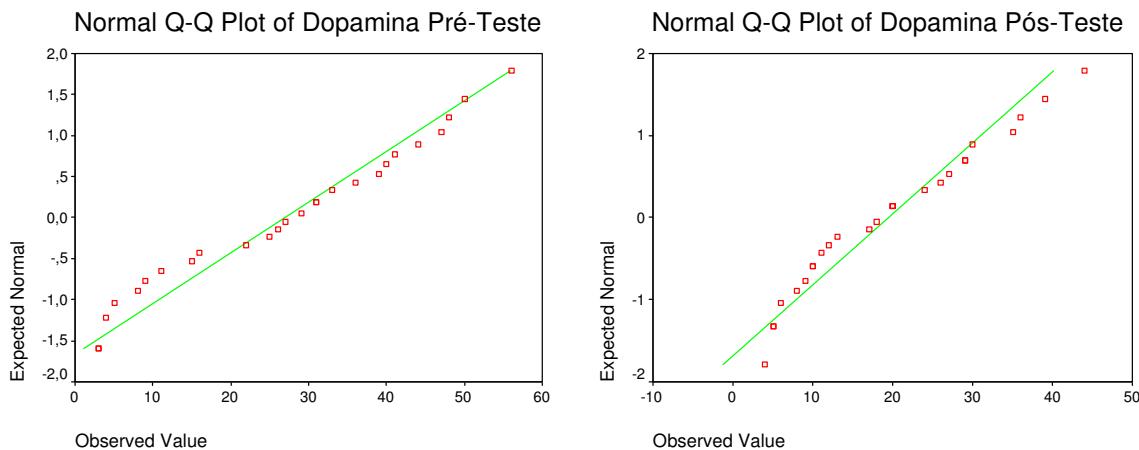
a. Lilliefors Significance Correction

## Grupos = Grupo Experimental

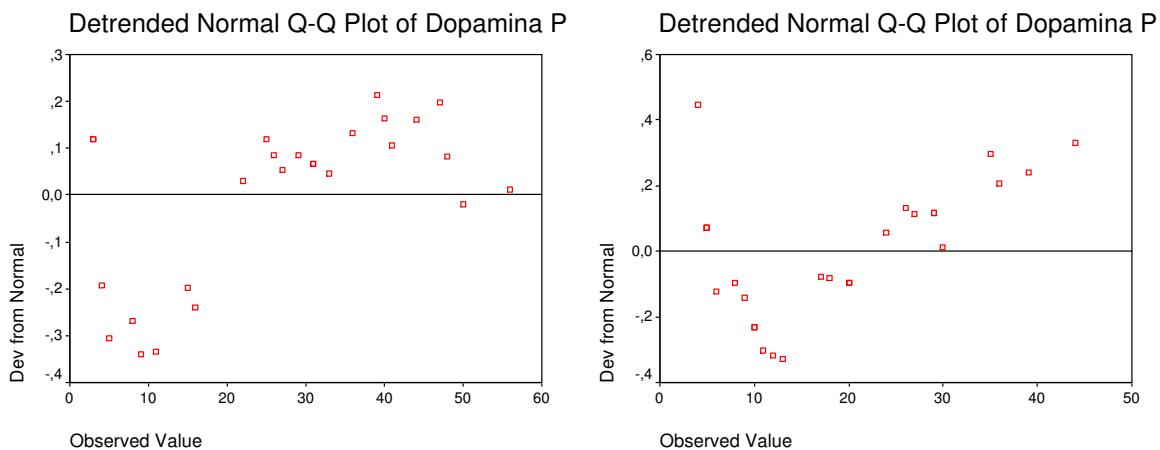
### Histograms



### Normal Q-Q Plots

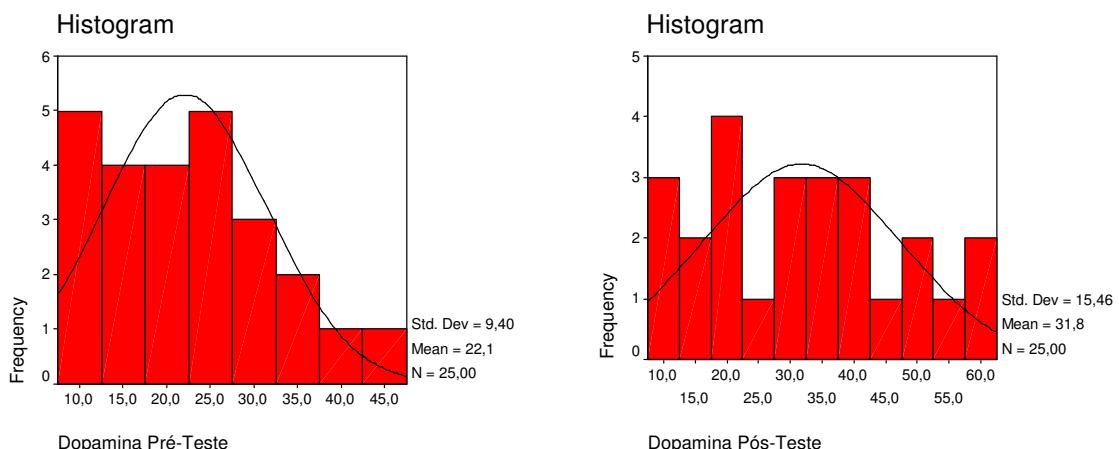


## Detrended Normal Q-Q Plots

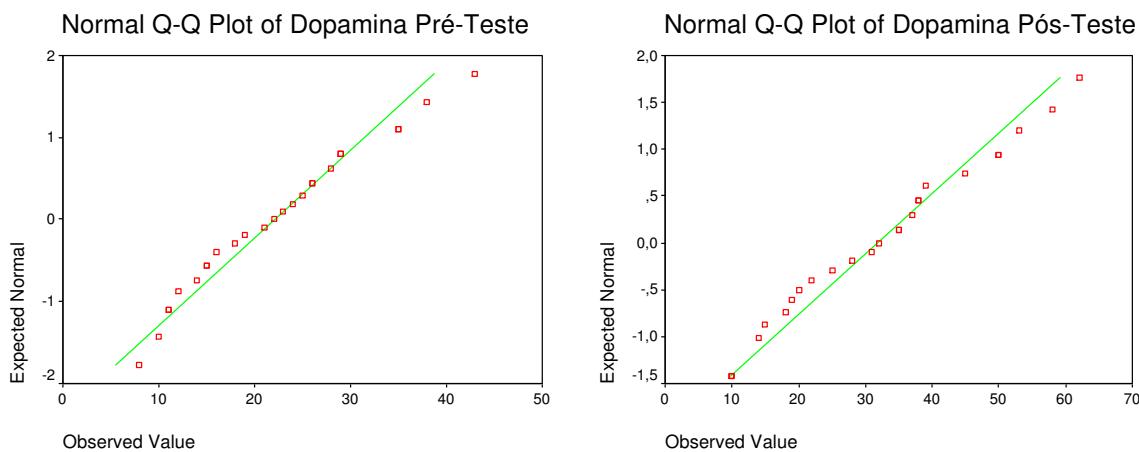


## Grupos = Grupo Controlo

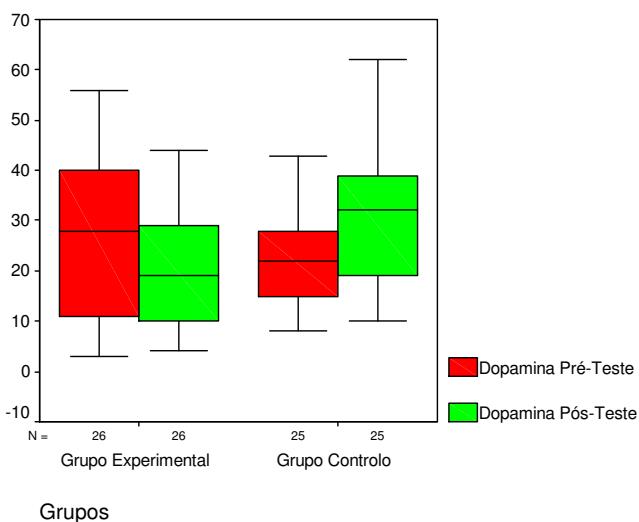
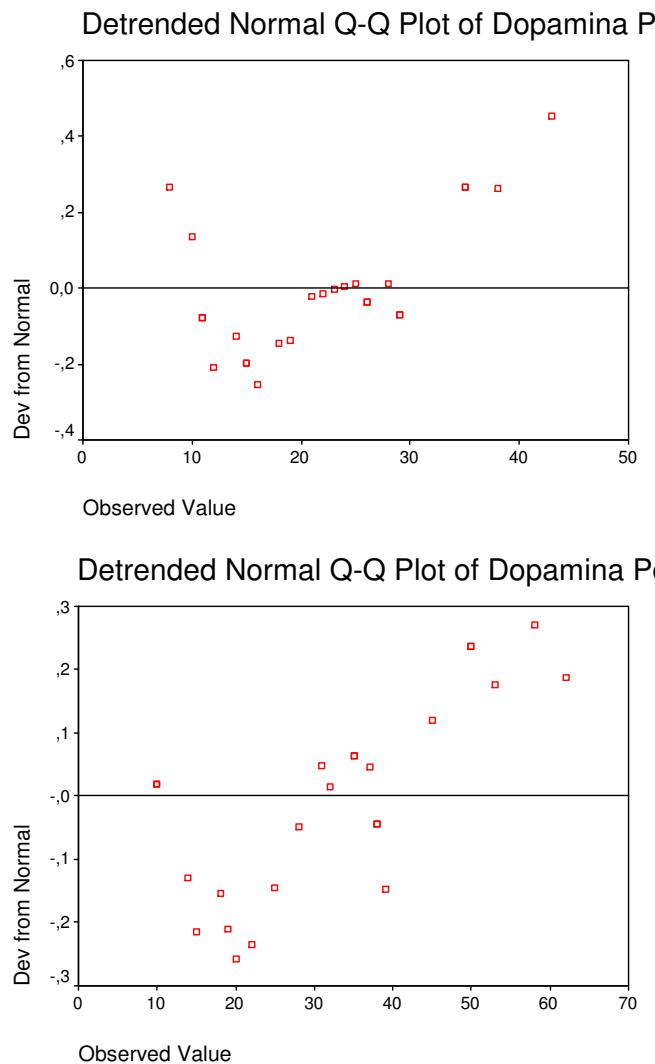
### Histograms



## Normal Q-Q Plots



## Detrended Normal Q-Q Plots



## Análise inferencial dos valores referentes às Análises Clínicas

### Endocrinologia (Catecolaminas Fraccionadas) - Dopamina

#### Grupo Experimental

##### T-Test

Group Statistics

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Dopamina	Pré-teste	26	26,8846	16,2020	3,1775
	Pós-teste	26	19,5000	11,5732	2,2697

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Dopamina	Equal variances assumed	3,521	,066	1,891	50	,064	7,3846	3,9049	-,4585	15,2278
				1,891	45,242	,065	7,3846	3,9049	-,4790	15,2482

#### Grupo Controlo

##### T-Test

Group Statistics

Momento de Avaliação		N	Mean	Std. Deviation	Std. Error Mean
Dopamina	Pré-teste	25	22,1200	9,4000	1,8800
	Pós-teste	25	31,7600	15,4604	3,0921

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Dopamina	Equal variances assumed	6,615	,013	-2,664	48	,010	-9,6400	3,6187	-16,9160	-2,3640
				-2,664	39,611	,011	-9,6400	3,6187	-16,9560	-2,3240

##### T-Test

Group Statistics

Grupos		N	Mean	Std. Deviation	Std. Error Mean
Dopamina	Pré-Teste	26	26,8846	16,2020	3,1775
	Grupo Controlo	25	22,1200	9,4000	1,8800
Dopamina	Pós-Teste	26	19,5000	11,5732	2,2697
	Grupo Experimental	25	31,7600	15,4604	3,0921

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
						Lower	Upper			
Dopamina	Pré-Teste	8,668	,005	1,278	49	,207	4,7646	3,7288	-2,7287	12,2580
				1,291	40,409	,204	4,7646	3,6920	-2,6948	12,2241
Dopamina	Pós-Teste	2,263	,139	-3,214	49	,002	-12,2600	3,8141	-19,9248	-4,5952
				-3,196	44,444	,003	-12,2600	3,8357	-19,9881	-4,5319

**Anexo VIII - D**

**Coeficiente de Correlação de Pearson ( $r$ )**

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## Coeficiente de Correlação de Pearson (*r*)

### **Correlations**

*Quadro de correlações (r de Pearson)*

		Ansiedade Social	Equilíbrio	Flexibilidade	Impulsão Horizontal	Dinamometria	Abdominal	Suspensão	Serotonina	Adrenalina	Noradrenalina	Dopamina
Ansiedade Social	Pearson Correlation	1,000	,392*	,031	,203	,008	,124	-,192	-,376	,082	-,419*	,204
	Sig. (2-tailed)	,	,047	,879	,321	,968	,545	,348	,058	,691	,033	,318
	N	26	26	26	26	26	26	26	26	26	26	26
Equilíbrio	Pearson Correlation	,392*	1,000	-,308	,224	,447*	-,136	,091	-,221	-,240	-,011	,043
	Sig. (2-tailed)	,047	,	,126	,272	,022	,509	,659	,277	,237	,957	,833
	N	26	26	26	26	26	26	26	26	26	26	26
Flexibilidade	Pearson Correlation	,031	-,308	1,000	-,375	-,426*	,010	-,245	-,122	,135	-,238	,228
	Sig. (2-tailed)	,879	,126	,	,059	,030	,960	,227	,552	,511	,241	,263
	N	26	26	26	26	26	26	26	26	26	26	26
Impulsão Horizontal	Pearson Correlation	,203	,224	-,375	1,000	,581**	,606**	,617**	-,119	,021	,152	,023
	Sig. (2-tailed)	,321	,272	,059	,	,002	,001	,001	,563	,917	,457	,910
	N	26	26	26	26	26	26	26	26	26	26	26
Dinamometria	Pearson Correlation	,008	,447*	-,426*	,581**	1,000	,379	,719**	,099	,107	,494*	-,001
	Sig. (2-tailed)	,968	,022	,030	,002	,	,056	,000	,632	,602	,010	,997
	N	26	26	26	26	26	26	26	26	26	26	26
Abdominal	Pearson Correlation	,124	-,136	,010	,606**	,379	1,000	,475*	,049	,325	,064	,118
	Sig. (2-tailed)	,545	,509	,960	,001	,056	,	,014	,813	,105	,758	,568
	N	26	26	26	26	26	26	26	26	26	26	26
Suspensão	Pearson Correlation	-,192	,091	-,245	,617**	,719**	,475*	1,000	,037	,159	,266	,021
	Sig. (2-tailed)	,348	,659	,227	,001	,000	,014	,	,856	,438	,190	,918
	N	26	26	26	26	26	26	26	26	26	26	26
Serotonina	Pearson Correlation	-,376	-,221	-,122	-,119	,099	,049	,037	1,000	,355	,217	-,193
	Sig. (2-tailed)	,058	,277	,552	,563	,632	,813	,856	,	,075	,287	,345
	N	26	26	26	26	26	26	26	26	26	26	26
Adrenalina	Pearson Correlation	,082	-,240	,135	,021	,107	,325	,159	,355	1,000	,012	,005
	Sig. (2-tailed)	,691	,237	,511	,917	,602	,105	,438	,075	,	,952	,979
	N	26	26	26	26	26	26	26	26	26	26	26
Noradrenalina	Pearson Correlation	-,419*	-,011	-,238	,152	,494*	,064	,266	,217	,012	1,000	,067
	Sig. (2-tailed)	,033	,957	,241	,457	,010	,758	,190	,287	,952	,	,743
	N	26	26	26	26	26	26	26	26	26	26	26
Dopamina	Pearson Correlation	,204	-,043	,228	,023	-,001	,118	,021	-,193	-,005	,067	1,000
	Sig. (2-tailed)	,318	,833	,263	,910	,997	,568	,918	,345	,979	,743	,
	N	26	26	26	26	26	26	26	26	26	26	26

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).